



## **Notification Relating to Remote School Mental Health Services**

March 2020

While the School District's buildings are closed in response to Governor Polis's Executive Order during the COVID-19 crisis, the School District will be providing educational instruction and services remotely, including mental health services. During the school closure, remote mental health services will be provided with the following understandings and assurances:

1. Unless we explicitly agree otherwise, our telephone or virtual exchange is confidential. Any personal information you choose to share with me will be held in the strictest confidence. Just as for my face-to-face sessions with you, There are specific and limited exceptions to confidentiality which include the following:

A. When there is risk of imminent danger to yourself or to another person, the practitioner is a mandatory reporter to take necessary steps to prevent such danger.

B. When there is suspicion that a child or elder is being mentally, sexually or physically abused or is at risk of such abuse, the practitioner is legally required to take steps to protect the child or adult, and to inform the proper authorities.

C. Your teachers, assistant principal and principal, may be told things that relate to your performance in the remote learning environment. These may include things such as suggestions about how to improve your behavior and/or grades, adjustments to help you learn better, etc. Specific things talked about in counseling will not be shared.

D. Your parents/guardians have a right to be told about your progress in counseling and things you have learned to do.

E. Your mental health provider may ask for help from a colleague or his/her supervisor.

2. Our phone or virtual exchange occurs in the state of Colorado, (USA), and is governed by the laws of that state.

3. Our phone or virtual exchange is neither a universal substitute, nor the same as, face to-face school mental health services. This notification is intended to help you understand the distinctions made using phone or virtual services vs. face to-face services. In particular, This notification is intended to help you understand that phone or virtual services do not provide emergency services.

4. You are responsible for information security on your computer. If you decide to keep copies of our emails or communication on your computer, it's up to you to keep that information secure.

5. Our phone or virtual exchange is a means by which you, the e-student, can receive coaching, counseling, information and guidance from a school mental health provider. In our sessions you

are free to contribute as little or as much information you choose. The risks involved with phone or virtual sessions include the potential release of private information due to the complexities and abnormalities involved with the phone and Internet. There is the risk of being overheard by anyone near you if you do not place yourself in a private area and are open to other's intrusion. There could be interruptions or distortions to the session due to technical difficulties or background noises on your or my end.

6. While accessing services through phone or virtual exchange, the student or parent/guardian may not take photos or record classes of students and/or DCSD staff from home. Parent/Guardian or student must not share personally identifying information or conditions observed with anyone outside of the teacher-student relationship, or post any portion of the class on any virtual platform. All usage of the phone or virtual exchange shall be subject to DCSD policies and rules regarding Network/Internet use. (Refer to the [DCSD - Code of Conduct](#) and [Parent Volunteer Agreement](#) form). The Parent/Guardian and student is solely responsible for keeping user IDs and passwords confidential to prevent unauthorized usage.

7. You are responsible for (1) the information security on your computer, and (2) arranging a location with sufficient lighting and privacy that is free from distractions or intrusions for the session.

8. During our first session, we will discuss an emergency response plan.

- A. If you are experiencing an emergency situation, you understand that you and/or your parent/guardian can call 911 or proceed to the nearest community center for support:
  - a. [Colorado Crisis Center Walk-In Locations](#)
  - b. [AllHealth Network](#): 303-730-8858
  - c. [Denver Springs](#): 720-643-4300
  - d. [Highlands Behavioral Health System](#): 720-348-2800
- B. If you are having suicidal thoughts or making plans to harm yourself, you can:
  - a. call the National Suicide Prevention Lifeline at 1.800.273.TALK (8255) for free 24 hour hotline support
  - b. Call Colorado Crisis Services: 1-844-493-TALK (8255)  
[Information About Types of Services](#) and [Answers to Frequently Asked Questions About Colorado Crisis Services](#)

Thank you! Receipt of this document serves as notification of information regarding remote mental health services.