



Informed Consent for Counseling/Mental Health Services

Welcome to Normandale Community College counseling and mental health services. Normandale Community College provides short-term counseling services, crisis intervention, consultation and referral services. If during the course of counseling, it is determined that a community resource/referral would be more appropriate, a staff counselor will assist in providing and coordinating such a referral.

The information disclosed within counseling sessions is **confidential** and is considered protected health information. As such, information shared in counseling sessions may not be shared with anyone outside the counseling center without written permission by the client, via an authorization for release of information.

Please note, there are specific **exceptions** to confidentiality:

1. If the student/client expresses specific, imminent **intent to harm** oneself or to harm another, the counselor is mandated to report such a specific instance of intent to harm. This may include contacting police, public safety, emergency contacts, and/or family members; please note in the event of direct threat of harm to another, the intended victim will be warned directly, as will law enforcement.
2. If the student/client discloses information regarding **abuse** of a minor, or abuse of a vulnerable adult, and/or if the counselor reasonably suspects abuse of a minor or a vulnerable adult, the counselor is mandated to report such abuse to the appropriate county Child Protective Services or Adult Protective Services.
3. Counselors discuss cases in **consultation** and supervision. Please note that these meetings are kept strictly confidential, and only professional counselors at Normandale are privy to the information shared in clinical meetings and counseling notes.
4. If the student/client's records are subject to **subpoena/court order**, counselors will comply with the terms of the court order.
5. If the student/client signs an **authorization to release** protected health information, the information will be released to the specific party expressly stated in the release of information.
6. Counseling administrative staff have access to students' names and other identifying information, in order to **schedule appointments**.



7. If a student/client is **pregnant**, and reports **substance use** as habitual or excessive use, for a nonmedical purpose, of any of the following substances or their derivatives: opium, cocaine, heroin, phencyclidine, methamphetamine, amphetamine, tetrahydrocannabinol, or alcohol, the counselor is mandated to report this use to a local welfare agency.
8. In general, counseling clients **under the age of 18** require parental consent for services. However, in an educational setting, clients under the age of 18 may be seen by a school counselor.

Client Rights and Responsibilities

As a counseling client at Normandale Community College, you have rights and responsibilities according to the Family Educational Rights and Privacy Act (FERPA) and the MN Government Data Practices Act (MGDPA).

CLIENT RIGHTS:

1. To privacy and confidentiality
2. To respect and dignity
3. To know the credentials/professional background of the professional counselors
4. To receive accurate information about your mental health care
5. To understand the possible risks and benefits associated with mental health treatment
6. To participate in decisions regarding your mental health care
7. To consent to, or refuse to consent, to mental health treatment
8. To review your mental health records with your provider
9. To select and/or change your mental health care provider/counselor
10. To be made aware of after-hours/emergency and crisis resources



CLIENT RESPONSIBILITIES:

1. To provide honest, accurate and **complete information** about your health to your care provider
2. To **ask/clarify** any issue, policy, or term that you do not understand
3. To be **mindful** of available counseling resources, with students typically meeting with counselors around six sessions per semester, as determined with the counselor
4. To **access outside resources** as referred by the Normandale counselors when additional support is needed
5. To **maintain scheduled appointments** and cancel or reschedule appointments in a timely manner, if needed
6. To seek non-emergency care during **regular business hours**
7. To utilize identified **community resources** for after-hours crisis/emergency care
8. To follow your **goals for treatment**, and to disclose to your counselor if you feel you are unable to follow treatment goals
9. To **maintain consistency** with one counselor to best meet treatment goals and needs, with students being able to select the counselor of their choice

STUDENT'S CONSENT TO COUNSELING:

I certify that I understand this statement of informed consent. I have received a copy of area crisis resources in the event of an after-hours mental health emergency. I agree to the terms of this document in its entirety. I understand that I may terminate counseling services at any time.

Print Name

Tech ID #

Student/client signature

Date

Counselor/mental health care provider signature

Date



Crisis Resources

Area crisis resources in the event of an after-hours mental health emergency

988 – Call or Text for 24/7 Suicide & Crisis Lifeline

In crisis or in need of mental health resources, contact the National Suicide Prevention Lifeline to connect with someone live for free, available 24/7/365:

- Phone option: 988 or 1-800-273-TALK (8255)
- Chat option: suicidepreventionlifeline.org/chat. Start by filling out a brief survey.

Acute Psychiatric Services

(612) 873-3161

Hennepin County Medical Center

Psychiatric Emergency Services, no medical insurance

Suicide Hotline (612) 873-2222

Community Outreach for Psychiatric Emergency (COPE) (612) 596-1223

24/7 crisis line, no medical insurance; will come to you for assessment

Cornerstone's Day One Minnesota

1-866-223-1111

Domestic Violence Crisis Line. 24-hour phone counseling and referrals for longer-term counseling.

Crisis Text Line

Text MN to 741741

24-hour crisis services provided by MN Dept. of Human Services

Fairview Southdale Hospital Emergency Room

(952) 924-5000

DEC (Diagnostic Evaluation Center)

(952) 924-5908

Crisis Evaluation until 12 midnight

Mental Health Minnesota, The Voice of Recovery

Enter zip code to access your county's 24-hour crisis phone line

<https://mentalhealthmn.org/support/crisis/>