

# SEQUOIA

MENTAL HEALTH SERVICES, INC.

## Consent to Treat

Welcome to Sequoia! We want you to be aware of your rights throughout your treatment process and how to resolve any issues if they arise. "Informed Consent for Services" means that the service options, risks and benefits have been explained to the individual/guardian in a manner that is easily understandable, and the individual/guardian have agreed to the services on, or prior to, the first date of service.

### Services that may be provided:

- Skills Training
- Medication Management
- Substance Use Treatment
- Supported Employment
- Groups
- Therapy
- Peer Support
- Residential Treatment
- Case Management
- Family Therapy

### Benefits of receiving services:

- Over time you may experience improvement in your mental health and/or substance use symptoms.
- You may gain improved skills in managing any symptoms that remain.
- You may achieve your desired outcomes including improvements in your social life, work, school and family.

### Risks of receiving services:

- The desired outcomes may not be reached.
- Mental health symptoms and substance use may temporarily increase at the beginning of treatment.
- You may experience uncomfortable side effects from your medications.
- You may not connect well with your clinician. We recommend at least four meetings together to decide if it is a good fit.

### Your Rights:

- To have all client rights protected and promoted (see Individual Rights and Responsibilities)
  - To participate in the development and reviews of an individualized service plan.
  - To be informed of any mental health or substance use diagnoses.
  - To know the purpose of any medication prescribed and the possible side-effects.
  - To withdraw informed consent and file a grievance at any time.
- To refuse services, including any specific procedure. If refusing services may have negative consequences this information will be explained verbally and in writing.
- To give consent to specific treatment services before services are provided. At the time of the treatment plan development the QMHP or CADC responsible for development of the treatment plan will obtain individual/guardian signed consent to the treatment approach recommended. The documentation will become part of the individual's clinical record.
- To give consent to significant procedures. Whenever a significant procedure is proposed, the individual's/guardian's signature verifying informed consent to the procedure will be obtained. The documentation will become a part of the individual's clinical record.

### All individuals must voluntarily consent to services before services are provided.

I have read and/or discussed this Informed Consent agreement with Sequoia Mental Health staff.  
I understand this document and voluntarily consent to evaluation and services from Sequoia Mental Health.

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Individual or Guardian Signature

Date

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Name of Individual

Relationship to Individual