



## Serenity Springs Counseling & Wellness Telemental Health Services

### Informed Consent

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## Telemental Health Session Preparation

I have provided this document to help you get your space and your technology set up before our first online session. The information and video below are intended to help you. Please don't hesitate to contact me with questions.

### Creating Confidential Space

Things to consider in deciding where you will be when connecting for a telemental health session:

- Is the space private?
- Can you lock the door?
  - If not, will others who have access to the space respect your request for privacy and not enter the room?
    - Can you/have you had a conversation with them?
    - Were they receptive?
- Can others outside the room hear you talking?
  - If so, can you create white noise with a fan or other form of background noise? (Preferably placed outside the doorway of the room you're in)
  - Consider using headphones or earbuds so that your provider's voice is kept private and is only hearable by you

If you have a hard time finding confidential space, here are some examples that others have used. These are not ideal but should be considered secondary choices if an ideal setup is not available. If you use any of these, please make sure that the space is comfortable to you. Being comfortable is also highly important.

- Laundry Room
- Walk-In-Closet
- Basement

- Attic
- Actual last resort: your car parked in safe, private spot. (We want to emphasize that private does not mean secluded. Please do make sure you are in a safe location.)

### Technical Setup:

- A laptop or desktop computer are ideal — preferably the biggest screen size that you have available to you (that you can also have in a comfortable, confidential space)
- Whatever device you're using, please make sure that the camera is about level with your eyes. It may require propping up your device or monitor on other items, such as books.
- Please make sure that you're well-lit and don't have a bright light source directly behind you; natural light coming from behind your monitor will make you most easily seen.
- When we connect via VSee, make the window where I appear as large as possible. You may have to drag its edges for this to happen.

### Clear Your Internet

We'll have the least interruptions/disruptions to our work if you have a strong Internet connection. Be sure to move your computer/device as close as you can to your WiFi router. When possible, used a hardwired/Ethernet connection to the Internet.

You'll want to close out of any programs you don't need which use your Internet connection. This video will show you some examples of doing that (and [this article](#) will explain it.) Video: <https://personcenteredtech.com/tmh/clients/>