



Center for Student Health & Counseling  
Portland State University  
Phone: 503.725.2800  
Fax: 503.725.5812  
1880 SW 6<sup>th</sup> Ave. Portland UCB Suite 200



## HEALTH & COUNSELING SERVICES CONSENT FOR TREATMENT

Welcome to Counseling Services at Portland State University's Center for Student Health and Counseling. This document is an Welcome to the Center for Student Health and Counseling (SHAC) at Portland State University. To provide you with the highest quality of care, SHAC utilizes an integrated treatment approach. Health Services (HS) and Counseling Services (CS) are staffed by a multidisciplinary team of professionals who work collaboratively to optimize health and well-being. Providers have access to a shared secure and confidential Electronic Health Record (EHR) in order to coordinate your care.

We value training and education and are a training site for medical and mental health professionals in training. All services provided by professionals in training are supervised by a licensed health or mental health professional. Only counseling sessions are video recorded by professionals in training. You have the right to decline working with a professional in training at any time. Current and former CS clients are not eligible to apply for training or employment at CS.

### Departments

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**Health Services:** HS offers a variety of services which are listed on the SHAC website. During your initial visit you will complete a brief health history form. Accurate completion of this form assists staff in your health care. Appointments are scheduled based on your medical needs. We have skilled nurses who can assess your condition to determine if a provider appointment is required and how soon you should be seen.

**Counseling Services:** CS offers brief individual and group therapy, workshops and drop-in support groups, same day walk-in services, medication evaluation and management, case management support, and Learning Disabilities/Attention Deficit Hyperactivity Disorder (LD/ADHD) assessment. During your initial visit, a therapist will meet with you to discuss the nature of your concerns and obtain some background information. If your needs are outside the scope of care available at CS, we will refer you to an appropriate provider in the community. If you have preferences about the type of therapist with whom you will be matched, please make this known during your initial appointment.

### Fees

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HS and CS appointments are provided at no charge during all academic terms for students who have paid the Student Health Fee and are taking five or more in-load credits. If you drop below five credit hours within the first four weeks of the term, your Student Health Fee will be refunded and you won't be eligible for SHAC services except in limited circumstances.

There are some services at SHAC that are not covered by the Student Health Fee, including lab tests and X-Rays, immunizations and shots, acupuncture, pharmacy prescriptions, and LD/ADHD evaluations. These services are, however, covered 100% by the PSU Student Health Insurance PLAN (SHIP). For students who do not have the SHIP, these services do incur a fee that is charged to your student account. If you incur a charge at SHAC, you may request a statement to submit to your private insurance for possible reimbursement.

### Confidentiality

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In accordance with state and federal laws as well as professional ethical guidelines established for health and mental health providers, SHAC maintains confidential records of all patient encounters. This means that except for diagnostic or referral purposes, no patient information will be disclosed to parties outside of SHAC without written permission from you for such disclosure. There are some exceptions to confidentiality where HS and CS providers may be required to release certain information, by law, if the following situations exist:

- you indicate an intent to harm yourself or others
- you reveal abuse or neglect of a child, or of an elderly or disabled adult
- a court of law orders disclosure of information about your treatment

- you initiate legal proceedings regarding your mental health treatment, or use mental illness as a defense in a criminal or civil action
- you are diagnosed with a reportable disease as required by the State Health Department
- you are at risk of operating a motor vehicle when it is unsafe for you to do so
- you receive immunizations at SHAC, they are reported to the Oregon ALERT Immunization Information System

Patient/client records, by law, are retained for a minimum of seven years from your last date of service. A signed Release of Information is required to release your medical or mental health records to any party outside of SHAC, **including to yourself**. Once SHAC releases records, SHAC cannot guarantee that their confidentiality will be maintained.

## Consent

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### By acknowledging receipt of this document:

1. I acknowledge/consent to integrated medical and/or mental health care as deemed necessary and advisable in the judgment of my SHAC provider(s). I understand that I have the right to decline services.
2. I acknowledge that the information I provide regarding my medical and/or mental health condition is complete and accurate to the best of my knowledge.
3. I acknowledge that I will give at least 24 hours advance notice if I need to cancel or reschedule an appointment. If I fail to do so, I may incur a no show/late cancellation fee that will be billed to my student account.
4. I acknowledge that providing my cell phone number to SHAC automatically opts me into receiving text messages from SHAC (e.g., appointment confirmation or cancellation). I understand that I may opt out at any time from receiving text messages from SHAC.
5. I consent to the PSU Student Health Insurance plan (SHIP) being billed for services rendered, that are not covered by the Student Health Fee, if I have SHIP. If I do not consent or do not have PSU SHIP, I understand my PSU student account will be billed.
6. I consent for SHAC to obtain records from my previous Emergency Department or Urgent Care visit should I require follow-up care at SHAC. This will help expedite services for me and aid in the ability to provide efficient and quality care. (This excludes mental health records.)
7. I understand that CS has professionals in training who are expected to record sessions as part of their supervision. All recording is done with my consent. Recordings are used for training or supervision purposes, are given the same protection as all other confidential information, and are permanently erased by the end of treatment.