



Mental Health Service Agreement Informed Consent and Authorization

Counselling Approach and Services

The Mental Health services of RFHT are client-focused, skills-based, and goal-oriented approaches. Counselling services provided include assessments and counselling to individuals ages 16+, who are dealing with issues related to mental health and emotional well-being. Additionally, the Social Worker/ Psychotherapist/ Psychologist provide information, education, and referrals/linkages to other appropriate community resources.

Clients can access **up to a maximum of 8** individual counselling sessions through RFHT Mental Health Services. The number of sessions will be determined with the social worker/psychologist or psychotherapist, based on the client's needs, goals, and progress. The client's involvement in counselling is voluntary and the client can withdraw from the service at any time.

- If a client is a no-show for two appointments, or misses/cancels an appointment but fails to contact the office to reschedule within 3 months of their missed or cancelled appointment, the client will be discharged from the mental health Program
- RFHT has limited resources to be able to continue to provide free access to counselling services. Therefore, if a client does not require all 8 sessions within a 6-month time frame, the client will be discharged from mental health services. Clients who require counselling in the future are able to request an intake assessment 18 months from their last session.
- As part of the mental health intake process, all clients are required to complete a mental health service agreement informed consent and authorization form prior to their first counselling appointment.

Parameters OF Mental Health Services:

- Clinical services are not designed to support complex/long-term support/services. Clinical services are through a Trauma-Informed Lens that is not long-term treatment. Clients who are currently engaged in case management or other counselling/therapy services are ineligible to access counselling during this same time frame.
- Not all clients who request counselling will be eligible. Some clients may have needs that are too complex to be treated within the parameters of service (please see attachment: Additional information for criteria exceeding services).
- Mental health services are offered as part of an individual's mental wellness support system. If you choose to participate in RFHT mental health services, you understand and agree that if your needs are/or become greater than the scope of **mental health support services** that services can no longer be offered, and you will be referred to and encouraged to engage with your current and/or additional mental health support system.

Appendix A- Criteria That Exclude Patients from RFHT Counselling Services

- Client is experiencing significant symptoms of a psychotic disorder currently, or has experienced these symptoms within the past year
- Client has a severe eating disorder that would impact their ability to actively participate in counselling for anxiety or depression
- Client currently has problematic substance use or has had problematic substance use in the past three months, that would impact their ability to actively participate in counselling. Client requires specialized concurrent disorders treatment
- Client has moderate/severe impairment of cognitive function (e.g., dementia); or moderate/severe impairment due to a developmental disability
- Client has a severe/complex personality disorder that would impact their ability to **actively** participate in support for anxiety or depression. NOTE: This program is not appropriate for clients/patients for whom personality disorder is the problem that is currently causing the most distress and impairment

Detail Information on Defining Severe/Complex Personality Disorder

Personality disorder	Description
Borderline	Difficulty regulating or handling emotions or controlling impulses • Highly sensitive; can react with intense emotions to small changes in environment
Paranoid	Characterized by feeling paranoid, distrustful, and suspicious
Schizoid	Indifference to social relationships; a limited range of emotional expression
Schizotypal	• Social and interpersonal difficulties that includes a sense of discomfort with close relationships, eccentric behaviour, and unusual thoughts and perceptions of reality
Narcissistic	Grandiosity, a lack of empathy for other people and a need for admiration
Histrionic	Constant attention-seeking, emotional overreaction, and suggestibility, Overdramatization of situations, impairing relationships
Antisocial	Pattern of disregard for and violation of the rights of other