SAINT ANTHONY COLLEGE OF NURSING

Rockford, IL

DISTANCE COUNSELING INFORMED CONSENT

The College of Nursing (CON) counseling service offers distance counseling as an alternative to in-person counseling. Distance counseling is **free** for all full-time and part-time registered CON students.

Scope of Distance Counseling Services:

Distance counseling is not a crisis-based service and may not be appropriate for students who are experiencing acute mental health challenges or have active suicidal or homicidal thoughts.

If applicable, the counselor will meet with you in-person for your initial visit. At the end of this visit, the counselor may approve you for subsequent distance counseling or may determine that you are not appropriate for distance counseling sessions. If the counselor determines that distance counseling sessions are not appropriate for you, you will have the option of participating in in-person counseling at the CON or requesting referrals to external mental health professionals with whom you might work.

Technology:

The CON's distance counseling is offered through Doxy.me, a HIPAA-compliant telehealth platform. If you would like to utilize Doxy.me, please document that when scheduling your session, so the CON counselor can send a link to the session.

Students are responsible for providing: a computer with a web cam and microphone, a tablet, or a smart phone; a secure internet connection, and password security.

Benefits and Risks:

Distance counseling provides opportunities for students to more easily access counseling services when they are in a different location. This counseling medium can result in reduced costs as well as time required to travel to the CON.

Because distance counseling is dependent on equipment and internet service of the student, as well as the CON, there is a risk of interruptions of counseling sessions due to platform, equipment or internet difficulties. The CON is not liable for disruption in counseling sessions due to student's equipment and/or internet failure.

Confidentiality:

Confidentiality also applies to distance counseling which is explained in the CON Informed Consent Form. Neither the student nor the counselor is allowed to make an audio or video recording of all or any part of distance counseling sessions.

The CON is not liable for any confidentiality breaches that may occur due to technical difficulties caused by the platform, equipment, or internet disruptions.

Requirements:

If you use distance counseling with the CON counselor, you will be required to:

- Have a quiet, private space free of distractions to ensure you are able to be fully present during your counseling sessions.
- Create a safety plan with your counselor to ensure your safety in the event of a crisis. This plan will include a minimum of one emergency contact and location/contact information for an emergency department closest to your physical location.
- Create a back-up plan (i.e., telephone number where you can be reached) to reconnect your session if it is disconnected or to reschedule your session.

Student Signature:

I have reviewed the above information and have discussed distance counseling with my CON counselor. I understand the limitations related to distance counseling and agree to comply with the CON's requirements.

Student Name (Print)	Student Signature	Date

Counselor Signature	Date