

# Adolescent Behavioral Health Care Access Act

HB 1874, effective July 28, 2019

## What's New

- Parents are now able to access mental health and substance abuse treatment for their adolescents 13-17 years old, without their child's consent.
- Providers may now share mental health information with parents without the adolescent's consent.

## How it Works

- Parents now have the ability to consent to behavioral health care services for their adolescents 13-17. This includes both inpatient and outpatient care.
- Individual counseling sessions without the adolescent's consent are limited to 12 over a 3 month period with any one provider .
- In most cases it is best practices to share key information with parents about their adolescent's mental health care.
- However, \*ANY information about a youth's substance use or abuse treatment may not be shared without the adolescent's written consent.
- Adolescents 13-17 may continue to access outpatient and inpatient behavioral health care without their parent's consent.
- Expanded definition of parent.

## Healthy Culture of Care

Understand and model boundaries, co-dependency, safety and fear

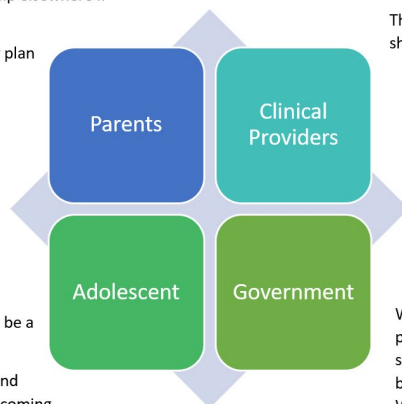
Control your emotions when you are around your child and get help elsewhere if you can't

Know and follow your safety plan

Understand what it means to be a dependent.

Actively engage in activities and behavior that support you becoming independent in the world.

Speak your truth.



Center the family in your work.

Determine how much information is appropriate to share and when.

The child does not have to consent to share information.

Work with public and private partnerships to ensure a robust and sustainable system of adolescent behavioral health care exists for all Washington State children and adolescents.

Provide licensing and accountability for system providers.

## Information Sharing Guidelines

It is usually in a child's best interest for their parent to understand basic \*mental health information. It is up to the provider to determine how much information is clinically appropriate to share. Optimally every parent has this information to support home-based behavioral health care for their child:

- Diagnosis
- Treatment plan and progress in treatment
- Recommended medications, including risks, benefits, side effects, typical efficacy, dose, and schedule
- Psychoeducation about the child's mental health
- Referrals to community resources
- Coaching on parenting or behavioral management strategies; and
- Crisis prevention planning and safety plans

**\* Federal Law 42 CFR Part 2 prohibits sharing information about substance use without the patient consent. This includes within co-occurring treatment.**

## Expanded Definition of Parent

- An adult who is authorized to make health care decisions for the adolescent including:
- A stepparent who is involved in caring for the adolescent
- A kinship caregiver who is involved in caring for the adolescent or
- Anyone who has signed authorization to make health care decisions for the adolescent or
- Another relative who is responsible for the health care of the adolescent and who is willing to declare it pursuant to RCW 9A.72.085