

## Kahm Center for Eating Disorders

### Informed Consent to Treatment Policy

1/1/2023

**POLICY:**

Consent to treatment for clients 18 years and above will be obtained from client or conservator. Consent to treatment for clients less than 18 years of age will be obtained from the client's parent or guardian or from the client directly if they are an emancipated minor.

**PROCEDURE:**

1. Consent to Treatment should be obtained from client, client's conservator, or a minor's parent or guardian prior to the initiation of treatment. Guideline: The consent form must be signed prior to or during the first face-to-face contact with the client by clinic staff. The consent form may describe the range of services that may be provided, such as individual therapy, family therapy, group therapy, psychiatric evaluation and medication management.
2. All admissions will be approved by the identified clinical leadership team.
3. All clients will be fully informed of treatment approach, evidenced based interventions, Metabolic Testing and Body Composition Analysis, and the benefits and risks associated with treatment, as well as any specialized interventions.
4. All admissions and clinical staff will review and adhere to the policy herein as noted by signing their job description.
5. Clients, parents and/or guardians receive a written description of prescribed medication and possible side-effects and contraindications, and sign an acknowledgment that they have received this information.
6. Clients, parents and/or guardians will be included in the development of all treatment plans – taking into account the individual/family goals, values and preferences.
7. Clients do not participate in experimentation, or clinical trials. Informed consent for participation in research is obtained.
8. In the instance where the consulting psychiatrist or clinical nurse specialist prescribes medication to a minor under the age of 18, Informed Consent will be obtained. The prescriber will document this consent in the client's medical record. This includes seeking consent anytime a new medication is prescribed or a medication is discontinued.
9. A minor is not to be dropped off at the clinic alone or allowed to leave alone without a written agreement spelling out the arrangements for arrival and departure signed by the parent or guardian.

10. Conflicts or ambiguous situations between a minor and their parent or guardian should be reviewed on a case by case basis with Clinical Supervisor. The Kahm Center attorney will be consulted as needed. These situations may include the following:
- a) The client consents to medically necessary treatment which the parent or guardian will not allow
  - b) Parent or guardian gives informed consent for medically necessary treatment which client is refusing
  - c) Parent or guardian is not following treatment recommendations resulting in potential medical neglect
11. An emancipated minor can give Informed Consent for all types of treatment without the physician's contacting a parent or guardian.
12. For the purposes of psychiatric services, an emancipated minor is defined as a person under the age of 18 for whom at least one of the following applies:
- a) Married, widowed or divorced
  - b) A parent
  - c) A member of the armed forces
  - d) Living apart from and financially independent from his/her parent or guardian.
13. The Kahm Center is a day treatment program and does not have after hour 24/7 emergency assistance. Clients will be informed that if they are experiencing an emergency that they need to call 911. They will also be informed that if they are in a crisis that there is telephone and text support available here: <https://mentalhealth.vermont.gov/services/emergency-services/how-get-help>