

MHS DBT Virtual Clinic Rules and Expectations

- Members must be physically located in the state of Minnesota at the time of participation in group.
- Members participating in virtual programming are expected to attend sessions from a safe, private, and stable location where confidentiality can be maintained.
 - Never record, stream, or screenshot your session.
 - Never include anyone in your physical environment in the session, i.e. no friends or family members in the room, no one walking in and out of the space you are using for sessions etc.
 - Members may not participate while driving or being driven or engaging in other activities that interfere with treatment.
 - Keep your camera unless it is a break time. If you must briefly turn off your camera due to tech difficulties or a brief break, please inform your group in the chat; failure to inform your facilitator about camera being off and lack of verbal communication may result in being removed to the waiting room.
 - An intentional violation of confidentiality will result in discharge; an unintentional violation (as determined by the group facilitator) will be reviewed by the clinical team to determine if virtual programming is an appropriate ongoing care option.
- Safety expectations:
 - At the beginning of each virtual session, members must be able to provide their current physical location (an address and make/model/license number of vehicle if parked somewhere confidential) so staff can respond appropriately in the event of a safety concern or wellness check. If you connect for a session from a different or new location, you must inform your therapist immediately upon login to session.
 - Members will have an active safety plan, cooperate with safety assessments, and will be clear about their safety related to suicidal ideation (SI) and urges.
 - Members who do not have a clear commitment to safety with suicidal ideation and urges by the end of the session will have the police and/or ambulance sent to their physical location and transported to the hospital for further evaluation.
 - Members who deliberately disconnect during a safety assessment, intervention, or effort to obtain a safety commitment will have police and/or ambulance sent to their physical location and transported to the hospital. This behavior will result in discharge.
 - *Members who have technical difficulties or who get unintentionally disconnected will immediately call/email their facilitator to ensure safety (this applies to all clients, regardless of safety concerns). Deliberately disconnecting will be treated at a Therapy Interfering Behavior (TIB).*
- Members must treat the virtual space as if it were a shared physical space, including:
 - Refraining from all nicotine/vaping use until break times (*all use must be off-screen during break times*)
 - Facing the camera as if you are in an in-person conversation
 - Refraining from distracting activities (use of cell phone or other devices, moving around your home to do chores, vigorous exercise, cooking, TV on in the background etc.)



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- Your group facilitator may also suggest use of hand-raising, muting, headphones etc. to support an environment where everyone can participate without talking over each other or being interrupted by environmental noise
- Members are also encouraged to come to the session as if coming to an in-person appointment, this may include: changing out of pajamas into something you would wear out; sitting up; arriving a few minutes early; preparing a snack or meal in advance; having fidgets or comfort items to use skillfully during group
- If your group facilitator becomes disconnected unexpectedly from the session, please wait at least 15 minutes for them to reconnect to the session. Please pause therapy-related discussion until they return.