Notice of Privacy Practices

Freedom Mind and Body Counseling

Practice: Freedom Mind and Body Counseling | Aryeh Blum, LMHC (Florida license MH15706)

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

This notice applies to protected health information (PHI) maintained by Freedom Mind and Body Counseling in connection with its healthcare services. It describes your rights, our legal responsibilities, and circumstances in which we may use or disclose PHI. Florida confidentiality protections and other laws may impose stricter limits than HIPAA; when they do, we follow the applicable stricter rules.

1 Your rights

Access and copies. You may ask to inspect or obtain an electronic or paper copy of health information in your designated record set, subject to lawful exceptions. We generally respond within 30 days, subject to permitted extensions. We may charge a fee only as permitted by law. Separately maintained HIPAA-defined psychotherapy notes may be excluded from the access right. Requests involving Florida psychotherapeutic records will be evaluated under both HIPAA and applicable Florida law.

Corrections. You may ask us to amend information you believe is incorrect or incomplete. We may deny a request for a lawful reason and will explain the decision in writing, generally within 60 days, subject to permitted extensions.

Confidential communications. You may request that we contact you by a particular method or at a particular location, such as by telephone instead of mail. We will accommodate reasonable requests.

Restrictions on disclosures. You may ask us to limit certain uses or disclosures for treatment, payment, or healthcare operations. We are generally not required to agree, but if we agree we will honor the restriction as required by law. When you pay out of pocket in full for a particular service and ask us not to disclose information about that service to a health plan for payment or healthcare operations, we must honor that request unless disclosure is required by law.

Accounting of disclosures. You may request an accounting of certain disclosures made during the prior six years, subject to applicable exceptions. One accounting in a 12-month period is free; additional requests may be subject to a reasonable, cost-based fee.

A copy of this notice. You may request a paper copy at any time, even if you receive this notice electronically.

Personal representatives. A person legally authorized to act for you may exercise privacy rights on your behalf. We will verify that authority and apply applicable safeguards, including protections for minors and other persons where required.

Complaints. You may complain to us or the U.S. Department of Health and Human Services, Office for Civil Rights, if you believe your privacy rights have been violated. We will not retaliate against you for filing a complaint. Contact information appears at the end of this notice.

2 How we ordinarily use or disclose health information

HIPAA permits certain uses and disclosures without a separate HIPAA authorization, but additional Florida confidentiality laws and other protections may limit disclosure of counseling information. We evaluate applicable requirements before sharing sensitive mental health records or client communications.

Treatment. We may use your information to provide psychotherapy, coordinate appropriate care, or consult with another healthcare professional when permitted by applicable law. Example: with appropriate permission or another lawful basis, we may communicate relevant treatment information to a clinician participating in your care.

Payment. We may use or disclose information as needed to collect payment for services, process an eligible insurance claim, or provide billing records or an out-of-network superbill, subject to applicable law and requested restrictions. Example: if you authorize or arrange a permitted claim submission, billing details may be sent to a payer or billing service.

Healthcare operations. We may use or disclose information for legitimate activities such as scheduling, quality and record management, professional consultation when lawful, compliance, auditing, and managing the practice. Example: appropriately authorized service providers may process necessary information to maintain healthcare records or support practice operations.

3 Other uses and disclosures permitted or required by law

Depending on the facts and applicable protections, we may be permitted or required to use or disclose relevant information for the following purposes. These are not automatic permissions to release privileged therapy communications or psychotherapy notes:

- Compliance with federal or state law, including mandatory reporting obligations and lawful oversight by regulatory authorities.
- Public health and safety matters, including specified reports of suspected abuse or neglect and actions concerning a serious and imminent threat, as allowed or required by law. Florida Statute §491.0147 sets specific conditions for disclosure of a client's threat involving an identifiable person and law-enforcement notification.
- Health oversight activities, such as properly authorized investigations, inspections, or audits.

- Judicial, administrative, or law-enforcement proceedings when a valid legal basis exists and applicable confidentiality, privilege, notice, and court-process safeguards have been satisfied. A subpoena alone does not automatically authorize release of all psychotherapy records.
- Workers' compensation matters and other legally required administrative or government functions, subject to applicable restrictions.
- Research when a valid legal basis and required privacy safeguards exist, such as an authorization or an appropriate waiver.
- Disclosures to coroners, medical examiners, funeral directors, or organ procurement organizations when lawful and applicable.

We may also communicate with a person you identify as involved in your care or payment, or assist in disaster-relief circumstances, as permitted by applicable law and consistent with your expressed preferences when feasible. Mental health confidentiality protections may require written authorization before particular disclosures.

4 Your choices and authorizations

We generally need your written authorization for uses or disclosures not otherwise allowed or required by law. You may revoke an authorization in writing, except to the extent we have already acted in reliance on it.

Psychotherapy notes. HIPAA provides heightened protections for notes that document or analyze counseling-session conversations and are maintained separately from the medical record. Most uses or disclosures of those notes require specific authorization, subject to narrow legal exceptions. Ordinary progress notes, diagnoses, and treatment plans are not automatically HIPAA-defined psychotherapy notes.

Marketing and sale of PHI. We do not use or disclose patient PHI for marketing or sell PHI as a regular practice activity. Uses or disclosures requiring authorization under HIPAA will not occur without it.

Fundraising. The practice does not currently use PHI for fundraising. If this changes, we will comply with applicable advance-notice, authorization, and opt-out requirements, including special protections for Part 2 information.

Family and others. You may give permission, set limits, or object to certain communications with relatives, friends, or other people involved in your care. We will apply applicable federal and Florida requirements, which may require written authorization.

5 Additional protections for substance-use-disorder records

Some substance-use-disorder treatment records receive special protections under 42 CFR Part 2. These rules do not apply to all counseling records simply because substance-use concerns are discussed. However, Part 2 may apply to records that we receive or maintain from a qualifying program, and additional requirements may apply if this practice itself qualifies as a Part 2 program.

To the extent we hold records protected by Part 2, those records or testimony about them will not be used or disclosed in civil, criminal, administrative, or legislative investigations or proceedings against you without your written consent or a Part 2-compliant court order accompanied by a subpoena or other legal mandate, following required procedural protections.

Where applicable, a valid Part 2 consent for treatment, payment, and healthcare operations may permit later HIPAA-compliant disclosures by HIPAA-regulated recipients, but it does not eliminate the special limitation on use of the records in proceedings against you. Part 2 records are handled under those additional requirements where they apply.

6 Our legal responsibilities

- We must protect the privacy and security of your PHI and follow the privacy practices in the notice currently in effect.
- We must inform affected individuals as required by law after a breach of unsecured PHI.
- We will not use or share your PHI beyond the purposes described in this notice unless a valid authorization or other lawful basis permits or requires it.
- We may change the terms of this notice and make the revised terms effective for all PHI we maintain. We will make the updated notice available upon request, at our office, and on our website.

7 Questions and complaints

Practice privacy contact: Aryeh Blum, LMHC, Freedom Mind and Body Counseling, 3866 Sheridan Street, Hollywood, FL 33021. Telephone: (954) 951-1009. Email: aryeh@freedommindandbody.com. Please avoid sending detailed clinical information through ordinary email.

Federal complaint option: U.S. Department of Health and Human Services, Office for Civil Rights, 200 Independence Avenue SW, Washington, DC 20201. Telephone: 1-877-696-6775. Online: https://www.hhs.gov/hipaa/filing-a-complaint/index.html

No retaliation will occur because you ask questions, request your rights, or file a privacy complaint.

8 Separate website privacy policy

This Notice of Privacy Practices concerns healthcare privacy and PHI. The separate Website Privacy Policy at https://freedommindandbody.com/privacy-policy/ explains collection of information through the public website, including forms and analytics.