

Mental health information disclosures

Background

Mental health providers may share adolescents' (age 13-17) treatment information to parents, if the provider believes that sharing this information would benefit the treatment process. This includes sharing information through Family Initiated Treatment (FIT).

It is important for adolescents to feel comfortable sharing their private information with their therapist.

Process to follow to share information with or without adolescent consent

- Provider talks to adolescent about information they wish to disclose.
- Provider addresses any concerns the adolescent has about the disclosure of their information.
- If the provider proceeds with sharing the information, they must inform the adolescent of their reasons for doing so and document the adolescent's concerns in their medical record.
- **Documentation is only required** if an adolescent objects to sharing and the provider feels that sharing is necessary.

Information that can be shared

Here are some examples of information that may be useful for providers to share:

- Diagnosis and recommendations for treatment
- Treatment progress
- Recommended medications, their benefits and risks, side effects, and dosage
- Crisis prevention and safety planning
- Referrals for other services in the community that may help the adolescent and family
- Training or coaching for the parents that could benefit the adolescent and family.

For more information

See [RCW 70.02](#) and [RCW 71.34](#)

Contact

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