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Notice to Clients and Consent to Treatment Agreement

Welcome to my clinical practice. It is my hope that you realize that investing in one's self and emotional health is the most precious gift. Entering into therapy can be frightening to some and it takes courage to ask for help. Thank you for taking the first step.

I am here to offer my knowledge and experience in managing many of life's challenges. By integrating cognitive behavioral traditions, solution-oriented therapy, mindfulness and positive psychology, we can work together to strengthen and enhance your skills, self-knowledge and coping strategies that will bring relief, a reduction in symptoms and a path toward a brighter future.

The Board of Mental Health Practice regulations, including the Mental Health Bill of Rights, require all licensed mental health professionals provide clients certain basic information. I am providing this information for your review and agreement. Please read it carefully and discuss any questions you have before signing below.

Insurance:

Currently, I accept Anthem BC/BS and Harvard Pilgrim (United Behavioral Health/Optum) Insurance plans. My applications are pending for NH medicaid.

Many other plans offer out of network benefits. If you do have out-of-network benefits for behavior/mental health, you may have a deductible, or be reimbursed at a lower rate compared to in-network providers. I am happy to assist you with the paperwork necessary to submit to your insurance company.

Co-pays and out of pocket mental health expenses may be eligible for health savings accounts. Please inform me, so I may help with this process.

Fees:

For a 50-60 minute session, the fee is \$100.00. At this time, cash and check are accepted forms of payment.

Attendance at school meetings, home visits, preparation of reports, letters and evaluations is \$100.00 per hour (plus travel time as required).

Qualifications:

I am a Licensed Independent Clinical Social Worker who is governed by the Code of Ethics by the National Association of Social Workers. A copy of the NASW Code of Ethics is available for your review. I have a master's degree in Social Work from Simmons College. In addition, I have received my certification in school counseling and have worked in the school systems for the past six years. Beginning my professional career as a registered nurse has offered me tremendous experience with both children and adults who struggle with life's challenges.

Confidentiality/privileged Communications:

Under New Hampshire law, communications between clients/patients and a licensed clinical therapist are privileged (confidential) and with only very specific exceptions may not be disclosed without the specific authorization of the client. Note that all therapists are mandated reporters and must report cases where a client states intent to harm themselves or others.

Likewise children must be protected and any condition of harm to a child must be reported to the New Hampshire Division of Child Youth and Families.

Some billing and other information may be transmitted electronically to your insurance company. The confidentiality of such communications cannot be guaranteed.

Contacting Me:

The best number to reach me is 603.494.3039. If you leave a phone message, I will do my best to get back to you within 24 hours. In the event of an emergency, please go to the nearest emergency for an evaluation or phone your local police department.

Cancellations:

If you need to cancel or reschedule an appointment please call at least 24 hours before your appointment. When an appointment is scheduled, that time is reserved for you. When an appointment is cancelled without 24 hours notice, it is difficult to fill that hour and you will be charged for the session.

By signing this Consent for Treatment form you are stating that you have read and agree to the policies and procedures provided herein.

Name: _____ *Date:* _____