



Minor Self-Consent for Treatment

The Ohio Revised Code allows minors to receive, without the knowledge or consent of a parent or guardian, outpatient counseling services. This law (5122.04), which applies to CPS, states in part:

(A) Upon the request of a minor fourteen years of age or older, a mental health professional may provide outpatient mental health services, excluding the use of medication, without the consent or knowledge of the minor’s parent or guardian. Except as otherwise provided in this section, the minor’s parent or guardian shall not be informed of the services without the minor’s consent unless the mental health professional treating the minor determines that there is a compelling need for disclosure based on a substantial probability of harm to the minor or to other persons, and if the minor is notified of the mental health professional’s intent to inform the minor’s parent, or guardian.

(B) Services provided to a minor pursuant to this section shall be limited to not more than six sessions or thirty days of services whichever occurs sooner. After the sixth session or thirty days of services the mental health professional shall terminate the services or, with the consent of the minor, notify the parent, or guardian, to obtain consent to provide further outpatient services.

Examples of situations when a counselor might need to notify a parent or guardian, and possibly other professionals, include; when there is a reasonable suspicion of abuse of children or elderly persons; when the client presents a serious danger of violence to another; when the client is likely to harm himself or herself unless protective measures are taken; when a valid court order has been issued; and when medication is sought as a component of treatment.

After 6 sessions or 30 days, whichever occurs first, a minor client chooses between terminating therapy services or obtaining parent/guardian consent. Such consent does not require that the parent or guardian be informed of the initial counseling sessions. You may choose to have that file “sealed,” meaning that the file and the content of those sessions is not available to your parent/guardian.

Fees for Services: When a minor student is exercising the legal option to obtain counseling services without parent/guardian notification, it is our policy to offer services without charge. We do this because:

1) therapy is time limited under these conditions, and 2) billing will compromise the confidentiality. Should a minor student decide to continue counseling and obtain parent or guardian consent to do so, normal billing practices would apply. Details and other policies can be viewed on our website: www.ohio.edu/counseling

Please note that participation in services at CPS is strictly voluntary. Clients are responsible for scheduling their own appointments and complying with their counselor’s treatment recommendations. Services may be terminated if clients fail to comply. In the event that CPS is not the appropriate agency to meet a client’s needs, referrals will be provided.

I understand the above information as it pertains to my decision to seek treatment without the knowledge or consent of a parent or guardian.

Printed Name

PID#

Signature

Date
