

Notice of Privacy Practices

THIS NOTICE DESCRIBES HOW MEDICAL INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN OBTAIN ACCESS TO THIS INFORMATION.
PLEASE REVIEW IT CAREFULLY.

Effective Date: November 1st, 2022

This Notice of Privacy Practices describes how Stronger Voices may use and disclose your protected health information (PHI) to carry out treatment, payment, or health care operations and for other purposes that are permitted or required by law. It also describes your rights to access and control your protected health information. "Protected health information" or "PHI" is information about you, including demographic information, that may identify you and that relates to your past, present or future physical or mental health or condition and related health care services.

MY PLEDGE REGARDING HEALTH INFORMATION:

Stronger Voices understands that health information about you and your health care is personal. Stronger Voices is committed to protecting health information about you. Stronger Voices creates a record of the care and services you receive. Stronger Voices needs this record to provide you with quality care and to comply with certain legal requirements. This notice applies to all the records of your care generated by this mental health care practice. This notice will tell you about the ways in which Stronger Voices may use and disclose health information about you. Stronger Voices also describes your rights to the health information that is kept about you and describes certain obligations we have regarding the use and disclosure of your health information. Stronger Voices is required by law to:

- Make sure that protected health information ("PHI") that identifies you is kept private.
- Give you this notice of our legal duties and privacy practices with respect to health information.
- Follow the terms of the notice that is currently in effect.
- Stronger Voices is required to abide by the terms of this Notice of Privacy Practices. Stronger Voices may change the terms of this notice at any time. Upon your request, Stronger Voices will provide you with any revised Notice of Privacy Practices.

HOW STRONGER VOICES MAY USE AND DISCLOSE HEALTH INFORMATION ABOUT YOU:

Use and disclosure of protected health information for the purposes of providing services. Providing treatment services, collecting payment and conducting healthcare operations are necessary activities for quality care. State and federal laws allow Stronger Voices to use and disclose your health information in the following categories. For each category of uses or disclosures Stronger Voices will explain what we mean and try to give



some examples. Not every use or disclosure in a category will be listed. However, all the ways Stronger Voices is permitted to use and disclose information will fall within one of the categories.

For Treatment Payment, or Health Care Operations: Federal privacy rules (regulations) allow health care providers who have direct treatment relationship with the client to use or disclose the client's personal health information without the patient's written authorization, to carry out the health care provider's own treatment, payment or health care operations. Stronger Voices may also disclose your protected health information for the treatment activities of any health care provider. This too can be done without your written authorization. For example, if a clinician were to consult with another licensed health care provider about your condition, we would be permitted to use and disclose your personal health information, which is otherwise confidential, in order to assist the clinician in diagnosis and treatment of your mental health condition.

Disclosures for treatment purposes are not limited to the minimum necessary standard: Because therapists and other health care providers need access to the full record and/or full and complete information in order to provide quality care. The word "treatment" includes, among other things, the coordination and management of health care providers with a third party, consultations between health care providers and referrals of a patient for health care from one health care provider to another.

Lawsuits and Disputes: If you are involved in a lawsuit, Stronger Voices may disclose health information in response to a court or administrative order. Stronger Voices may also disclose health information about your child in response to a subpoena, discovery request, or other lawful process by someone else involved in the dispute, but only if efforts have been made to tell you about the request or to obtain an order protecting the information requested.

CERTAIN USES AND DISCLOSURES REQUIRE YOUR AUTHORIZATION:

- **Psychotherapy Notes.** Stronger Voices does keep "psychotherapy notes" and any use or disclosure of such notes requires your authorization unless the use or disclosure is:
 - For Stronger Voices' use in treating you.
 - For Stronger Voices' use in training or supervising mental health practitioners to help them improve their skills in group, joint, family, or individual counseling or therapy.
 - For Stronger Voices' use in defense of legal proceedings instituted by you.
 - For use by the Secretary of Health and Human Services to investigate Stronger Voices' compliance with HIPAA.
 - Required by law and the use or disclosure is limited to the requirements of such law.
 - Required by law for certain health oversight activities pertaining to the originator of the psychotherapy notes.
 - Required by a coroner who is performing duties authorized by law.
 - Required to help avert a serious threat to the health and safety of others.
- **Marketing Purposes.** Stronger Voices will not use or disclose your PHI for marketing purposes.
- **Sale of PHI.** Stronger Voices will not sell your PHI in the regular course of my business.

CERTAIN USES AND DISCLOSURES DO NOT REQUIRE YOUR AUTHORIZATION:

Subject to certain limitations in the law, Stronger Voices can use and disclose your PHI without your authorization for the following reasons:



- When disclosure is required by state or federal law, and the use or disclosure complies with and is limited to the relevant requirements of such law.
- For public health activities, including reporting suspected child, elder, or dependent adult abuse, or preventing or reducing a serious threat to anyone's health or safety.
- For health oversight activities, including audits and investigations.
- For judicial and administrative proceedings, including responding to a court or administrative order, although Stronger Voices' preference is to obtain an authorization from you before doing so.
- For law enforcement purposes, including reporting crimes occurring on my premises.
- To coroners or medical examiners, when such individuals are performing duties authorized by law.
- For research purposes, including studying and comparing the mental health of patients who received one form of therapy versus those who received another form of therapy for the same condition.
- Specialized government functions, including, ensuring the proper execution of military missions; protecting the President of the United States; conducting intelligence or counterintelligence operations; or, helping to ensure the safety of those working within or housed in correctional institutions.
- For workers' compensation purposes. Although Stronger Voices' preference is to obtain an authorization from you, Stronger Voices may provide your PHI in order to comply with workers' compensation laws.
- Appointment reminders and health related benefits or services. Stronger Voices may use and disclose your PHI to contact you to remind you that you have an appointment with me.

CERTAIN USES AND DISCLOSURES REQUIRE YOU TO HAVE THE OPPORTUNITY TO OBJECT:

Disclosures to family, friends, or others. Stronger Voices may provide your PHI to a family member, friend, or other person that you indicate is involved in your care or the payment for your health care, unless you object in whole or in part. The opportunity to consent may be obtained retroactively in emergency situations.

YOU HAVE THE FOLLOWING RIGHTS WITH RESPECT TO YOUR PHI:

- The right to request Limits on uses and disclosures of your PHI. You have the right to ask Stronger Voices not to use or disclose certain PHI for treatment, payment, or health care operations purposes. Stronger Voices is not required to agree to your request, and may say "no" if Stronger Voices believed it would affect your health care.
- The right to request restrictions for out-of-pocket expenses paid for in full. You have the right to request restrictions on disclosures of your PHI to health plans for payment or health care operations purposes if the PHI pertains solely to a health care item or a health care service that you have paid for out-of-pocket in full.
- The right to choose how Stronger Voices sends PHI to you. You have the right to ask me to contact you in a specific way (for example, home or office phone) or to send mail to a different address, and Stronger Voices will agree to all reasonable requests.
- The right to see and get copies of your PHI. Other than "psychotherapy notes," you have the right to get an electronic or paper copy of your medical record and other information that Stronger Voices has about you.
- The right to get a list of the disclosures Stronger Voices has made. You have the right to request a list of instances in which Stronger Voices has disclosed your PHI for purposes other than treatment, payment, or health care operations, or for which you provided us with an authorization.
- The right to correct or update your PHI. If you believe that there is a mistake in your PHI, or that a piece of important information is missing from your PHI, you have the right to request that Stronger



Voices correct the existing information or add the missing information. Stronger Voices may say "no" to your request, but will tell you why.

- The right to get a paper or electronic copy of this notice. You have the right to get a paper copy of this notice, and you have the right to get a copy of this notice by email. And, even if you have agreed to receive this notice via email, you also have the right to request a paper copy of it.

ACKNOWLEDGEMENT OF RECEIPT OF PRIVACY NOTICE:

Under the Health Insurance Portability and Accountability Act of 1996 (HIPAA), you have certain rights regarding the use and disclosure of your protected health information. By signing below, you are acknowledging that you have received a copy of HIPAA Notice of Privacy Practices.

Signature

Date