



Teletherapy Tech Recovery and Safety Plan

Envision Counseling Clinic
734 Wilcox St., Suite 202, Castle Rock, CO 80104
720-935-2663 • www.EnvisionClinic.com

Client Name: _____ **Date of Birth:** _____ **Age:** _____

Location you expect to be at when attending therapy
Physical Address: _____

Your Emergency Contact (Required)

Name: _____

Relationship: _____

Phone Number: _____

Address: _____

Have you spoken with this person regarding their role as an emergency contact?

Yes No

You give your therapist permission to contact your emergency contact regarding your health care in an emergency: _____ (Client initials)

Health and Safety Emergencies

If you are in a mental health crisis, you will call 911 for help.

If you have a medical or safety emergency, you will call 911 for help.

Which hospital will you go to when a medical issue arises?

Main hospital name: _____

Main hospital phone number: _____

Main hospital address: _____

If there is a second hospital you may go to, please list it here:

Secondary hospital name: _____

Secondary hospital phone number: _____

Secondary hospital address: _____

Technological Emergencies

If we experience a technical failure during a session or other interaction, *I will always attempt to reconnect with you*, even if it seemed we were about to finish our interaction.

Method: _____ Phone _____

Therapist number: 720-935-2663

Client's number: _____

Plan: Therapist will attempt to call the client at the above number. If unable to connect, therapist will send an email to _____ to inform the client that s/he could not get through by phone.

Identification Plan

*If we need to connect by a medium that doesn't provide a satisfactory way to identify each other, we will use the following secret authentication method to identify each other. We may use this method if we connect by text or if our audio/video connection becomes very poor. **Do not inform any other people about our plan.***

Method: Therapist will ask, "Is there anything you want to tell me before we start?" And the client will respond, "Yes I have been a bit sleepy lately."

Scene Safety Plan

Sometimes there may be people who attempt to intrude on our session, or there may be other reasons why the space you are in is not psychologically safe for our work. **Do not inform any other people of our plans.** To help your therapist know when your space is unsafe, tell your therapist: "I am a bit sleepy, but let's talk about other things."