INFORMED CONSENT FOR COVID-19 PSYCHOLOGICAL INTERVENTION SERVICES: STRONG MIND, STRONG ME PROGRAM

The **Strong Mind, Strong Me Program** at the University of Calgary is being offered under the auspices of Integrated Services in Education (ISE), Werklund School of Education. The intervention services will be facilitated by graduate student clinicians in School & Applied Child Psychology and Counseling Psychology as well as a Registered Provisional Psychologist, under the supervision of a Clinical Supervisor who is an experienced Registered Psychologist. The purposes of the Strong Mind, Strong Me program are: to provide support to children and youth in the Calgary area who are struggling with social, emotional, and/or behavioural difficulties as a result of the COVID-19 situation; to assist the participants to recognize, understand, and manage their feelings and behaviors related to COVID-19; to support children in learning and practice adaptive coping strategies in response to their feelings, and to offer an opportunity for student clinicians and registered provisional psychologists to develop their intervention skills and support our community. These services are being provided free of charge.

**Definition of Services:** The Strong Mind, Strong Me program is being delivered using Telepsychology (via Zoom). Telepsychology services is a form of psychological service provided via secure internet technology. Telepsychology has the same purpose or intention as psychological services that are conducted face-to-face. Due to the nature of the technology used for the meetings, telepsychology may be experienced somewhat differently than face-to-face sessions. Telepsychology involves arranging an appointment time with the client at their computer and the clinician interfacing from their computer via the internet.

**Duration of Services:** The Strong Mind, Strong Me program will be offered in a one on one setting, at a time that is mutually agreed upon by the client and our clinicians. The ISE will offer a maximum of four (4) intervention sessions, free of charge, to your child. Additional sessions may be offered beyond this for a fee. Sessions will be 60 minutes in duration, with parents expected to participate for the first and last 5 minutes of each session for welcome and wrap-up. Children’s progress will be informally monitored throughout the program and parents will have an opportunity to discuss their child’s progress both during at the end of the intervention.

**Client Requirements:** You, the client, need to be located in Alberta at the time of the sessions (the jurisdiction that ISE, and its student clinicians and Clinical Supervisors) are licensed and governed through the College of Alberta Psychologists). Clients who are actively at risk of harm to self or others are not suitable for telepsychology services. If this is the case or becomes the case in the future, the Clinical Supervisor will become involved and make appropriate recommendations for continued service.
Technology and Parent Presence Requirements: You will need a computer with internet access and webcam capability. Zoom is accessed via the internet using a webcam and phone or computer audio. While intervention services are delivered to a child or youth via Zoom, the parent or guardian is required to be in close physical proximity to the child (i.e., in another room of their house) and available by telephone for the duration of the intervention session.

Quality and Security: Zoom technology is the selected provider used for the telepsychology sessions. Zoom meets the necessary privacy and confidentiality standards. Please feel free to discuss this with your clinician or the Clinical Supervisor if you have any questions.

Risks and Rights in using Telepsychology:

- You have the right to withdraw consent at any time. The decision to withdraw will not affect your access to further intervention or assessment services with the ISE at the University of Calgary.

- The ISE and its clinicians, under the direction of Dr. Erica Makarenko, Registered Psychologist, has the right, at any time, to determine if telepsychology services are not appropriate for you. Should this be determined, given the current situation with COVID-19, face-to-face sessions would not be offered, and ISE will discontinue telepsychology services and provide a recommendation for more appropriate services.

- The laws and professional standards that apply to regular psychological services apply to telepsychology services. See College of Alberta Psychologists for further information.

- There are exceptions to client confidentiality that exist for regular intervention/counselling sessions; these also apply to telepsychology services. The limits include:
  - Appropriate authorities must be told when there is a possibility someone is in danger, or of sexual or physical abuse.
  - You should also be aware that if your file is requested by court, we must provide them with it.

- There is a risk that services could be disrupted or distorted by unforeseen technical problems. Despite best efforts to ensure encryption and secure technology, there is always a risk that the transmission may be breached and/or accessed by unauthorized persons.

- There is a risk of being overheard by anyone near you if you do not place yourself in a private room. You, the parent/guardian, are responsible for creating a comfortable and safe environment for the child/youth receiving services on your end of the transmission. It is the responsibility of ISE clinicians to do the same on their end of the transmission. ISE clinicians will wear headphones during sessions to ensure privacy for our clients. ISE also recommends that clients use headphones during the session to increase privacy.
Authorization Signatures

Name of Participant (Child): ______________________________________________________

Name of Consenting Person (Parent/Guardian): ______________________________________

Relationship to Child Participant: __________________________________________________

Signature of Consenting Person: ___________________________________________________

Today’s Date: ___________________________________________________________________

Signature of Clinical Supervisor/Registered Psychologist: _____________________________

Please note: The consent and authorization will be in effect until December 31, 2020.