

NOTICE OF PRIVACY PRACTICES

Rise Again Counseling, PLLC

Effective Date: March 2, 2026

This Notice describes how your protected health information (“PHI”) may be used and disclosed and how you can access this information. Please review it carefully.

Rise Again Counseling, PLLC is required by the Health Insurance Portability and Accountability Act of 1996 (HIPAA) and applicable Maine law to maintain the privacy of your health information and to provide you with this Notice of our legal duties and privacy practices.

1. Uses and Disclosures for Treatment, Payment, and Health Care Operations

Your PHI may be used or disclosed without your written authorization for:

Treatment – To provide, coordinate, or manage your care (e.g., consultation with another provider involved in your treatment).

Payment – To obtain payment for services (e.g., billing, superbills, or insurance claims if applicable).

Health Care Operations – For practice operations such as quality assurance, supervision, compliance, auditing, licensing, or credentialing activities.

2. Uses and Disclosures Requiring Authorization

Other uses or disclosures of your PHI (including psychotherapy notes, marketing, or release to third parties not involved in treatment/payment/operations) will require your written authorization. You may revoke authorization in writing at any time, except to the extent action has already been taken.

3. Uses and Disclosures Permitted or Required by Law

Your PHI may be disclosed without authorization when required or permitted by law, including:

- Suspected child, elder, or dependent adult abuse or neglect
- Serious threat to your health or safety or the safety of others

- Court orders, subpoenas, or legal proceedings
- Law enforcement requests consistent with applicable law
- Public health activities
- Workers' compensation claims
- Health oversight activities

Maine law may provide additional protections for mental health records, and those protections will be followed.

4. Telehealth and Electronic Communication

As a telehealth-only practice, services are provided via secure, HIPAA-compliant platforms. Electronic communication (email, portal messaging, text reminders) may carry inherent privacy risks. By engaging in telehealth services, you acknowledge and accept these risks. Reasonable safeguards are in place to protect your information.

5. Your Rights Regarding Your Health Information

You have the right to:

- Request access to or copies of your records (with limited exceptions)
- Request amendments to your record
- Request restrictions on certain disclosures
- Request confidential communications (e.g., alternate address)
- Receive an accounting of disclosures
- Receive a paper copy of this Notice upon request

Requests must be made in writing.

6. Complaints

If you believe your privacy rights have been violated, you may file a complaint with:

Rise Again Counseling, PLLC

Lebanon, Maine

207-806-7015

RiseAgainCounselingPLLC@gmail.com

You may also file a complaint with the U.S. Department of Health and Human Services, Office for Civil Rights. You will not be retaliated against for filing a complaint.

7. Changes to This Notice

Rise Again Counseling, PLLC reserves the right to revise this Notice at any time. The revised Notice will apply to all PHI maintained by the practice and will be available upon request and on the client portal (if applicable)