

# Rebound and Thrive Intake Form

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Type of Counseling:  Individual  Couples  Pre-Marital  Family  Groups  Evaluation

Name: \_\_\_\_\_

(Last) (First) (Middle Initial)

Name of parent/guardian (if client is less than 18 years):

\_\_\_\_\_

(Last) (First) (Middle Initial)

Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Social Security Number: \_\_\_\_-\_\_\_\_-\_\_\_\_

Age: \_\_\_\_\_ Gender:  Male  Female

Address: \_\_\_\_\_

(Street and Number) (City) (State) (Zip)

Home Phone: (    )

May we leave a message?  Yes  No

Cell/Other Phone: (    )

May we leave a message?  Yes  No

E-mail: \_\_\_\_\_ May we email you?  Yes  No

How did you hear about us? \_\_\_\_\_

Insurance: \_\_\_\_\_ Policy Holder \_\_\_\_\_

Policy Number: \_\_\_\_\_ Group Number \_\_\_\_\_

EAP Name: \_\_\_\_\_ Authorization: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Primary Physician: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Relationship: \_\_\_\_\_

Marital Status:

Never Married  Domestic Partnership  Married  Separated  Divorced  Widowed

Please list any children/age: \_\_\_\_\_

**GENERAL HEALTH INFORMATION:**

1. Are you currently taking any prescription medication (excluding psychiatric meds)?

No

Yes Please list: \_\_\_\_\_

2. How would you rate your current physical health? (Please check)

Poor  Unsatisfactory  Satisfactory  Good  Very Good

Please list any specific health problems you are currently experiencing:

\_\_\_\_\_

3. How would you rate your current sleeping habits? (Please circle)

Poor  Unsatisfactory  Satisfactory  Good  Very good

Please list any specific sleep problems you are currently experiencing:

\_\_\_\_\_

4. How many times per week do you generally exercise? \_\_\_\_\_

What types of exercise do you participate in? \_\_\_\_\_

5. Please list any difficulties you experience with your appetite or eating patterns

\_\_\_\_\_

**MENTAL HEALTH INFORMATION**

6. Have you previously received any type of mental health services (psychotherapy, psychiatric services, etc.)?

No

Yes, previous therapist/practitioner: \_\_\_\_\_

7. Have you ever been prescribed psychiatric medication?

No

Yes Please List \_\_\_\_\_

8. Are you currently experiencing overwhelming sadness, grief or depression?

No

Yes If yes, for approximately how long? \_\_\_\_\_

9. Are you currently experiencing anxiety, panic attacks or have any phobias?

No

Yes If yes, when did you begin experiencing this? \_\_\_\_\_

10. Are you currently experiencing any chronic pain?

No

Yes If yes, please describe \_\_\_\_\_

11. Do you drink alcohol more than once a week?  No  Yes

12. How often do you engage in recreational drug use?

Daily  Weekly  Monthly  Infrequently  Never

14. What significant life changes or stressful events have you experienced recently?

**FAMILY MENTAL HEALTH HISTORY:**

In the section below identify if there is a family history of any of the following.

Please Circle

Family Member

Alcohol/Substance Abuse yes/no

Anxiety yes/no

Depression yes/no

Domestic Violence yes/no

Eating Disorders yes/no

Obesity yes/no

Obsessive Compulsive Behavior yes/no

Schizophrenia yes/no

Suicide Attempts yes/no

**ADDITIONAL INFORMATION:**

Rebound and Thrive

1. Are you currently employed?  No  Yes

If yes, what is your current employment situation?

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Do you enjoy your work? Is there anything stressful about your current work?

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2. Do you consider yourself to be spiritual or religious?  No  Yes

If yes, describe your faith or belief:

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3. What do you consider to be some of your strengths?

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4. What do you consider to be some of your weakness?

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5. What would you like to accomplish out of your time in therapy?

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Rebound and Thrive

## **LIMITS OF CONFIDENTIALITY**

Contents of all therapy sessions are considered to be confidential. Both verbal information and written records about a client cannot be shared with another party without the written consent of the client or the client's legal guardian. Noted exceptions are as follows:

### **Duty to Warn and Protect**

When a client discloses intentions or a plan to harm another person, the mental health professional is required to warn the intended victim and report this information to legal authorities. In cases in which the client discloses or implies a plan for suicide, the health care professional is required to notify legal authorities and make reasonable attempts to notify the family of the client.

### **Abuse of Children and Vulnerable Adults**

If a client states or suggests that he or she is abusing a child (or vulnerable adult) or has recently abused a child (or vulnerable adult), or a child (or vulnerable adult) is in danger of abuse, the mental health professional is required to report this information to the appropriate social service and/or legal authorities.

### **Prenatal Exposure to Controlled Substances**

Mental Health care professionals are required to report admitted prenatal exposure to controlled substances that are potentially harmful.

### **Minors/Guardianship**

Parents or legal guardians of non-emancipated minor clients have the right to access the clients' records.

### **Insurance Providers (when applicable)**

Insurance companies and other third-party payers are given information that they request regarding services to clients. Information that may be requested includes, but is not limited to types of services, dates/times of service, diagnosis, treatment plan, description of impairment, progress of therapy, case notes, and summaries.

***I agree to the above limits of confidentiality and understand their meanings and ramifications.***

**Client Name:**

**Client Signature (Client's Parent/Guardian if under 18)**

**Date:**

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## Consent for Treatment

It is our goal to make your experience here an informed and positive one. Please review and complete the following information. If you have any questions, please feel free to discuss them with us.

It is the responsibility of all clients of Rebound & Thrive to be aware of all fees due for services rendered under private pay or through health insurance. Payments are due at the beginning of each session. We cannot continue to schedule sessions if payments have not been made on prior sessions. There will be a \$30.00 service charge on returned checks (NSF). \_\_\_\_\_ Initials

### ***Counseling Rates for Private Pay (per 50-minute session):***

Individual Counseling \$125.00

Couples Counseling \$150.00

Family Counseling \$150.00

Group Counseling Varies

Returned Check Fee \$30.00

Missed Appointment Fee \$50.00

### ***Health Insurance Coverage***

Please bring a copy of your medical insurance card to each appointment. As a courtesy, Rebound & Thrive will verify your benefits with your insurance company. However, this is not a guarantee of payment. If prior authorization or approval is needed for mental health services, it is the clients' responsibility to contact the insurance agency. It is also your responsibility to understand your coverage, including co-pays, co-insurance, and deductibles. This includes understanding which services are covered and what are not covered. It is also your responsibility to let us know if there is a change in your insurance coverage or changes in employment. We will be glad to file your insurance for you. You are responsible for your deductibles and co-payments. \_\_\_\_\_ Initials

### ***Financial Responsibilities***

You are responsible for payments of fees (co-pays, co-insurance, deductibles, and non-covered services) for Rebound & Thrive. If we provide services that are not covered by your medical insurance or EAP, you are responsible for the payment of these services. Payments of fees are due prior to the start of an appointment. \_\_\_\_\_ Initials

The person who signs below is agreeing to be the "financial guarantor," which means this person agrees to pay any of these fees. If we determine there is a balance on your account (ex. Session fees, Missed Appointment, Returned Check, etc.), we will send you a statement. We ask that you complete payment in 30 days. If the fees are not paid in 30 days, we will send you account to a collection agency where you will be responsible for all collection fees, court costs, and legal fees.

\_\_\_\_\_ Initials



### ***Training and Clinical Supervision***

Rebound & Thrive is a training center for Master's level Social Work interns. All counselors at Rebound & Thrive are under the supervision of licensed mental health professionals.

In order to ensure that counselors receive the best possible training, and that clients are well served, some sessions will be video or audio taped. Tapes are viewed by Rebound & Thrive clinical supervisors only, and are erased in a timely manner. You must agree to be taped to receive counseling services at Rebound & Thrive.

Counselors are generally on a time limited contract with Rebound & Thrive; therefore, it is possible that your counselor may leave Rebound & Thrive prior to the end of your therapy. If this occurs we will take reasonable steps to ensure a smooth transition. \_\_\_\_\_ **Initials**

### ***Child Care Release***

Rebound & Thrive does not provide childcare and is not responsible for children or adolescents left unsupervised in the waiting room. Minors must be picked up following their appointments on time. If you must leave your child in the waiting room during a session, it is your responsibility to provide appropriate supervision for that child. Children under the age of 10 may not be left without supervision in the waiting room. \_\_\_\_\_ **Initials**

### ***Cancellations and Missed Appointments***

Rebound & Thrive is a very busy counseling office, so we require 24-hour notice for cancellations and reschedules so that your appointment time could be available for another client in need. If you do not cancel or reschedule 24 hours before an appointment, a fee of \$50.00 will be assessed to your account. Clients are responsible for all cancellation/no-show fees. Insurance companies will not reimburse for missed appointments. Fees **MUST** be paid before your next session is scheduled. \_\_\_\_\_ **Initials**

### ***Court Appearances, Letters, and Other Paperwork:***

Court appearances are billed at \$200 per hour with a minimum charge of eight (8) hours, for a total of one thousand six hundred (\$1600) dollars. Since the client-therapist relationship is built on trust with the foundation of that trust being confidentiality, it is often damaging to the therapeutic relationship for the therapist to be asked to present records to the court, testify whether factual or in an expert nature, in court or deposition. The therapist asks that clients only request a court appearance in extreme cases. In the event that it is necessary for the therapist to testify before any court, arbitrator, or other hearing officer to testify at a deposition, whether the testimony is factual or expert, or to present any or all records pertaining to the counseling relationship to a court official, the client agrees to pay the therapist for his or her services, including travel, preparation, and necessary expenditures at the rate of \$200 per hour, rounded to the nearest half hour. These expenditures include but are not limited to copies, parking, meals, and the like. The client agrees to pay the \$1600 two weeks prior to the appearance, presentation of records, or testimony requested. \_\_\_\_\_ **Initials**

**End of Treatment**

In addition to your right to confidentiality, you have the right to end your counseling at any time, for whatever reason and without any obligation, with the exception of payment of fees for services already provided. You have the right to question any aspect of your treatment with your counselor. You also have the right to expect that your counselor will maintain professional and ethical boundaries by not entering into other personal, financial, or professional relationships with you.

\_\_\_\_\_ Initials

Rebound & Thrive reserves the right to discontinue counseling at any time including, if we do not believe you will make progress on your mental health condition because of no-shows or late cancellations. We may consider you an inactive client with us if: (1) Sixty (60) days have passed, (2) You do not have any scheduled appointments with us, and (3) We have not heard from you. You will receive a letter stating that your file has become in-active. You may contact us to set up an appointment to become active again. Although we make an effort to remind you about upcoming appointments by text message and email, you are responsible for remembering and attending your appointments.

\_\_\_\_\_ Initials

Your signature below indicates that you have read and understand this information and have received a copy of this consent form and give permission to Rebound & Thrive to provide counseling services and that this contract is binding for all future sessions you may have with this entity.

I, \_\_\_\_\_, agree to all the terms and conditions of this contract.

**Printed name of client or representative**

**Client Signature (Client's Parent/Guardian if under 18) Today's Date**

\_\_\_\_\_ Date: \_\_\_\_\_

**Rebound and Thrive**