

## Individual Rights and Responsibilities

*The rights and responsibilities will promote the interests and wellbeing of members.*

1. The right to choose from available services and supports that are consistent with the assessment and service plan, culturally competent, and provided in the most integrated setting in the community and under conditions that are least restrictive to the individual's liberty, that are least intrusive to the individual and that provide for the greatest degree of independence;
2. Be treated with dignity and respect;
3. Participate in the development of a written service plan, receive services consistent with that plan and participate in periodic review and reassessment of service and support needs, assist in the development of the plan and receive a copy of the written service plan;
4. Have all services explained, including expected outcomes and possible risks;
5. Confidentiality and the right to consent to disclosure;
6. Give informed consent in writing prior to the start of services, except in a medical emergency or as otherwise permitted by law. Minor children may give informed consent to services in the following circumstances:
  - a. Under 18 and lawfully married;
  - b. Age 16 or older and legally emancipated by the court; or
  - c. Age 14 or older for outpatient services only.
7. Inspect their Individual Service Record in accordance with ORS 179.505;
8. Refuse participation in experimentation;
9. Receive medication specific to the individual's diagnosed clinical needs, including medications used to treat opioid dependence;
10. Receive prior notice of transfer, unless the circumstances necessitating transfer pose a threat to health and safety;
11. Be free from abuse or neglect and to report any incident of abuse or neglect without being subject to retaliation;
12. Have religious freedom;
13. Be free from seclusion and restraint;
14. Be informed at the start of services, and periodically thereafter, of the rights guaranteed by this rule;
15. Be informed of the policies and procedures, service agreements and fees applicable to the services provided, and to have a custodial parent, guardian, or representative assist with understanding any information presented;
16. Have family/guardian involvement in service planning and delivery;
17. Have an opportunity to make a declaration for mental health treatment, when legally an adult;
18. File grievances, including appealing decisions resulting from the grievance;
19. Exercise all rights described in this rule without any form of reprisal or punishment;

20. Be provided a copy of these rights in written form, or upon request in an alternative format or language appropriate to your needs;
21. Have these rights and how to exercise them explained to you or, if applicable, a guardian;

### Individual Responsibilities

1. To notify Sequoia of significant changes in your circumstances that may affect your treatment services;
2. To treat Sequoia and our staff with respect;
3. To tell Sequoia of your mental health treatment needs and concerns;
4. To ask questions about things you don't understand;
5. To participate in treatment decisions and to be actively involved in developing your service plan;
6. To follow agreed upon service plans;
7. To keep appointments and be on time, or call when you are going to be late or need to cancel an appointment;
8. To update Sequoia of any changes to insurance, address, or contact information.