

Families First Therapy, LLC
Information Sheet

Client Information:

Name: _____ DOB: _____ / _____ / _____
Gender Identity: _____ SSN: _____
Pronoun Preference: _____ Biological Sex: _____
Religious Identity: _____ Ethnic Identity: _____

Primary Language: _____ Proficiency of reading /
writing in this language: _____

Email, text messaging, and other electronic communications are not secure mediums and therefore, confidentiality cannot be assured. Please use discretion when sending information that is sensitive in nature.

Cell Phone: _____ May I leave a message? Yes _____ No _____
Marital Status: _____ May I text you? Yes _____ No _____
Significant Relationships: _____
Email: _____ May I email you? Yes _____ No _____
Address: _____

Emergency Contact(s):

_____	_____	_____	Ok to Contact?	Yes _____	No _____
(Name)	(Relationship)	(Telephone Num.)			
_____	_____	_____	Ok to Contact?	Yes _____	No _____
(Name)	(Relationship)	(Telephone Num.)			

Parent / Guardian(s) Information (if client is a minor only):

Name: _____
Cell Phone: _____ May I leave a message? Yes _____ No _____
May I text you? Yes _____ No _____
Email: _____ May I email you? Yes _____ No _____

Name: _____
Cell Phone: _____ May I leave a message? Yes _____ No _____
May I text you? Yes _____ No _____
Email: _____ May I email you? Yes _____ No _____

Insurance / Payment Information:

Payment Source: _____ Self Pay _____ Sliding Scale _____ Medical Insurance _____

Insurance Company: _____ Client's Relationship to the Policy Holder:
Policy Holder's Name: _____ ___ Self ___ Partner ___ Dependent
Policy Holder's DOB: _____ / _____ / _____ Member #: _____
Policy Holder's SSN: _____ Group #: _____
Policy Holder's Employer: _____

Referral Information:

How did you hear about my practice? _____

Families First Therapy, LLC

Intake Questionnaire

Please complete the following questionnaire before your first appointment. This helps me complete an intake assessment and get an overall picture of your current struggles and strengths. While some of these questions may seem like asking a lot of information, most of these questions are required by the norms of the counseling field in order to provide you the best possible service. Thanks!

Reason for seeking counseling: _____

Presenting Concerns (please check all that apply)

- | | |
|--|--|
| <input type="checkbox"/> Suicidal Thoughts
<input type="checkbox"/> Problems with Child / Children: _____
<input type="checkbox"/> Defiance / Oppositionality
<input type="checkbox"/> Anxiety / Worries
<input type="checkbox"/> Confusion
<input type="checkbox"/> Depression
<input type="checkbox"/> Difficulty Being Alone
<input type="checkbox"/> Fatigue
<input type="checkbox"/> Guilt / Shame
<input type="checkbox"/> Hearing Voices / Hallucinations
<input type="checkbox"/> Memory / Concentration Problems
<input type="checkbox"/> Mood Swings
<input type="checkbox"/> Motivation Reduced / Absent
<input type="checkbox"/> Obsessive Thoughts
<input type="checkbox"/> Panic (or Anxiety) Attacks
<input type="checkbox"/> Physical Abuse
<input type="checkbox"/> Low Self-Esteem
<input type="checkbox"/> Sexual Abuse
<input type="checkbox"/> Sleep Problems
<input type="checkbox"/> Trauma / PTSD
<input type="checkbox"/> Struggles Attaching / Having Relationships
<input type="checkbox"/> Grief and Loss
<input type="checkbox"/> Coming out / GLBTQ Concerns
<input type="checkbox"/> Unusual Thoughts
<input type="checkbox"/> Other: _____ | <input type="checkbox"/> Anger / Aggression / Violence
<input type="checkbox"/> Parent / Child Conflict
<input type="checkbox"/> Social Struggles
<input type="checkbox"/> Drug / Alcohol Use Concerns
<input type="checkbox"/> Addiction
<input type="checkbox"/> Eating Habits / Problems
<input type="checkbox"/> Lying Frequently
<input type="checkbox"/> Perfectionism
<input type="checkbox"/> Physically Abusive to Self
<input type="checkbox"/> Shy, Uneasy with Others
<input type="checkbox"/> Passive / Unassertive
<input type="checkbox"/> Unwanted Behavior / Habits
<input type="checkbox"/> Withdrawn
<input type="checkbox"/> Employment / School Issues
<input type="checkbox"/> Legal Problems
<input type="checkbox"/> Living Arrangements
<input type="checkbox"/> Money Management Issues
<input type="checkbox"/> Parenting Issues
<input type="checkbox"/> Relationship / Marital Issues
<input type="checkbox"/> Cutting / Self-Harm
<input type="checkbox"/> Existential / Spiritual Struggles
<input type="checkbox"/> Divorce / Separation
<input type="checkbox"/> Communication Struggles
<input type="checkbox"/> Weight Changes

<input type="checkbox"/> _____ Increase _____ Decrease |
|--|--|

Prior Behavioral Health Experiences

1. Outpatient Counseling (most recent, to first)

Dates: From – To	Clinic	Therapist	Reason / Results (How was it?)

2. Intensive Treatment (including residential treatment, treatment foster care, and hospitalizations)

Dates: From – To	Clinic	Therapist	Reason / Results (How was it?)

Medical History (current and in the past)

Medical Conditions in the last year: _____
Chronic Illnesses: _____
Surgeries: _____
Head Injuries (TBI diagnosed or otherwise): _____
Disabilities (physical or developmental): _____
Allergies: _____
Advanced Directives (if applicable): _____

Medication	Dose/Frequency	Start Date	End Date	Reason for RX	Prescribed By

Drug and Alcohol Use History:

Past Use	Type	Quantity	Frequency	Date Started (If applicable)	Date Ended (If applicable)
Alcohol					
Tobacco					
Non-Prescribed Drugs					

Have there been any undesirable results of your drug or alcohol use? [YES] [No]
(struggles at school / job, physical health problems, relationship problems, legal problems)
Have you ever been concerned about your drug or alcohol use? [YES] [No]
Have others expressed concern about your drug or alcohol use? [YES] [No]
Have others you are close to struggled with problems related to drug or alcohol use? [YES] [No]
Have you ever attended a 12-step support group (AA, NA, Al-Anon, etc.)? [YES] [No]
Are you currently attending a 12-step support group? [YES] [No]
Describe your daily caffeine consumption (tea, coffee, energy drinks, chocolate, soda): _____

Education and Employment (if applicable):

1. Education History

Highest level of education to date: _____
Current School / Field of Study: _____

2. Employment History

Are you currently employed? ___ No ___ Yes Job Title: _____
Do you have any concerns about employment? ___ No ___ Yes: _____

3. Military Experience

Have you been in any branch of the military? ___ No ___ Yes: Branch _____ Position _____
Reason for Discharge: _____

Families First Therapy, LLC

CONSENT TO TREATMENT

It is the policy of Families First Therapy LLC that clients have the right to say whether or not they wish to receive Outpatient services. Each client has impartial access to treatment, regardless of race, religion, gender identity, ethnicity, age, sexual preference or disability, within the range and diagnostic criteria for which Families First Therapy LLC provides treatment.

The undersigned acknowledges that Families First Therapy LLC makes no guarantees to the undersigned or the client as to the results or likelihood of success of Families First Therapy LLC services.

The undersigned acknowledges that if a client becomes dangerous to him/herself or to others, the staff will exercise the necessary precautions in order to protect the client or others.

The undersigned acknowledges receiving a copy of information about Families First Therapy including policies and procedures, Informed Consent, HIPPA compliance protocols, and Notice of Privacy Practices.

The undersigned releases Families First Therapy LLC staff from any liability for the loss or damage of personal property and/or money while receiving services at Families First Therapy LLC or at the client's home.

These services are completely voluntary:

Yes; I Consent to receive outpatient services from Families First Therapy LLC for myself or on the behalf of the client.

No; I Do Not Consent to receive outpatient services from Families First Therapy LLC for myself or on the behalf of the client. Referrals for outside services or alternative services can be supplied upon request.

My signature below attests to the fact that I have read this form, understand its content and request that the above information be released as specified.

CLIENT SIGNATURE (14 YEARS OR OLDER)

DATE

PARENT /GUARDIAN (IF APPLICABLE)

DATE

I have discussed the notice of privacy practices, informed consent, consent to treatment, consent to policies and disclosure to insurance company, consent to payment policies, consent to cancellation policy, and client rights and responsibilities with the client(s) and/or their parent/guardian (if applicable). My observations of their behavior and responses give me reason to believe that this person is fully competent to give informed and willing consent. My signature below attests to this statement.

KRISTIN LICHTLE, MA, PA

DATE

Cell (505) 504-5449
Fax (844) 840-7345

www.familiesfirsttherapy.org
steve@familiesfirsttherapy.org

Families First Therapy, LLC

CONSENT TO POLICIES AND CONSENT TO DISCLOSURE TO INSURANCE COMPANY

Thank you for choosing Families First Therapy as your therapy provider. Please review carefully the consent to disclosure to insurance companies (if applicable) and receipt of notice of privacy practices below. If you agree to each item, please initial next to each statement indicating your agreement and sign at the bottom.

RECEIPT OF NOTICE OF PRIVACY PRACTICES

_____ I acknowledge that I have been provided a Notice of Privacy Practices that fully explains the uses and disclosures that Families First Therapy will make with respect to my individually identifiable health information. I understand that I have the right to review said notice before signing this consent. Additional copies of this notice are posted on the website www.familiesfirsttherapy.org and also in the office lobby. I also understand that Families First Therapy reserves the right to change its notice and the practices detailed therein prospectively, and will notify me of any changes.

RECEIPT AND CONSENT TO INFORMED CONSENT AND ADDITIONAL POLICIES

_____ I acknowledge that I have been provided and reviewed a copy of Informed Consent, additional privacy policies and cancellation and no show policy. I understand these policies and agree to abide by the boundaries and stipulations therein.

_____ I was given, have reviewed, and understand privacy concerns pertaining to technology and electronic communications.

CONSENT TO DISCLOSURE TO INSURANCE COMPANY (IF APPLICABLE; OPTIONAL)

_____ I understand that I do not have to consent to the uses or disclosure of my individually identifiable health information for treatment, payment, and health-care operation. I also understand that if I do not consent, Families First Therapy may refuse to provide me health-care services unless applicable state or federal law requires Families First Therapy to provide such services.

_____ I understand that I may revoke this consent in writing, but that the revocation will not be effective to the extent that Families First Therapy has already taken action in reliance on my earlier effective consent.

_____ I understand that as part of my healthcare, Families First Therapy originates and maintains health records describing my health history, symptoms, examination and test results, diagnoses, treatment and any plans for future care or treatment. I understand that this information serves as:

- A basis for planning my care and treatment.
- A means of communication among health professionals who contribute to my care.
- A source of information for applying my diagnosis information to my bill.
- A means by which a third-party payer can verify that services billed were actually provided.

_____ I understand that if my medical insurance company is providing payment for services rendered at Families First Therapy, the following disclosures of my identifiable health information may apply:

- Families First Therapy will have to release information including dates of sessions, CPT codes billed, and diagnostic information about me to my insurance company, or their legal representative in order to obtain payment.
- If records are requested by my insurance company as a requirement to process payment for services rendered, Families First Therapy will attempt to notify me of the documents being disclosed and permit me to review them prior to their disclosure. Documents may include any documents generated by Families First Therapy about me.
- I will have to authorize my insurance company to make benefits payable to Families First Therapy.

My signature below attests to the fact that I have read this form, understand its content, and agree to these conditions.

CLIENT SIGNATURE (14 YEARS OR OLDER)

DATE

PARENT /GUARDIAN (IF APPLICABLE)

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Please review carefully the boundaries and expectations outlined below. Please initial next to each statement indicating your agreement and sign at the bottom. These are considered a necessary condition for treatment.

CONSENT TO PAYMENT POLICIES

PAYMENT POLICIES

_____ I understand that all Copays, Deductible payments, Self-pay, or Sliding-scale fees are due at the time or service. If my insurance company denies paying for my services or indicates a deductible payment or different copay amount than indicates on my insurance card, then these payments are due five business days after I am invoiced.

_____ I understand that if I don't have insurance, I will be expected to pay the noted fee (or sliding scale fee) for these services at each appointment. Any payments may be made via cash, check, or credit card.

_____ I understand that the full-scale fees for services are as follows: Individual / Family Intake Appointment **\$120** and Subsequent Individual / Family Appointments **\$120** per hour.

_____ I understand that any balances not paid within 30 calendar days may be turned over to collections with an additional 2% late fee added. I understand that if my bill must be turned over to collections due to not paying my balance after 30 calendar days, I am responsible for the collections fees (typically 40% of the total bill).

_____ I understand that if payment for the services I receive is not made, the therapist may stop my treatment.

_____ I understand that if I pay by check or credit card and the payment is later recouped (e.g. the check bounces), a fee of **\$30** will be added to the balance. I understand that this balance must be paid by alternative means in 5 days.

ADDITIONAL SERVICES

_____ I understand that any out of session communication (telephone call or other medium) lasting more than 5 minutes will result in a fee of **\$25** per 15 minutes. There will be no fee for contacts lasting less than 5 minutes.

_____ I understand that other services such as record preparation, report writing, and other documentation are charged at the rate of **\$25** per 15 minutes.

_____ I understand that if I choose to subpoena Kristin Lichtle or Stephen Ratcliff, all legal services including preparation time, testimony time, transportation time, and commute time will incur a fee of **\$300** due prior to testimony date.

CONSENT TO CANCELLATION POLICY

_____ I understand that if I am unable to attend my scheduled therapy appointment, I must first notify Families First Therapy by email or at 505-504-5449 by text or voicemail 24 hours in advance of my appointment.

_____ I understand that If I do not call to cancel or reschedule my appointment, this will be considered a **no-show**. Additionally, arriving later than 20 minutes for my scheduled therapy appointment time constitutes a no-show. No-shows to appointments are not covered by my health insurance and will result in a subsequent fee. The fee is **\$25** for all clients.

_____ If extenuating circumstances arise and I cancel in advance of my appointment but not with 24 hours notice, Families First Therapy may choose to waive this fee on a case-by-case basis.

_____ I understand that if I miss my scheduled appointment, it is my responsibility to call to set up subsequent appointments. Failure to cancel with 24-hour prior notice *may* result in me losing my preferred time slot. If I am failing to maintain contact, Families First Therapy may take this as communication that I am terminating services.

My signature below attests to the fact that I have read this form, understand its content, and agree to these conditions.

CLIENT SIGNATURE (14 YEARS OR OLDER)

DATE

PARENT /GUARDIAN (IF APPLICABLE)

DATE

KRISTIN LICHTLE, MA, PA

DATE

Families First Therapy, LLC
CLIENTS RIGHTS AND RESPONSIBILITIES

Client's Rights

1. The right to efficient and equal service, regardless of race, gender, religion, ethnic background, education, social class, physical or mental disability, sexual orientation, gender identity, or economic status.
2. The right of considerate, courteous and respectful care from all Families First Therapy, LLC staff.
3. The right to informed consent and full discussion of risks and benefits prior to any invasive procedure, except in an emergency. Alternative to the proposed procedure must be discussed with the client.
4. The right to receive information in an understandable manner.
5. The right to obtain a referral for bi-lingual services or to have an interpreter present in session if needed.
6. The right to the names, titles, and professions of Families First Therapy, LLC staff with whom the client speaks and from whom services or information are received.
7. The right to refuse examination, discussion, and/or procedures to the extent permitted by law and to be informed of the health and legal consequences of this refusal.
8. The right of access to the client's own personal health record.
9. The right to confidentiality and privacy of the client's personal mental health records as provided by the law. The details of the clients life and treatment are shared only with the client's parent's or guardian's permission and the client's explicit consent.
10. The right to expect reasonable continuity of care within the scope of services of Families First Therapy, LLC.
11. The right to examine and receive a full explanation of any charges made by Families First Therapy, LLC regardless of the source of payment.
12. The right of respect for the client's civil rights and religious opinions.
13. The right to be represented by a family member or guardian if the client is unable to fully participate in treatment decisions.

Client's Responsibilities

1. Provide accurate and complete information relevant to your treatment at Families First Therapy, LLC.
2. Ask questions if you do not understand any aspect of your treatment.
3. Report safety concerns immediately to your therapist.
4. Avoid drugs, alcoholic beverages or toxic substances while in attendance of your therapy session.
5. Accept the consequences if you do not follow the care, service, or treatment plan provided to you.
6. Respect the property of other people and of Families First Therapy, LLC.
7. Be considerate of other clients.
8. Sign a written acknowledgement that you have received the applicable Notice of Privacy Practices.
9. Provide accurate information needed for processing your insurance coverage.
10. Be responsible for payment of all services, either through your third party payers (insurance company) or by personally making payment for any service that are not covered by your insurance policy(s) including second opinions or consultations.

By signing below, I acknowledge my client's rights and responsibilities listed herein.

CLIENT SIGNATURE (14 YEARS OR OLDER)

DATE

PARENT /GUARDIAN (IF APPLICABLE)

DATE

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DATE

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www.familiesfirsttherapy.org
steve@familiesfirsttherapy.org

Families First Therapy, LLC
PRIMARY CARE PHYSICIAN COORDINATION OF CARE RELEASE FORM

CLIENT NAME: _____ DATE OF BIRTH: _____

THIS WILL AUTHORIZE: Families First Therapy, LLC

Tel. (505) 504-5449; Fax (505) 242-4076

TO RELEASE TO: _____

(Facility, organization, individual receiving information)

(Telephone, fax, address)

Cancellation / Expiration: I understand that I may cancel this authorization at any time by sending my health providers my cancellation notice in writing. I understand that my health care providers may have already released records according to this authorization prior to receiving my notice of cancellation.

This authorization shall remain valid for one year from the date of signature unless revoked in writing by the client's guardian or conservator. This authorization releases Families First Therapy, Inc. from any and all legal liability that may arise as a result of compliance with this release of information request.

I authorize Families First Therapy, LLC to have contact and release medical records to the Physician noted above.

I specifically authorize the release of my medical records to include the following records (initial):

- _____ HIV / AIDS results and treatments
- _____ Sexually transmitted or "communicable" disease Information
- _____ Prescription Drug Information
- _____ Drug, alcohol, or substance abuse Information
- _____ Mental health Information (other than psychotherapy notes)

I do not authorize Families First Therapy, LLC to release medical records.

My signature below attests to the fact that I have read this form, understand its content and request that the above information be released as specified.

CLIENT SIGNATURE (14 YEARS OR OLDER)

DATE

PARENT /GUARDIAN (IF APPLICABLE)

DATE

I have discussed the above form and what information may or may not be disclosed with the client(s) and/or their parent/guardian (if applicable). My observations of their behavior and responses give me reason to believe that this person is fully competent to give informed and willing consent. My signature below attests to this statement.

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