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NOTICE OF PRIVACY PRACTICES

THIS NOTICE DESCRIBES HOW HEALTH INFORMATION MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION. PLEASE REVIEW IT CAREFULLY.

I. MY PLEDGE REGARDING HEALTH INFORMATION:

I understand that health information about you and your health care is personal. I am committed to protecting health information about you. I create a record of the care and services you receive from me. I need this record to provide you with quality care and to comply with certain legal requirements. This Notice of Privacy Practices applies to all of the records of your care generated by this mental health care practice. This notice will tell you about the ways in which I may use and disclose health information about you. It also describes your rights to the health information I keep about you, and describes certain obligations I have regarding the use and disclosure of your health information. I am required by law to:

- Make sure that protected health information ("PHI") that identifies you is kept private.
- Give you this Notice of my legal duties and privacy practices with respect to health information.
- Follow the terms of the notice that is currently in effect.
- I can change the terms of this Notice, and such changes will apply to all information I have about you. The new Notice will be available upon request, in my office, and on my website.

II. The law protects the privacy of all communications between you and your provider.

In most cases, I will only share your PHI with individuals/parties if you sign a release form. On occasion, I may seek consultation with other mental health providers about a case. In these instances, I will make every effort to avoid disclosing any information that could reveal your identity.

III. CERTAIN USES AND DISCLOSURES DO NOT REQUIRE YOUR AUTHORIZATION.

Subject to certain limitations in the law, I can use and disclose your PHI without your authorization for the following reasons:



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- When disclosure is required by state or federal law, and the use or disclosure complies with and is limited to the relevant requirements of such law.
- For public health activities, including reporting suspected child, elder, or dependent adult abuse, or preventing or reducing a serious threat to anyone's health or safety.
- For health oversight activities, including audits and investigations.
- For judicial and administrative proceedings, including responding to a court or administrative order, although my preference is to obtain an Authorization from you before doing so.
- For law enforcement purposes, including reporting crimes occurring on my premises.
- To coroners or medical examiners, when such individuals are performing duties authorized by law.
- For workers' compensation purposes. Although my preference is to obtain an Authorization from you, I may provide your PHI in order to comply with workers' compensation laws.
- Appointment reminders and health related benefits or services. I may use and disclose your PHI to contact you to remind you that you have an appointment with me. I may also use and disclose your PHI to tell you about treatment alternatives, or other health care services or benefits that I offer.
- Disclosures required by health insurers.

IV. YOU HAVE THE FOLLOWING RIGHTS WITH RESPECT TO YOUR PHI:

- The Right to Request Limits on Uses and Disclosures of Your PHI. You have the right to ask me not to use or disclose certain PHI for treatment, payment, or health care operations purposes. I am not required to agree to your request, and I may say "no" if I believe it would affect your health care.
- The Right to Request Restrictions for Out-of-Pocket Expenses Paid for In Full. You have the right to request restrictions on disclosures of your PHI to health plans for payment or health care operations purposes if the PHI pertains solely to a health care item or a health care service that you have paid for out-of-pocket in full.
- The Right to Choose How I Send PHI to You. You have the right to ask me to contact you in a specific way (for example, home or office phone) or to send mail to a different address, and I will agree to all reasonable requests.
- The Right to See and Get Copies of Your PHI. Other than "psychotherapy notes," you have the right to get an electronic or paper copy of your medical record and



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- other information that I have about you. I will provide you with a copy of your record, or a summary of it, if you agree to receive a summary, within 30 days of receiving your written request, and I may charge a reasonable, cost based fee for doing so.
- The Right to Correct or Update Your PHI. If you believe that there is a mistake in your PHI, or that a piece of important information is missing from your PHI, you have the right to request that I correct the existing information or add the missing
- information. I may say “no” to your request, but I will tell you why in writing within 60 days of receiving your request.
- The Right to Get a Paper or Electronic Copy of this Notice. You have the right get a paper copy of this Notice, and you have the right to get a copy of this notice by e-mail. And, even if you have agreed to receive this Notice via e-mail, you also have the right to request a paper copy of it.

V. Substance Use Disorder Records (42 CFR Part 2)

Some of your health information is protected by a federal law called 42 CFR Part 2. This law applies to records related to substance use disorder diagnosis, treatment, or referral for treatment and provides privacy protections that are more stringent than HIPAA. In general, we may not use or disclose Part 2-protected records without your written consent unless permitted or required by law. When disclosure is permitted, it is limited and subject to additional safeguards.

Uses and Disclosures for Treatment, Payment, and Health Care Operations

We may use or disclose Part 2-protected records for treatment, payment, and health care operations only with your written consent, except where otherwise permitted by law.

Restrictions on Use in Legal Proceedings

Records protected by 42 CFR Part 2, and any testimony relaying the content of such records, may not be used or disclosed in civil, criminal, administrative, or legislative proceedings against you without your written consent or a court order that meets federal requirements.

Prohibition on Redisclosure

Federal law restricts recipients of Part 2-protected information from redisclosing that information unless permitted by 42 CFR Part 2. Once disclosed with your consent, some recipients may be permitted to use and redisclose the information in accordance with HIPAA; however, Part 2 restrictions on legal proceedings continue to apply.



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Your Rights Regarding Part 2 Records

In addition to your rights under HIPAA, you have the right to:

- Decide whether to give consent for most uses and disclosures of Part 2-protected records
- Revoke your consent at any time, except to the extent we have already relied on it
- Receive an accounting of disclosures when required by law

EFFECTIVE DATE OF THIS NOTICE

This notice went into effect on 02/17/2026