

## CONSENT FORM – NAVIGATORS GROUP USING AN ONLINE PLATFORM

*Please read the information below as this sets out the boundaries to our online Navigators program. This is a consent form and signing this form is your agreement for services conducted by Anxiety NZ Trust. This consent is an addition to the general consent form you are required to sign.*

We aim to make the online group environment a fun, inclusive and safe space for all children and families in the Programme. The programme content delivered may vary based on time available, the group members needs and other factors relating to the requirements of the group. Please note that these sessions are NOT clinical intervention or therapy.

Sessions will be video calls through the Zoom platform. Your child will need access to video facilities on a computer or phone. You will need to be ready to connect at the agreed time for sessions.

All sessions should be treated like an in-office session. No outside distractions: turn off cell phones and close other computer programs. Make sure your child is in a good quality internet zone for highest quality video and audio. Please make it clear at the start of each session who is present; if caregivers or whanau are present in the room, please introduce yourselves. We do everything we can to respect group members' privacy, and follow the group rules set out in session 1. We do our best to ensure that all information is kept confidential and we ask that you do the same. **Please do not post/share any of our communication or work together on social forums or to third parties.**

The online Navigators program is *not suitable*, if your child is experiencing an enduring mental health illness, experiencing acute distress or engaging in behaviours that couldn't safely and appropriately be managed in a group environment. If you feel your child, yourself or your family is in crisis or are in danger of harming themselves or others, then it is very important that you contact crisis or emergency services for help immediately. All interactions with Anxiety New Zealand Trust will be kept confidential unless a significant concern that there is a child, young person or other person at risk of serious harm.

It is important to understand that there are risks involved in online sessions.

### Technical Difficulties

If technical problems occur, for example internet breakdown, we will attempt to reconnect. If reconnection cannot occur, we will contact you and will have to postpone the session until the following week.

### Provider fees

Your network provider may charge you for the cost of using the internet to attend the online session. Anxiety New Zealand is not responsible for any such fees that online therapy may incur.

### Privacy Risks

Using technologies can carry significant privacy risks. Any internet based communication is not 100% guaranteed to be secure/confidential. Anxiety NZ Trust will make every reasonable effort to keep information secure and confidential, but are not responsible if an outside party gains access to confidential information by bypassing security measures. Potential risks to confidentiality include:

- limitations associated with the security of the technology (e.g. system breakdowns)
- authorised access by someone other than yourself (e.g. an Internet Service Provider system administrator, a computer repair technician, or other family members who may be sharing a computer with you)

- unauthorised access to your computer and messages (e.g. if your computer is hacked or stolen).

### Computer Privacy, Safety and Data Protection

When working online it is important to maintain security through reasonable measures to ensure confidentiality and safe working procedures. Having a password on your device gives you extra security so that others do not gain access to information regarding sessions. Our facilitators will be using devices that have firewall and antivirus protection installed to protect our software and hardware from third party or viruses. Normal contact can be via ordinary email, SMS, or a phone call to reception.

### Confidentiality

Please ensure that you have a private and safe space in which to have your sessions and that your child will not be disturbed whilst in session. Online Navigators group sessions require physical privacy for all of the group members and facilitators to ensure confidentiality. You are responsible for understanding the potential risks of confidentiality being breached through unencrypted email, lack of password protection or leaving information on a public or shared access device. These requirements are in addition to the face-to-face confidentiality and consent forms you are required to sign.

I (Name) \_\_\_\_\_, (parent/guardian) agree to the following:

- ✓ I provide consent, for \_\_\_\_\_, to attend the Navigators program provided by Anxiety NZ via an online platform.
- ✓ I have read and understand I can discuss the above information with the group facilitators and clarify any questions I may have
- ✓ I have read and understand the above information and understand the risks and benefits of the online format, the nature of the group and limits of confidentiality.
- ✓ I understand I am able to clarify anything about consent at any time before or after signing this document.

Guardian: \_\_\_\_\_ Sign \_\_\_\_\_ Date \_\_\_\_\_

Facilitator: \_\_\_\_\_ Sign \_\_\_\_\_ Date \_\_\_\_\_