

Welcome to Creekside Counseling, LLC. This document contains important information about the mental health services provided by Sara Grout, LMSW. Please read it carefully and ask any questions you may have. When you sign the Acknowledgement of Review, Receipt, and Understanding document, it will represent an agreement between us.

THERAPY SERVICES

Therapy can have benefits and risks. Risks may include experiencing uncomfortable feelings, body sensations, physical symptoms, and/or discussing aspects of your life that may be uncomfortable or unpleasant. Research has demonstrated therapy has been shown to lead to improvement in overall functioning, better relationships, solutions to specific problems, and reduction in reported symptoms. However, there is no guarantee this will be the case for every individual. The outcome of your experience is partly dependent upon your participation. You are expected to actively participate in the therapeutic process by utilizing the learned knowledge, skills, and resources outside of the therapeutic environment.

The first 1-2 sessions consist of gathering information to evaluate and identify your individual needs and strengths. Once the assessment is completed, treatment plan goals will be collaboratively developed to identify the focus of treatment. Goals will be reviewed every 90 days to assess the level of progress being made. Therapy involves a commitment of time, money, and energy, so it is important you feel comfortable and believe the therapeutic relationship is a good-fit. If at any time you have questions or concerns regarding your treatment, please feel free to openly express your thoughts. The therapeutic relationship between the client and the therapist is one of the most important factors in achieving successful treatment outcomes. If you determine the therapeutic relationship or therapeutic approach is not meeting your expectations, please discuss this with me so changes can be made in a manner that makes treatment more effective. If there comes a time when you feel a different provider may better meet your needs, please let me know and I will assist you with finding a provider that you find more suitable.

THERAPY SESSIONS

The first session is a mental health assessment/diagnostic evaluation that typically lasts 50-60 minutes. Due to time limitations it is more efficient if you arrive to your first appointment with your intake paperwork already completed. If you are unable to complete the paperwork at home, please arrive 15 minutes prior to your scheduled appointment. After the initial assessment, therapy sessions are typically 45-55 minutes. The frequency of sessions is dependent upon your needs and can range from twice a week to once a month. The frequency of appointments can be increased or reduced at any time depending upon the symptoms you present. If you are unable to attend a scheduled appointment, please cancel in advance, otherwise you may be charged a no show fee.

CONTACTING ME

I am frequently unavailable by phone due to seeing clients. When I am unavailable, you can leave a voicemail and I will attempt to return your call within 24-hours, with the exception of weekends and holidays. The most efficient way to contact me is through email. My email is HIPAA compliant. I do not accept friend requests on social media nor do I respond to messages on social media unless a prior agreement has been made to communicate in that manner. If you are experiencing a mental health emergency after business hours, please leave a voicemail at 785-648-5664 indicating it is an emergency or visit the nearest emergency room.

MINORS

If you are under eighteen years of age, please be aware the law provides your guardian and parents with parental rights the right to access your mental health record. At the guardian's/parent's request, I will provide the guardian/parent with general information about your therapy, unless I feel there is a risk to you or someone else. In this case, I will notify your parent or guardian of the concern. Before giving them any information, I will discuss the matter with you, if possible. Your safety will be my primary concern.