

WHAT IS COUNSELING?

Counseling is guidance and help in decision-making. Counselors help people explore and understand their worlds and discover better ways of thinking and living. Counseling often leads to resolution of some living problems or the learning of some new skills.

COMMONLY TREATED ISSUES

The following are some issues or concerns that can be addressed through the counseling process:

- Adjustment issues
- Anger
- Anxiety
- Attention Deficit Hyperactivity Disorders
- Behavior and conduct problems
- Body image concerns
- Chronic pain and illness
- Depression
- Developmental disorders
- Divorce
- Eating Disorders
- Family issues
- Grief & Loss
- Impulsivity
- Mood disorders
- Obsessive Compulsive disorders
- Sleep disturbance
- Social issues
- Specific Phobias
- Substance use disorders
- Trauma

WHAT TO EXPECT

Our counselors work with the pediatric population targeting school age children and adolescents. Our counselors at the Kid SpOt Center are licensed or clinical associates in the state of Kentucky. Our therapists have training in either clinical counseling, marriage and family therapy, or social work. All of our counseling sessions begin with a meeting with parents to determine needs and also an evaluation and assessment of the child. Our counselors use a variety of methods to help children with their counseling needs including family therapy, cognitive behavior therapy, creative art and play based approaches, solution focused approaches, and more. You can expect that each therapist employed by The Kid SpOt Center has a desire to work with children and a commitment to help children learn, grow and thrive.

PATIENT RIGHTS

You have the right to:

- Receive appropriate treatment without regard to race, religion, sex, age, disability, or ethnic background
- Be told about the risks, side effects, and benefits of all treatment procedures
- Be told about all aspects of your treatment in a language or method in which you thoroughly understand
- Be treated with dignity, consideration, and respect and to be served in a prompt and courteous manner
- Have access to your medical records to the extent permitted by law
- Request a second opinion from an outside consultant, and other professional about your treatment plan, but at your own expense
- Refuse treatment and services to the extent permitted by law
- Receive complete confidentiality regarding your treatment, participation, and medical records except as may be required by law
- Have your bill explained to you.

PATIENT RESPONSIBILITIES

You are responsible to:

- To follow through with your treatment plan instructions
- To keep your scheduled appointment
- To inform your therapist of any problems you have in following your treatment plan
- Speak up if you have questions, or concerns, and if you do not understand the answer you are given, ask again.
- Educate yourself about your diagnosis and your treatment plan

PAYMENT FOR SERVICES

Payment is expected at the time of services. There will be a \$25 fee for checks returned for insufficient funds. Both the check and fee must be paid prior to another appointment being scheduled.

MISSED APPOINTMENTS

Please call to let us know if you will not be able to keep your appointment.

DISCHARGE CRITERIA

Your file will be closed at your request when your complete treatment or when you are no longer seeking treatment.

EMERGENCY PROCEDURES

If you have an emergency after regular business hours, please go to the nearest hospital emergency room. Some of the nearby hospitals are Taylor Regional Hospital and Lincoln Trail Behavioral Health Hospital. You may also call the crisis line at Lincoln Trail (800-274-7374).

COMPLAINTS

If you have complaints about the treatment you receive, please share those with your therapist. Often issues can be resolved quickly and to the satisfaction of both parties. If your concerns are not resolved, please request to speak to the provider's supervisor.

SUPERVISION DISCLAIMER

Some providers with the Kid SpOt are receiving supervision toward licensure. Your provider will inform you if they are under the supervision of another provider. Those who serve as supervisors are required to adhere to confidentiality standards of the counseling profession.

MISSION STATEMENT

Our Mission at the Kid SpOt Center is to provide supports to families of children with disabilities. We strive to help families live each day with the greatest ease possible. We strive to provide equality services to all children in hopes of increasing their ability to be an independent and functioning member of society. We want to provide community resources and other information to families of children with disabilities to help integrate services community wide. We feel that each child and their families are important members of our community. We want to empower the families to make informed decisions about their child and the care they receive.

CONFIDENTIALITY

Information about your treatment is kept confidential in accordance with state and federal regulations. Information will be released only under the following conditions:

- If information discloses that a violent act has occurred, is threatened or that abuse/neglect is suspected
- If you sign a written consent form specifying what information is to be released, to whom and for what reason
- If a judge signs an order requiring the release of records to the court
- During the course of your treatment, you may encounter other patients in the office. Please give them the same courtesies you expect for yourself. You should not tell others that you saw them in this office.
- Group therapy presents a unique treatment opportunity. In order for the group process to work best, all members should feel free to share during the group session. Please remember that ALL information shared by group members is confidential.

CONFIDENTIALITY OF ALCOHOL AND DRUG ABUSE RECORDS

Federal law and regulations protect the confidentiality of alcohol and drug abuse clients' records. Generally, we do not disclose any information identifying you as an alcohol or drug abuser UNLESS:

- You consent in writing
- The disclosure is allowed by a court order
- The disclosure is made to medical personnel in a medical emergency
- You commit, or threaten to commit, a crime either at the program or against any persons who works for the program
- Information from your record may be shared with personnel within the program who have need for such information to assist with your assessment, education, or treatment.
- Violation of the Federal law and regulations by a program is a crime. Suspected violation may be reported to the United States Attorney in the district where the violation occurs.
- Federal law and regulations do not protect any information about suspected child abuse or neglect from being reported under State law to appropriate State or local authorities.

Contacting Us:

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Behavioral Health Counseling Services Information



Shaping Children for Their Futures