

Wesleyan University
Counseling and Psychological Services (CAPS)

INFORMED CONSENT FOR IN-PERSON SERVICES DURING THE PANDEMIC

This document contains important information about your decision to resume in-person services at Wesleyan University's Counseling and Psychological Services during the COVID-19 pandemic.

The pandemic is ongoing throughout the United States. In order to mitigate the risk of exposure to COVID-19, CAPS is offering both telehealth and in-person appointments. Telehealth services eliminate the need for students to come into close contact with CAPS staff or to be in locations in which exposure to COVID-19 may occur. However, students may elect to pursue in-person services, with the understanding that they must agree to adhere to health and safety precautions in order to reduce the risk of COVID-19 transmission.

In-Person Services

Both you and your therapist will be required to wear masks throughout the entire appointment. You should be aware of the possibility that masks may pose a challenge to communication at times.

Some CAPS providers may not be available to meet with students in person during the pandemic. If you request or are assigned to one of these providers, the option of in-person services will be available only if you transfer to a different CAPS provider.

The decision to pursue in-person services at CAPS is your own, based upon your assessment of the risks that COVID-19 presents to you and those with whom you are in close contact, as well as whether the benefits of in-person services outweigh the associated risks. You may elect to pursue telehealth services, and you may change from in-person to telehealth services at any time.

If at any point during the pandemic there is a significant spike in COVID-19 cases on campus, or other serious public health concerns develop, CAPS may temporarily shift to a telehealth model in order to fully support the health and safety of the Wesleyan community.

Decision to Pursue In-Person Services

All initial intake appointments will be conducted via telehealth. At your intake, you and your provider will discuss whether you will utilize telehealth or in-person psychotherapy. If you choose to pursue in-person care, you may return to telehealth at any time as long as it is clinically appropriate.

Risks of In-Person Services

You understand that by pursuing in-person psychotherapy, you are assuming the risk of exposure to COVID-19.

Responsibilities of In-Person Services

In order to participate in in-person psychotherapy, you agree to take precautions which will help keep you, CAPS staff, and other students safer from exposure to COVID-19. If you are unable or unwilling to adhere to these safeguards, you will be offered telehealth services.

Consent

- I will only attend in-person appointments when I am symptom-free.
 - I agree.
 - I disagree.

- I have any symptoms of COVID-19 (cough, runny nose, shortness of breath, chills, fever, muscle pain, headache, sore throat, new loss of taste or smell, diarrhea, etc.), I agree to cancel my in-person appointment and request a telehealth appointment instead.
 - I agree.
 - I disagree.

- Because CAPS does not utilize a waiting room, I will proceed directly to my provider's office after receiving notification my provider is ready for me.
 - I agree.
 - I disagree.

- I will wear a mask in all areas of CAPS at all times.
 - I agree.
 - I disagree.

- I will follow all of Wesleyan's pandemic safety protocols.
 - I agree.
 - I disagree.

- If I come in close contact with someone who tests positive for COVID-19, I will immediately inform my therapist and participate in telehealth services until it is determined I can return to in-person care.
 - I agree.
 - I disagree.

CAPS Commitment to Minimize Exposure

CAPS has taken steps to reduce the risk of spreading COVID-19 within our office. We have posted our efforts on our website and in the office. Please discuss any questions or concerns about these efforts with your provider.

If You or Your Provider Are Sick

Your CAPS provider is committed to optimizing the health and safety of students and staff. If your provider experiences symptoms, your appointment will be cancelled and/or rescheduled to telehealth. If you experience symptoms, you will inform your provider so that the appointment can be rescheduled to telehealth.

If your CAPS provider or another CAPS staff member tests positive for the COVID-19 virus, your provider will notify you so that you can take appropriate precautions.

Your Confidentiality in the Case of Infection: Contact Tracing

CAPS fully complies with all Wesleyan contact tracing procedures. If you or your CAPS provider test positive for COVID-19, CAPS will be required to notify the contact tracer that you have been in the CAPS office. CAPS will provide only the minimum information necessary for this data collection (i.e. name and contact information) and will not provide treatment or diagnostic details about your visit to CAPS. Your signature below indicates your agreement that CAPS may release this information as required by law for contact tracing purposes due to the COVID-19 pandemic notwithstanding the general confidentiality commitment of CAPS as set forth in the Consent to Treatment Form.

Informed Consent

This agreement supplements the Informed Consent for Counseling at Wesleyan University's Counseling and Psychological Services (CAPS).

Your e-signature below indicated that you have read in its entirety this informed consent addendum for in-person services during the COVID-19 pandemic, that you understand the document, that you understand the exceptions to confidentiality for contact tracing, and that you are aware you can address any questions you may have with your CAPS provider.

Student Name

Date

CAPS Provider

Date