

# Sylvia Clemons

Licensed Professional Counselor, Licensed Chemical Dependency Counselor

Brookstone Building  
16601 Blanco Road, Suite 219  
San Antonio TX 78232

Phone: 210-590-9800  
Fax: 210-590-9166  
Email: sylviaClemons@sbcglobal.net

## Intake Information

Client Name \_\_\_\_\_ Date \_\_\_\_\_  
Home Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Mobile Phone: (\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_  
Workplace Name/Address \_\_\_\_\_  
Sex: \_\_\_\_ M \_\_\_\_ F Age \_\_\_\_ Date of Birth \_\_\_\_\_  
Marital Status: Single \_\_\_\_ Divorced \_\_\_\_ Married \_\_\_\_ (1st \_\_\_\_) (2nd \_\_\_\_) (3rd \_\_\_\_) Spouse's Name \_\_\_\_\_  
Children (First Names & Ages) \_\_\_\_\_  
How did you find out about this counseling service? \_\_\_\_\_

### Complete this section only if client is a minor:

Responsible Party Name \_\_\_\_\_ Relationship to Client \_\_\_\_\_  
Phones: Home (\_\_\_\_) \_\_\_\_\_ Work (\_\_\_\_) \_\_\_\_\_ Mobile (\_\_\_\_) \_\_\_\_\_  
Home Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Workplace Name/Address \_\_\_\_\_

Briefly describe the problem(s) you would like addressed in counseling \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

How long has this been a concern for you? \_\_\_\_\_

In what ways has this problem affected you? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What would you like to be different as a result of the counseling? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Have you previously had any counseling? Yes \_\_\_\_ No \_\_\_\_

If yes, who did you see, when, and for how long? \_\_\_\_\_  
\_\_\_\_\_

Name of personal physician \_\_\_\_\_ Date of last check-up \_\_\_\_\_

Do you have any past or present physical/health-related issues? Yes\_\_\_\_ No\_\_\_\_

If yes, please describe: \_\_\_\_\_  
\_\_\_\_\_

Please list any medications you are currently taking \_\_\_\_\_  
\_\_\_\_\_

Have you ever used alcohol, drugs, or nicotine? Yes\_\_\_\_ No\_\_\_\_

Do you use any of them at present? Yes\_\_\_\_ No\_\_\_\_

If yes, please describe: \_\_\_\_\_

Did (or does) your use of alcohol, drugs, or nicotine cause problems in your life? Yes\_\_\_\_ No\_\_\_\_

If yes, please briefly describe: \_\_\_\_\_  
\_\_\_\_\_

Is there any history of alcohol or drug problems in your family? Yes\_\_\_\_ No\_\_\_\_

If yes, please briefly describe: \_\_\_\_\_  
\_\_\_\_\_

Are you presently involved with the legal and/or criminal justice system? Yes\_\_\_\_ No\_\_\_\_

If yes, please describe: \_\_\_\_\_  
\_\_\_\_\_

What is the highest grade or degree that you completed in school? \_\_\_\_\_

If less than 12<sup>th</sup> grade, do you have your G.E.D.? Yes\_\_\_\_ No\_\_\_\_

Do you currently attend church? Yes\_\_\_\_ No\_\_\_\_

If yes: Where do you attend? \_\_\_\_\_ How long have you been attending there? \_\_\_\_\_

How often do you attend services? \_\_\_\_\_

Pastor's name \_\_\_\_\_ Does he know you are seeking counseling? Yes\_\_\_\_ No\_\_\_\_

Have you consulted with your pastor on the problem(s) for which you are seeking counseling? Yes\_\_\_\_ No\_\_\_\_

If no: What are your reasons for not currently attending and being active in a church? \_\_\_\_\_  
\_\_\_\_\_

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***Before signing below, please read the General Office Policy Information sheet.***

I (client/responsible party) have read and understood the handout, General Information About Office Policies, furnished to me and agree to the following:

- **Private Pay Clients:** I agree to be responsible for payment of the \$50.00 "no show/late cancellation" fee for any appointments made but not kept or cancelled 24 hours in advance for non-emergency reasons.
- **Insurance Clients:** I agree to be personally responsible for payment of the \$50.00 "no show/late cancellation" fee if I fail to cancel or keep an appointment because I understand my insurance company cannot be billed for missed appointments. I further understand that I am expected to pay for such sessions and hereby agree to do so.

Signature \_\_\_\_\_ Date \_\_\_\_\_

## ***Intake Checklist***

Name \_\_\_\_\_ Date \_\_\_\_\_

**Please check all that apply:**

Now	Past		Now	Past	
_____	_____	Depression	_____	_____	Low energy
_____	_____	Low self-esteem	_____	_____	Poor concentration
_____	_____	Hopelessness	_____	_____	Worthlessness
_____	_____	Guilt	_____	_____	Sleep disturbance (more/less)
_____	_____	Appetite disturbance (more/less)	_____	_____	Thoughts of hurting yourself
_____	_____	Isolation/social withdrawal	_____	_____	Thoughts of hurting someone else
_____	_____	Sadness/loss	_____	_____	Stress
_____	_____	Anxiety/panic	_____	_____	Heart pounding/racing
_____	_____	Chest pain	_____	_____	Trembling/shaking
_____	_____	Sweating	_____	_____	Chills/hot flashes
_____	_____	Tingling/numbness	_____	_____	Fear of dying
_____	_____	Fear of going crazy	_____	_____	Nausea
_____	_____	Phobias	_____	_____	Obsessions/compulsive behaviors
_____	_____	Thoughts racing	_____	_____	Can't hold on to an idea
_____	_____	Easily agitated	_____	_____	Can't get my mind to turn off
_____	_____	Delusions/hallucinations	_____	_____	Not thinking clearly/confusion
_____	_____	Feeling that you are not real	_____	_____	Feeling that things around you are not real
_____	_____	Lose track of time	_____	_____	Unpleasant thoughts that won't go away
_____	_____	Anger/frustration	_____	_____	Easily annoyed/agitated
_____	_____	Defies rules	_____	_____	Blames others
_____	_____	Argues	_____	_____	Problems due to drug &/or alcohol use
_____	_____	Blackouts	_____	_____	Excessive use of prescription medications
_____	_____	Physical abuse issues	_____	_____	Legal problems due to alcohol/drug use
_____	_____	Spousal abuse issues	_____	_____	Excessive behaviors (spending/gambling)
_____	_____	Sexual abuse issues	_____	_____	Other problems/symptoms:
_____	_____	Relationship problems	_____	_____	_____
_____	_____	Family problems	_____	_____	_____
_____	_____	Marital problems	_____	_____	_____
_____	_____	Work-related problems	_____	_____	_____
_____	_____	Problems with children	_____	_____	_____
_____	_____	Problems with grandchildren	_____	_____	_____
_____	_____	Tired all the time	_____	_____	_____

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## General Information About Office Policies

### **APPOINTMENTS:**

1. Counseling appointments are generally scheduled to last 50 minutes each time and are usually scheduled on a once-a-week basis, unless other arrangements are made.
2. If you have scheduled an appointment and need to change it or cannot keep it, please contact my office phone at least 24 hours in advance. Since that hour has been reserved especially for you and is not available to others who might also need it, you will be charged a \$50.00 "no show/late cancellation" fee for appointments that are not canceled 24 hours in advance or are not kept at all.
3. If you have had a personal emergency situation and cannot give 24 hours notice, please contact me at the earliest possible time to cancel or reschedule, indicating the nature of the emergency. You will not be charged for the session in the case of a true emergency.
4. If you are late for an appointment, the session will still end at the scheduled time, and you will be charged for a full session. If I am late for an appointment, you will be charged for only a partial session or the time will be extended to allow for a full session.

### **PAYMENT FOR SERVICES:**

#### **MILITARY/ONCE SOURCE/EAP REFERRALS:**

1. No payment is required at the time of service & will be handled directly through your referral source.
2. The charge for "no show/late cancellation" appointments does not apply. However, I do request your consideration in letting me know as soon as possible if you are unable to keep an appointment.

#### **PRIVATE PAY/INSURANCE:**

1. All payment for services are to be made at the time of the appointment unless other arrangements are made. Payment can be made in cash, check or credit card. If a check is returned as insufficient, you will be charged the bank fee, in addition to the amount of the check and will be billed for the amount due.
2. If you cannot afford the full fee of \$100.00 per session, you may ask to be considered for a sliding scale fee which is based on your total, gross, annual household income.
3. If you have insurance that covers outpatient mental health services, it may pay for 50% to 80% of the cost of counseling after any deductible that may apply.
  - **IN-NETWORK:** If I am in-network with your insurance company, you will be responsible for deductible and/or co-pay only as designated by your particular policy and I will file with your insurance.
  - **OUT-OF-NETWORK:** If I am out-of-network with your insurance company, you will be given the necessary information to file for reimbursement if you choose to do so. You will be asked to pay in full at the time of each session and any insurance reimbursements would be paid directly to you.

### **EMERGENCIES:**

In cases of emergency, please contact me at 210-590-9800. If I am not immediately available, please leave a message and number where you can be reached, specifying that it is an emergency. You will be contacted as soon as possible. If you cannot reach me at the moment you call and believe you must have immediate attention, please call 911 or go to the nearest hospital emergency room.

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### **Records and Confidentiality:**

The Health Insurance Portability and Accountability Act (HIPAA) provides safeguards to protect your/client's privacy. Implementation of HIPAA requirements officially began on April 14, 2003. This form is an agreement between you, the client, and this counselor. The word "you," when used below, refers to your child, relative, or you as a client.

When I do an evaluation, diagnose, treat or refer you, I will be collecting what the laws call Protected Health Information (PHI) about you. I need to use this information to decide on what treatment is best for you and to provide counseling for you. I may also share your information with others who provide treatment to you. But that information will be shared only as requested and with a signed Consent for Release of Information from you.

All our communication becomes part of the clinical record, which is accessible to you upon request. Please be aware that I may choose not to release these records if they could be emotionally or legally damaging to the client. I will make these records available to another mental or medical health professional at the client's request. In the case of a minor, request may be made by a parent or legal guardian only.

I will keep confidential anything you say to me, with the following required exceptions:

- (a) you reveal to me any incidence of child or elder abuse
- (b) I determine that you are a danger to yourself or others
- (c) I am ordered by a court of law to disclose information
- (d) I am required to use the data to defend myself in a complaint, lawsuit or claim.

By signing this form, you are agreeing to let me use your information here and send it to others, such as insurance companies or other providers that I might need to refer you to. You have the right to ask me in writing not to use or share your information. Although I will try to respect your wishes, I am not required to agree to these limitations. There is a vulnerable aspect in electronic communication such as faxes, emails, cell phone texts/calls, etc. that may not be preventable regardless of all safeguards.

### **Counseling of Minors:**

I am committed to providing confidentiality for minor clients to provide the most therapeutic experience. However, I will provide generalized information about the therapy sessions to the parents/guardians of the client, as I feel necessary and helpful. Parents of minors in therapy are involved in the process and will participate in formulating and carrying out treatment goals.

## Records and Confidentiality...continued

Consent for treatment of minors must be signed by the parent or guardian with the legal authority to do so and all fees must be paid by the consenting parent regardless of your legal agreement.

In the case of divorced parents, please provide a copy of custody agreement within one week of the first counseling session. Receipts are provided for you at each session if you are needing to seek reimbursement from the other parent. However, I will not intervene in any dispute of financial responsibility between the consenting parent and another party.

### Agreement:

By signing below, I consent to treatment with Sylvia Clemons, LPC, LCDC. I acknowledge that I have read and understand the informed consent and the HIPAA Notice of Privacy Practices, and that any questions I had have been answered to my satisfaction.

\_\_\_\_\_  
Client's Signature or Minor's Parent/Guardian Signature

Date \_\_\_\_\_

\_\_\_\_\_  
Counselor's Signature

Date \_\_\_\_\_

## **Military OneSource Program Participant Statement of Understanding**

You have been referred by Military OneSource for an assessment and/or short-term, non-medical counseling services which are provided at no cost to you to address a specific non-medical issue within twelve (12) sessions.



Please be on time for your appointments and provide at least 24 hour notice if you are unable to keep an appointment.

### **Confidentiality**

Information you provide to the Military OneSource counselor will be kept confidential, except to meet legal obligations or to prevent harm to self or others. Legal obligations include requirement of law the Department of Defense or military regulations. Harm to self or others includes suicidal thought or intent, a desire to harm oneself, domestic abuse, child abuse or neglect, violence against any person, including sexual assault involving service members, and any present or future illegal activity.

Military OneSource counselors are not authorized to receive a domestic abuse or sexual assault restricted report. If the person receiving counseling requests restricted reporting pursuant to domestic abuse or sexual assault, the Military OneSource counselor will transfer the person to a specified individual who is authorized to receive a restricted report in the respective military service branch according to Department of Defense policy.

A written and electronic record (date, time, nature of meeting) of your contact with the Military OneSource counselor will be maintained in a secure manner. Access to your record will not be given to anyone outside of Military OneSource, except as previously stated. Record audits may be conducted by the Department of Defense for the purpose of program administration and quality assurance and those audits will not include access to any of your Personally Identifiable Information (PII) or Protected Health Information (PHI). To access your file, contact Military OneSource.

### **Counseling for Children**

- Children under age 13 may not receive individual counseling through Military OneSource. However, these children can be included in family counseling.
- Children age 13-17 must have signed parental/guardian consent to receive individual counseling, and the parent or guardian must accompany the child to the initial appointment for the purpose of establishing this consent and any related required permissions.

There is no cost to you for counseling services through Military OneSource. However, if your issue of concern is beyond the scope of counseling provided through Military OneSource, the counselor will refer you to the appropriate healthcare resources, which could require use of your military health benefits (TRICARE) or health insurance. It would be your responsibility to verify that your health benefits/insurance will cover the costs of such treatment or resources.

I hereby acknowledge that I have read this statement of understanding and understand its contents.

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*Signature of Client*

*Date*

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*Signature of Parent or Guardian (if client is a minor)*

*Date*

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*Signature of Counselor or Witness*

*Date*

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*Signature of Additional Participant*

*Date*

---

*Signature of Additional Participant*

*Date*

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*Signature of Additional Participant*

*Date*