



BUFFALO STATE

The State University of New York

believe. inspire. achieve.

The Counseling Center
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Rights, Privacy, Responsibilities and Consent for Treatment for a Minor

Your son or daughter is requesting treatment at the Counseling Center at SUNY Buffalo State. However, because they are under 18 years of age, parental consent is necessary for them to receive counseling and psychological services. The purpose of this form is to describe the services offered and inform you of your and your child's rights and responsibilities regarding our services.

I. RIGHTS

1. Eligibility

The Counseling Center services are available to currently enrolled, full-and part-time Buffalo State students.

2. Services Available

At the end of the assessment period, if further services are indicated, the counselor may recommend groups, individual counseling, suggest further evaluation, or refer a student to other services on- or off-campus. Occasionally, some students find that the initial consultation meets their needs and require no further services.

We offer a range of services, including group counseling, short-term individual counseling, and linkage to other supports such as psychiatric evaluation and medication management as deemed appropriate. A student has the right to refuse diagnostic or treatment services. The counselor may be a social worker, a psychologist, a psychiatrist, or a graduate student under the supervision of the professional staff.

3. Prompt Service

A student will be seen for services in a timely manner. At busy times during the semester, triaging services by one of our professional counselors will be utilized. The Counseling Center may have a waiting list. Our services are generally managed on a first come, first served basis. If, however, a student experiences a crisis that requires immediate attention, he or she should contact the Counseling Center at 716-878-4436 so that urgent care services can be arranged. Twenty-four hour crisis counselors are available by calling or text messaging **988**.

If a student needs services that the Center is unable to provide, the student will be assisted in linking with the community or hometown resources.

4. Respect

The Counseling Center staff will respect each student as an individual and convey this respect by providing quality care, keeping appointments, or contacting the student if a change in time is necessary, and by giving complete attention during sessions.

II. PRIVACY

1. Privacy

Information shared by a student will be kept in strict confidence. The Counseling Center creates and maintains records that may describe physical and mental health history, symptoms, diagnoses, treatment, and plans for future care or treatment. Most disclosures of private information outside of the Center would require parental permission. Because the professional staff operate as a team, we may confer with each other as professionally necessary to provide the best possible service to a student. Occasionally recording is done so that a counselor can review sessions to aid the counseling process. If a counselor audio or video records sessions, student and parental consent will be obtained. The recordings are confidential and erased after use. A student has the right to be recorded and students may decline to be recorded.

2. Disclosures that do not require a parent or student's permission

- **Child Abuse:** If it comes to our attention that a child is abused/maltreated, we must report such abuse/maltreatment to Child Protective Services.
- **Emergency Situations:** We may use or disclose information about a student if we are unable to obtain parental consent yet emergency treatment is needed. If this happens, we will try to obtain parental consent as soon as we reasonably can after providing or arranging for treatment.
- **To Avoid Harm:** We may disclose information about a student to protect the student or others from a serious threat of harm by the student.
- **National Security:** We may be required, by federal law, to disclose information about a student to federal officials for intelligence and national security activities.
- **Release of Information to Parents or Guardians:** While your child is a minor, you have the right to discuss your child's counseling with her/his counselor. Once a student reaches the age of 18, he or she will be asked to complete a new consent as a legal adult. After your child turns 18, they are in charge of their health information. You can ask the student to give the counselor written permission to allow two-way communication between yourself and the counselor. If your child does not sign such a release at that time, you can communicate information to the counselor, but the counselor will not be able to confirm whether or not your child is continuing in counseling or talk to you about your child's counseling experience.
- **Lawsuits and Disputes:** We may disclose information about a student if we are ordered to do so by a court or administrative tribunal.

III. THE STUDENT'S RESPONSIBILITIES

1. Participation

Active participation in the counseling process is necessary for progress to be made. It is important that student notifies the counselor if problems worsen or new needs arise.

2. Cancellations

It is the student's responsibility to keep scheduled appointments, unless rescheduled or canceled **at least 24 hours in advance**. If we do not hear from a student after a missed appointment, we may not be able to keep an appointment time open for that student. If a student repeatedly no-shows for appointments, we may no longer be able to provide the student with services and may need to refer the student to a provider in the community that could better suit their needs.

3. Feedback

The Counseling Center staff is interested in any positive or negative feedback students may have regarding the services received. We periodically ask students to complete an anonymous evaluation asking for feedback about our services. If for any reason a student is not satisfied with the counseling process, we encourage that person to discuss this first with his or her counselor. If concerns are not

resolved to a student's satisfaction, the student may request an appointment with the Clinical Manager or Associate Clinical Manager to discuss possible reassignment or other counseling options.

Please sign below to indicate agreement with the following:

I am the parent or legal guardian of _____ .
Student's Name (print)

I have received a copy of the Counseling Center at Buffalo State's consent form. I have read and fully understand the information contained in this consent form. I hereby give my permission to the professional staff of the Counseling Center to engage in counseling/psychotherapy/mental health evaluation as deemed appropriate with my student.

Student's Name (Print)

Student's Date of Birth

Name of Parent/Legal Guardian (Print)

Signature of Parent/Legal Guardian

Date

If my student agrees to recording of counseling, I give my consent. Please check one: ___ yes ___ no

*This form will be faxed, mailed, or emailed to a parent. **Please return the form to the Counseling Center at the fax number, postal address, or at the email address on this form.** Faxing or physically returning the form is encouraged as email is not a secure medium. The counselor may also elect to verify parental consent upon receiving the signed consent form.*