

# SANDSTONE PSYCHOLOGICAL PRACTICE

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## Informed Consent & Payment Information

Welcome to Sandstone Psychological Practice! We appreciate that you are entrusting us with your mental health needs and look forward to assisting you in achieving your mental health goals.

This document will provide you with important information about Sandstone Psychological Practice and business policies. It is important that you read these documents carefully so that you can make an informed decision in regards to our services. This document also represents an agreement between us. Please ask us any questions you may have.

### Services Provided

Sandstone Psychological Practice offers a variety of mental health services that include, but are not limited to, the following:

- Individual Psychotherapy
- Group Therapy
- Workshops
- Assessments
- Consultation
- Referrals for Alternate Healthcare Providers

Typically, the first sessions will involve a comprehensive assessment of your needs and goals. You and your psychologist will decide which service(s) best matches your needs and create a treatment plan. It is important to provide accurate and complete information so that we can make the most appropriate recommendation for services for you. We encourage you to ask questions and talk openly with your psychologist about any concerns, requests, or needs you may have. Your psychologist is always willing to discuss your treatment with you and to look at alternatives that might work better. Although during the course of the therapy relationship, you may be disclosing vulnerable or personal information, the therapy relationship is professional in nature. Planned contact outside of the therapeutic relationship or sexual interactions of any kind is prohibited.

### Benefits and Risks to Treatment

Counseling services may include both benefits and risks. Common benefits include improvement in symptoms, reduced distress, increased satisfaction in interpersonal relationships, greater awareness, and an improved sense of personal strength. Achieving such benefits requires an open and honest relationship with your psychologist and active participation in the counseling process.

It is important to know that psychological services can produce some emotional discomfort and/or a temporary worsening of symptoms. This initial discomfort is common and generally subsides, however, any

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discomfort or worsening of symptoms should be brought to the attention of your treating psychologist. Psychotherapy varies from person-to-person and unfortunately, there are no guarantees about how you will experience therapy or the therapeutic gains you will make. Remember, you always have the right to request changes in your treatment or refuse treatment at any time. Due to confidentiality concerns, audio and/or video recording of sessions is prohibited without first discussing this with your provider.

### Billing and Payments

Fees vary by the service provided, however, the typical hourly fee is \$200. You are responsible for your balance. If you have coverage through a health insurance plan, we will bill them for you as a courtesy. If you have any questions about your coverage, please call your insurance company directly. You are responsible for any charges for which your insurance or other payment source does not pay within 60 days of receiving service. You are expected to provide payment or insurance co-pay at the time services are provided. If your account has not been paid for more than 60 days and arrangements for payment have not been agreed upon, we have the option of using legal means to secure the payment. This may involve hiring a collection agency or going through small claims court. *\*In circumstances of unusual financial hardship, we may be willing to negotiate a fee adjustment or payment installment plan.*

### Cancellations & Late Arrivals

The time scheduled for your appointment is assigned to you and you alone. If you need to cancel or reschedule a session, we ask that you provide us with at least 24-hours notice. If you miss an appointment without cancelling, or cancel with less than 24-hours notice, you will be charged a \$25.00 fee. Your insurance plan will not pay for missed or cancelled sessions. If you are more than 15-minutes late for an appointment, your psychologist may no longer be available to meet with you and you may need to reschedule your appointment.

### Confidentiality

In general, all communication between a client and psychologist is confidential and is protected by law. We cannot and will not tell anyone else what you have told us, or even that you are in therapy with us, without your written permission (i.e., a Release of Information Form). There are a few exceptions to confidentiality. If confidentiality cannot be maintained due to one of the reasons listed below, we will make every effort to fully discuss it with you before taking any action:

1. If we believe that **a child, elderly person, or vulnerable person is being abused**, we are required to file a report with the appropriate state agency to protect them from continued harm.
2. If we believe that **you are in imminent danger of harming yourself**, we may legally break confidentiality to seek hospitalization for you.
3. If we believe that **you will harm another person**, we are required to take protective actions. These actions may include notifying the potential victim, contacting the police, and/or seeking hospitalization for you.
4. In some legal proceedings, a **judge may directly order our testimony**. It is important to know that Sandstone does not provide therapy in order to support a legal case, and will not provide records or testify on your behalf in a court case.

Professional Records

By the state of Nevada, psychologists are required to keep treatment records until a client turns 23 years old and for a minimum of 5 years. You have the right to request a copy of your records and your provider will discuss this request with you prior to releasing the records. Clients will be charged an appropriate fee for any professional time spent in responding to information requests.

Contacting Us

We are usually in the office during typical working hours. If we are unable to answer your call, we will make every effort to return your call within 24 hours, with the exception of weekends and holidays. Our email address is not a crisis resource and should only be used for scheduling or cancellations.

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Emergency Procedures

Should an emergency or urgent situation arise and we are unavailable or it is after our normal business hours, please contact the following resources:

- Call 9-1-1 or go to the nearest emergency room for an emergency, OR
- Call Southern Nevada Adult Mental Health Services, Hotline: (702) 486-8020, Voice: 702-486-6400 \*8-5p M-F (must NOT have insurance coverage)
  - 6161 West Charleston Blvd, Las Vegas, NV
  - 1785 E. Sahara Ave, Las Vegas, NV
  - Emergency After Hours Phone: 702-486-6408, OR
- Montevista Hospital, Crisis Intervention, (702) 364-1111, 5900 W. Rochelle Ave, 24/7 services, OR
- Spring Mountain Hospital, (702) 873-2400, 7000 Spring Mountain Rd., 24/7 services, OR
- National Suicide Prevention Lifeline, (800) 273-8255, OR
- Nevada Suicide Prevention Hotline, (877) 885-4673

Signature

My signature indicates that I understand and agree to the above information and policies.

Print Name: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Client (or Parent/ Guardian): \_\_\_\_\_

Relationship to Client (if applicable): \_\_\_\_\_

Signature of Sandstone Staff: \_\_\_\_\_ Date: \_\_\_\_\_

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