

## **COVID-19 (Coronavirus Disease) Response**

At the Private Practice of Derek Pendleton, LCSW, ACSW, BCD, your health (including mental health) is our top priority. Here is some information about how the office is approaching issues surrounding COVID-19:

At this time, since mental health therapy is considered an essential, life-sustaining service, and because there has been a steady relative decline in the region's rate of new COVID-19 cases, Derek is now offering both in-person and virtual therapy options.

For those individuals considering whether or not to attend in person, you should know that the facility is being cleaned on a daily basis, in addition to being sanitized in between sessions. The practice is also following all other CDC-recommended protocols, along with implementing additional measures to ensure the highest possible safety.

However, if you do not feel comfortable meeting in person, that is completely understandable. In that case, you can meet with Derek via video conference instead, which is an effective means of getting therapy. Most people report it to be just as effective as in-person sessions, and as such, many individuals have already switched over to this format for the foreseeable future.

In addition, completing sessions via video will help you avoid being without necessary therapy for an extended period of time. Video sessions are easy to facilitate. Once you have requested the video option, Derek will simply email you a link that you will click on to enter his telemedicine application. You will not have to set up any accounts on your end.

For those of you who have a child that needs to be seen for therapy via video, Derek can discuss with you some of the workarounds that can be implemented to help this session format to be as appropriate and productive as possible, even in the absence of in-person, play therapy activities.

If you have any questions or concerns that were not addressed by the above update, please feel free to broach them in your initial telephone consultation with Derek.