

INFORMED CONSENT ADDENDUM FOR SERVICES DURING COVID-19 PUBLIC HEALTH CRISIS

This document contains important information about services at the University Counseling Center (UCC) during the COVID-19 crisis.

The threat of COVID-19 is ongoing throughout the United States. As a way to mitigate the risk of exposure to COVID-19, the UCC is offering a mixture of both tele-services and in-person appointments, based on CDC and University guidelines. Tele-mental health services reduce the need for persons to come into close contact with each other or to be in areas where exposure to COVID-19 may occur. However, in some situations, there may be reasons based on individual circumstances for in-person psychological services, with the understanding that in such situations health and safety precautions by the UCC and clients will be necessary to reduce the risk of COVID-19 transmission. For these reasons, UCC will offer students the option of in-person services for our drop-in appointments and for ongoing counseling when clinically indicated. Whenever possible, all ongoing counseling at the UCC will be provided utilizing tele-services, to de-densify the office and reduce risk of exposure. Private rooms will also be available at the UCC for students to use for tele-therapy appointments. These rooms will be scheduled with your appointment as needed.

In-Person Services

In-person sessions will be conducted in one of the UCC's larger spaces to allow for physical distancing and both you and your therapist will be required to wear masks. You should be aware that this may make it harder to communicate during this initial session. In-person sessions will typically be no longer than 30 minutes based on current CDC guidelines to limit the risk of exposure to the virus.

Some UCC providers will not be available to meet with students in-person during the COVID-19 crisis. If you request or are assigned to one of these providers, the option of in-person services will be available only if you transfer to a different UCC therapist.

The decision about whether to have in-person services at the UCC is your individual decision, based on your own assessment of the risks that COVID-19 presents to you, those with whom you regularly interact, and on your own assessment of whether the benefits of in-person services would outweigh the associated risks. You may decline to accept in-person services for any reason, and you may change your decision at any time. If the UCC believes that tele-services will pose a significant problem for the quality of your care, we will provide you with off-campus referral information.

If at any point during the crisis, there is a spike in COVID-19 cases on campus or if other health concerns arise, the UCC may determine that a shift to tele-services is necessary for everyone's health and safety. If you have concerns about meeting through our tele-services, please discuss your concerns with your counselor.

In-person services inherently increase the risk of exposure to COVID-19. We both agree to take certain precautions which will help decrease risk of exposure.

- Complete daily health screen.
- Arrive no earlier than 5 minutes before appointment times.
- Wash your hands or use 60% alcohol-based hand sanitizer frequently.
- Adhere to the safe distancing precautions in our waiting room and therapy room as designated by our signage.
- Wear a mask in all public areas of the office.

UCC Commitment to Minimize Exposure

The UCC has taken steps to reduce the risk of spreading COVID-19 within our office. We have posted our efforts on our website and in our office. Please discuss any questions or concerns with your counselor.

Possible Impact to Services if the University Closes Campus

If there is a resurgence of COVID-19, such that the University decides to close the campus, services at the UCC may be disrupted. The UCC will continue to provide tele-services, but may be limited in the provision of these services based on your location. In some states UCC staff may not be authorized to provide mental health treatment. Arrangements have been made to provide alternative services that will be accessible to students in all 50 states. The UCC will work with you to assist you in transferring your care should the need arise.

Confidentiality in the Case of Infection: Contact Tracing

The University is using contact tracing to help mitigate the spread of COVID-19. If you or any UCC staff test positive for COVID-19, the UCC may be required to notify local health authorities that you have been in the UCC office. The UCC will provide only the minimum information necessary for this data collection (e.g., name and contact information) and will not provide treatment or diagnostic details about your visit to the UCC. By signing below, you agree that the UCC may release this information as required by law for contact tracing purposes due to the COVID-19 crisis notwithstanding the general confidentiality commitments of the UCC as set forth in the Consent to Treatment Form.

Informed Consent

This agreement supplements the **Consent to Treatment Form**.

YOUR SIGNATURE BELOW INDICATES THAT YOU HAVE READ THIS INFORMED CONSENT ADDENDUM FOR SERVICES DURING COVID-19 PUBLIC HEALTH CRISIS DOCUMENT IN ITS ENTIRETY, THAT YOU UNDERSTAND THE DOCUMENT, THAT YOU UNDERSTAND THE EXCEPTIONS TO CONFIDENTIALITY FOR CONTACT TRACING, AND THAT YOU ARE AWARE THAT YOU CAN ADDRESS ANY QUESTIONS THAT YOU MAY HAVE WITH YOUR COUNSELOR.