

## 2024 Rise Up Practice Policies for Workshops

Thank you for signing up for an educational workshop at Rise Up Center for Growth and Wellness. Welcome!

### About Our Workshops

Educational workshops can build on each other or be taken individually based on your needs. Feel free to sign up for one or more. Learn more about policies, workshop topics, schedules, rates, instructors, and who can benefit, below.

### Contacting Rise Up

For more information, or to ask any questions, please contact Rise Up at [info@riseupcenter.com](mailto:info@riseupcenter.com), call Practice Owner, Jess Packard, LCPC at (207) 504-3587, or see our website: <https://www.riseupcenter.com>. To ensure confidentiality, Rise Up providers do not respond to text messages. To prioritize treatment, Rise Up providers do not answer the phone while with clients, conducting clinical supervision, consultation, or training, so we are frequently not available immediately by phone. Our goal is to return your inquiry within one business day. Our hours of operation are Monday-Friday 9:00am to 5:00pm.

### Crisis/Emergencies

Rise Up, LLC does not provide crisis or emergency office based or telehealth services during or outside regular office hours. If you are experiencing a mental health crisis, please call the statewide crisis number, which is 1(888)568-1112. If you are in a situation where serious harm may occur, please call 911.

### Social Media, Cell Phones, Recording, Photographing

Employees, interns, providers, contractors, affiliates of Rise Up, LLC do not accept friend or message requests from current or former clients on any social networking sites. Adding clients as friends or contacts on personal social media accounts can compromise your confidentiality and our respective privacy.

To create a welcoming, confidential, and calm environment, please refrain from using your cell phone in our very quiet professional building. The halls are not as private as they feel, and sessions are disturbed by conversations in common areas. To be respectful of all providers and clients in the building, take all phone calls outside the building.

### Client Responsibilities

- I will not audio or video record, or photograph, any part of my virtual meeting without written permission from Rise Up provider. I understand Rise Up will not audio or video record or photograph any part of my virtual meeting without written permission from me.
- I will not use my device for anything other than the virtual meeting with Rise Up providers during our virtual meeting. This means I will not text, email, complete work, video chat or game during session.
- It is my responsibility to attend virtual meetings in a place where there is privacy, where others cannot hear or see me. I will inform Rise Up if others can hear or see me. Sessions will potentially not occur without privacy, and you will be charged.
- It is my responsibility to provide necessary device, telecommunications equipment, and internet access, as well as information security on my computer for my virtual meetings. Rise Up is not responsible for my technology or internet.
- I will conduct myself in virtual meetings as if I am in an office setting. Examples include but are not limited to, I will be fully dressed as if going into the community and I will refrain from substance use during session. I will not be in bed during session.
- I will not attend virtual meetings in a moving vehicle.
- I will not attend in person workshops if I have symptoms of illness.

Rise Up providers may determine that virtual meetings are no longer appropriate, and you may be better served by another form of therapeutic services. We will work with you on alternatives, which may include office-based counseling or referrals to other providers.

### **Workshop Refund Policy**

Please note that all registrations for Rise Up workshops are non-refundable. This policy applies to all workshops purchased online at [riseupcenter.com/workshops](http://riseupcenter.com/workshops) or through any other authorized channel.

We understand that unforeseen circumstances may arise, and we encourage you to carefully consider your schedule and commitment before registering for a workshop.

### **Method of Billing and Payment Terms**

Rise Up requires payment at time of registration. Your credit card company will have information connecting you to Rise Up, but they will not have information regarding workshop content. By submitting payment, you are consenting to charging your credit card and are aware that there are no refunds.

### **Insurance**

Educational workshops are not therapy based on a diagnosis and therefore are not reimbursable by insurance.

### **Superbills**

Superbills are not provided for educational workshops because insurance does not provide reimbursement.

### **Limits on Confidentiality**

In the workshop setting, we request that participants respect the privacy and confidentiality of all participants by not sharing details about group members outside the group. However, Rise Up cannot guarantee your confidentiality in a workshop setting.

Providers, employees, and students at Rise Up, LLC, will maintain the confidentiality and privileged nature of your health care information in accordance with applicable laws and regulations, including but not limited to 22 M.R.S.A. §1711-C (confidentiality of health care information), 5 M.R.S.A. §19203 and §19203-D (confidentiality of HIV test results and clinical records containing HIV information), and 32 M.R.S.A. §13862 (privileged communications), and will not disclose such confidential information except under the following exceptions to confidentiality:

1. Pursuant to a voluntary release or authorization signed by the client, the client's guardian, or other legally authorized representative.
2. In the event of a threat of serious harm to self or others.
3. In the event of a reasonable suspicion of abuse or neglect of a child, or abuse, neglect, or exploitation of an incapacitated or dependent adult.
4. Pursuant to a court order.
5. During supervisory consultations; and
6. When disclosure is otherwise required or authorized by law.

However, because Rise Up and its practitioners do not use or disclose clients' health care information in connection with HIPAA-related "covered transactions," Rise Up and its practitioners are not "covered entities" subject to the HIPAA Privacy and Security Standards and Breach Notification regulations at 45 C.F.R. Parts 160 and 164, except to the extent that Maine's health care confidentiality statute (22 M.R.S.A. §1711-C) incorporates by reference certain HIPAA requirements.

If your Rise Up provider sees you in the community outside of the therapy office, we will not acknowledge you first. Your right to privacy and confidentiality is important to us, and we do not wish to jeopardize your privacy. However, if you acknowledge us first, we will be more than happy to speak briefly with you.

## **Fees and Descriptions**

### **Raising Bravery for Parents**

Caregivers learn to identify insecurity and worry in children. They learn how to respond effectively to guide them towards resilience, independence, and emotional regulation.

- Series 1 - adolescent ages:
  - Who: Parents of kids ages 12-18
  - When: Wednesdays, starting July 10 - August 14 from 12:00pm to 1:15pm (Sign up for one or more)
  - Where: Virtual
  - Cost: \$75/workshop (includes 1 or 2 caregivers)
  - Facilitator: [Becca Ellis, LCPC](#)
- Series 2 - elementary ages:
  - Who: Parents of kids ages 6-11
  - When: Thursdays, starting July 11- August 15 from 12:00pm to 1:15pm (Sign up for one or more)
  - Where: In person at Rise Up in Suite 304
  - Cost: \$75/workshop (includes 1 or 2 caregivers)
  - Facilitator: [Becca Ellis, LCPC](#)

### **Mindfulness for Kids**

A holistic experience that combines breath work, yoga, and self-regulation activities.

- Who: For ages 4 - 8
- When: Wednesdays, starting July 10th - August 14th from 10:30 - 11:15am (Sign up for one or more)
- Where: In person at Rise Up in Suite 304
- Cost: \$50/workshop
- Instructor [Catherine Henning, LCSW.](#)

### **Resilience Rising: for middle schoolers**

This series focuses on growing self-esteem and broadening students' comfort zones by developing social skills and exploring personal identity in a friendly and supportive environment.

- Who: Middle School Students (Age 11 - 14)
- When: Wednesdays, starting July 10th - August 21 from 12 - 1:15pm (Sign up for one or more)
- Where: In person at Rise Up in Suite 201
- Cost: \$75/workshop
- Facilitated by: [Marie Abrahams, LCPCc.](#)

### **Thriving for College Students**

Six workshops that target time management, regulation, social connection, and energy conservation. Each provides real-world, adaptable skills.

- Who: Students entering or re-entering college.
- When: Tuesdays, starting July 9th - August 13th from 10 - 11:15am (Sign up for one or more)
- Where: In person at Rise Up in Suite 204
- Cost: \$75/workshop
- Facilitated by: [Timothy Eachus, LMSW-cc.](#)

***Thank you for learning with Rise Up!***