

Welcome to Good Mental Health, LLC. We are a mental health counseling and wellness coaching practice based in St. Johns, Florida. My name is Diana Baker and it is my pleasure to provide you with professional counseling and coaching services. It is my goal to assist individuals and their families by providing genuine support and to teach coping tools in a caring and confidential manner designed to help you handle life's challenges.

I am a Registered Clinical Social Work Intern in the State of Florida which means I completed a Masters Degree Program and met the necessary requirements to receive Registered Intern licensure in the State of Florida. I received a Bachelor's Degree in Psychology from Florida State University in 1997. Shortly after, I entered the field and have been working in mental health, social work, and personal empowerment for approximately 20 years. I returned to Florida State University in 2014, receiving my Masters in Social Work in 2016. I am currently completing the mandatory 1500 hour professional supervision requirement with a Licensed Clinical Social Worker in the State of Florida, with whom I must share non-specific therapeutic information for the purpose of meeting professional supervision requirements. At no time will the bounds of client confidentiality be breached through the process of supervision. It is my most sincere desire to help you by teaching you, and/or your child, strategies to change thought and behavior patterns related to the things that cause you pain as well as learn to let go of things that you cannot control but may cause you stress. I can also help you have better relationships and be a better communicator, spouse, parent, or worker. For more information regarding my specialty and/or experience, please refer to my website www.goodmentalhealth.info.

The following Disclosure Statement provides a detailed explanation of my practice.

My Responsibilities to You as Your Therapist

Confidentiality

With the exception of certain specific circumstances, you have the absolute right to the confidentiality of your therapy. I cannot and will not tell anyone what you have told me or that you are/not in therapy with me without your prior permission in writing. I will always act to protect your privacy even if you release me in writing to share information about you. You may direct me to share information with whomever you choose and you can change your mind and revoke that permission at any time.

You are also protected under the provisions of the Federal Health Insurance Portability and Accountability act (HIPAA) and Federal and Florida Law 42 C.F. Part 2 and 2.22. This law ensures the confidentiality of all written and electronic transmissions of information about you. Whenever I transmit information about you electronically (i.e. faxing) it will be done with special safeguards to ensure confidentiality.

If you elect to communicate with me by email or text, please be aware that it is not completely confidential. All emails are retained in logs of your or my internet provider. While under normal circumstances no one looks at these logs they are, in theory, available to be read by the system administrator of the internet service provider. Any email I receive from you, as well as any responses that I send you will be archived and kept as part of your electronic medical record. In order to provide you with confidential electronic communication in the form of video chat or text messaging, clients will be invited to my private, HIPAA compliant online office space hosted by doxy.me.

There are certain legal exceptions to confidentiality of which you should be aware. I will tell you if I am required to take action in response to one of these exceptions. If I have good reason to believe that you are abusing or neglecting a child or vulnerable adult, or if you give me information about someone who is doing this, I must inform Child Protective Services or Adult Protection Services. If I believe you are in imminent danger of harming yourself or someone else, I may legally break confidentiality and call the police or local crisis team. I would explore all other options with you before taking this step.

If you have a life threatening or potentially disabling medical emergency in my presence, I am required to release to medical personnel the minimum information necessary to assist you medically.

Confidentiality, continued from previous page

A court of law can request and obtain information without your consent. Or, if you have been court-ordered to treatment, the judge may set aside your right to privileged communication. I will not automatically release information that has been requested by a court unless it is deemed necessary and compliant with the law.

I keep very brief records, noting only that you have been seen, what interventions occurred in sessions and topics we discussed. You have the right to a copy of your file at any time, giving me the chance to furnish you with that copy. You have the right to request that I correct any errors in your file. You have the right to request that I make a copy of your file available to any other health care provider at your written request. I maintain your records in a secure location that cannot be accessed by anyone else.

Diagnosis

Diagnoses are technical terms used to describe the nature and scope of your presenting issue. If I do use a diagnosis, I will discuss it with you. All of the diagnoses come from a book titled the DSM-V; I have a copy in my office and will be glad to discuss your diagnosis with you. Insurance companies usually require a diagnostic code called an ICD-10 code (as of October 2015) in order to process your insurance claim. A diagnosis is determined after assessing your present and past level of functioning.

Managed Mental Health Care

If you have mental health benefits as part of your health insurance coverage, you must call for your benefit information prior to our first appointment if you would like to receive any reimbursement for my fee. You need to find out if you have a copay or % that you are responsible for as well as any deductible. Since I do not accept private insurance at this time, I cannot bill your insurance provider for you but I am happy to provide you with an invoice for my services which you may submit for reimbursement.

Complaints

If you are unhappy with what is happening in therapy, I strongly encourage you to speak about it with me so that I can respond to your concerns. I will take your concern seriously and respond with care and respect. If you believe that I have behaved unethically, you can complain to the Medical Quality Assurance Board of the State of Florida at www.myflorida.com or file a written complaint to the Department of Health/ Consumer Services Unit, 4052 Bald Cypress Way, Bin C75, Tallahassee, FL 32399-3275.

My Approach to Counseling

I follow a theory of counseling called Cognitive-Behavioral Therapy. The basic premise of this theory is that we are influenced by our thoughts as we experience things and this effects how we react, or behave, relative to those experiences. If you have any further questions about this theory, I will be happy to answer any questions you have. Some techniques I use are shifting negative thought patterns through identifying thoughts of lack and shifting them to more affirmative thoughts. I teach healthy interpersonal boundaries and communication tools. I may suggest that you participate in a support group or see a medical doctor for a medical evaluation. This is typically done by a psychiatrist who prescribes medicine specifically for mental health disorders. I cannot prescribe medication. You can refuse any suggestions I make. I do not have social relationships with current or former clients because it is unethical. If we see each other in a public setting, out of respect for your confidentiality, I will not acknowledge you unless you approach me first.

There are certain emotional risks associated with the counseling process. Approaching feelings or thoughts that you have tried not to think about may be painful. Making changes to your beliefs or behaviors can be frightening and sometimes disruptive to the relationships you already have. It is important that you consider carefully whether these risks are worth the benefits to you of changing. Most people who take these risks find that therapy is helpful.

Therapy will end when you decide it is time for it to end unless another arrangement is made, such as a contracted number of sessions. You may bring whomever you wish into your therapy. I may terminate you if you do harm to, or threaten to harm me, my family, or my staff.