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EFFECTIVE DATE OF THIS NOTICE: 1/1/2026.

NOTICE OF PRIVACY PRACTICES

THIS NOTICE OF PRIVACY PRACTICES (NPP) DESCRIBES HOW HEALTH INFORMATION MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION. PLEASE REVIEW IT CAREFULLY.

I. MY PLEDGE REGARDING HEALTH INFORMATION.

I (“Jenny Chang, LMFT”) understand that health information about you (“patient”) and your health care is personal. I am committed to protecting health information about you. I will create a record of the care and services you receive from me. I need this record to provide you with quality care and to comply with certain legal requirements. This notice applies to all of the records of your care generated by this behavioral health care practice. This notice will tell you about the ways in which I may use and disclose health information about you. I will also describe your rights to the health information I keep about you, and describe certain obligations I have regarding the use and disclosure of your health information.

I am required by law to:

Make sure that protected health information (“PHI”) that identifies you is kept private; give you this NPP of my legal duties and privacy practices with respect to health information; follow the terms of the NPP that is currently in effect; I can change the terms of this NPP, and such changes will apply to all information I have about you thus the new NPP will be available upon request in my office and/or accessible via electronic means.

Except for the specific purposes set forth below, I will use and disclose your PHI only with your written authorization (“Authorization”). It is your right to revoke such Authorization at any time by giving me written notice of your revocation.

II. HOW I MAY USE AND DISCLOSE HEALTH INFORMATION ABOUT YOU.

The following categories describe different ways that I use and disclose health information. For each category of uses or disclosures I will explain what I mean and provide such examples. Not every use or disclosure in a category will be listed. However, all of the ways I am permitted to use and disclose information will fall within one of the categories.

For Treatment, Payment, or Health Care Operations:

Federal privacy rules (regulations) allow health care providers who have direct treatment relationship with the patient to use or disclose the patient's personal health information (PHI) without the patient's written authorization, to carry out the health care provider's own treatment, payment or health care operations that may include disclosure to this practice's attorney to obtain advice about complying with applicable laws. I may also disclose your PHI for the treatment activities of any health care provider. This too can be done without your written authorization. For example, if a clinician were to consult with another licensed health care provider about your condition, we would be permitted to use and disclose your PHI, which is otherwise confidential, in order to assist the clinician in diagnosis and treatment of your behavioral health condition. In all situations, including situations involving the uses and disclosures of information listed in this section and the following section, if I have your substance use disorder treatment records, subject to 42 CFR part 2, I am not able to use or disclose information within those treatment records in civil, criminal, administrative, or legislative proceedings brought against you without receiving your written consent or a court order accompanied by a subpoena.

Disclosures for treatment purposes are not limited to the minimum necessary standard. Because psychotherapists and other health care providers need access to the full record and/or full and complete information in order to provide quality care. The word "treatment" includes, among other things, the coordination and management of health care providers with a third party, consultations between health care providers and referrals of a patient for health care from one health care provider to another.

Lawsuits and Disputes:

If you file a complaint against me and/or are involved in a lawsuit, I may disclose health information in response to a court or administrative order to defend myself. I may also disclose health information about you and/or your child in response to a subpoena, discovery request, or other lawful process by someone else involved in the dispute, but only if efforts have been made to tell you about the request or to obtain an order protecting the information requested.

III. CERTAIN USES AND DISCLOSURES REQUIRE YOUR AUTHORIZATION.

1. Psychotherapy Notes. I do keep "psychotherapy notes" as that term is defined in 45 CFR § 164.501, and any use or disclosure of such notes requires your Authorization unless the use or disclosure is:
 - a. For my use in treating you.
 - b. For my use in training or supervising mental health practitioners to help them improve their skills in group, joint, family, or individual counseling or therapy.
 - c. For my use in defending myself in legal proceedings instituted by you.
 - d. For use by the Secretary of Health and Human Services to investigate my compliance with HIPAA.

- e. Required by law and the use or disclosure is limited to the requirements of such law.
 - f. Required by law for certain health oversight activities pertaining to the originator of the psychotherapy notes.
 - g. Required by a coroner who is performing duties authorized by law.
 - h. Required to help avert a serious threat to the health and safety of others.
2. Marketing Purposes. As a psychotherapist, I will not use or disclose your PHI for marketing purposes.
 3. Sale of PHI. As a psychotherapist, I will and do not sell your PHI in the regular course of my business.

IV. CERTAIN USES AND DISCLOSURES DO NOT REQUIRE YOUR AUTHORIZATION.

Subject to certain limitations in the law, I can use and disclose your PHI without your Authorization for the following reasons:

1. When disclosure is required by state or federal law, and the use or disclosure complies with and is limited to the relevant requirements of such law.
2. For public health activities such as reporting suspected child, dependent adult or elder abuse; by CA law I am a mandated reporter.
3. When there is indication of serious threat to myself (i.e., patient), other individuals or society that require protective action and/or info to inform legal authorities involved.
4. For health oversight activities, including audits and investigations.
5. For judicial and administrative proceedings, including responding to a court or administrative order, although my preference is to obtain an Authorization from you before doing so.
6. For law enforcement purposes, including protective action, reporting crimes occurring on my premises, providing information to inform potential victim(s), seek hospitalization for the patient.
7. To coroners or medical examiners, when such individuals are performing duties authorized by law.
8. For research purposes, including studying and comparing the mental health of patients who received one form of therapy versus those who received another form of therapy for the same condition.
9. Specialized government functions, including, ensuring the proper execution of military missions; protecting the President of the United States; conducting intelligence or counter-intelligence operations; or, helping to ensure the safety of those working within or housed in correctional institutions.
10. For workers' compensation purposes. Although my preference is to obtain an Authorization from you, I may provide your PHI in order to comply with workers' compensation laws.
11. Appointment reminders and health related benefits or services. I may use and disclose your PHI to contact you to remind you that you have an appointment with me. I may also

use and disclose your PHI to tell you about treatment alternatives, or other health care services or benefits that I offer.

12. When your substantial unpaid balance has been referred to a collection agency and/or small claims court.
13. I may disclose the minimum necessary health information to my business associates that perform functions on our behalf or provide us with services if the information is necessary for such functions or services. My business associates sign agreements to protect the privacy of your information and are not allowed to use or disclose any information other than as specified in our contract.

V. RESTRICTIONS ON USE AND DISCLOSURE OF HEALTH INFORMATION UNDER CALIFORNIA LAW.

As a California provider, I am required to follow several California laws that place greater restrictions on my ability to use and disclose certain types of health information than HIPAA. These California laws generally require or permit me to deny certain parties access to health information pertaining to: treatment of minor patients, immigration status and place of birth, reproductive health, and gender affirming care services.

VI. CERTAIN USES AND DISCLOSURES REQUIRE YOU TO HAVE THE OPPORTUNITY TO OBJECT.

1. Disclosures to family, friends, or others. I may provide your PHI to a family member, friend, or other person that you indicate is involved in your care or the payment for your health care, unless you object in whole or in part. The opportunity to consent may be obtained retroactively in emergency situations.
2. Substance Use Disorder Treatment Records and the Legal Process. If I have your substance use disorder treatment records, subject to 42 CFR part 2, I will not disclose that information in civil, criminal, administrative, or legislative proceedings brought against you without receiving your written consent or a court order accompanied by a subpoena.
3. Substance Use Disorder Treatment Records and Fundraising Activities. If I have your substance use disorder treatment records, subject to 42 CFR part 2, I will provide you with clear and obvious prior notice and an opportunity to choose whether to receive fundraising communications that use your substance use disorder treatment information.

VII. YOU HAVE THE FOLLOWING RIGHTS WITH RESPECT TO YOUR PHI.

1. The Right to Request Limits on Uses and Disclosures of Your PHI. You have the right to ask me not to use or disclose certain PHI for treatment, payment, or health care operations purposes. I am not required to agree to your request, and I may say “no” if I believe it would affect your health care.
2. The Right to Request Restrictions for Out-of-Pocket Expenses Paid for In Full. You have the right to request restrictions on disclosures of your PHI to health plans for payment or health care operations purposes if the PHI pertains solely to a health care item or a health care service that you have paid for out-of-pocket in full.

3. **The Right to Choose How I Send PHI to You.** You have the right to ask me to contact you in a specific way (for example, home or office phone) or to send mail to a different address, and I will agree to all reasonable requests.
4. **The Right to See and Get Copies of Your PHI.** Other than “psychotherapy notes,” you have the right to get an electronic or paper copy of your medical record and other information that I have about you. I will provide you with a Treatment Summary or copy of your records based on an agreeable business fee for administrative production purposes. If you agree and opt to receive a Treatment Summary, within 30 days of receiving your written request, and I may charge a reasonable fee for administrative costs that arise to produce a finished product based on the third-party’s demands and/or requests for such info (i.e., dedicate time to review your treatment files so that the formulated report entails clinical impressions/matters based on the third-party’s request).
5. **The Right to Get a List of the Disclosures I Have Made.** You have the right to request a list of instances in which I have disclosed your PHI for purposes other than treatment, payment, or health care operations, or for which you provided me with an Authorization. I will respond to your request for an accounting of disclosures within 60 days of receiving your request. The list I will give you will include disclosures made in the last six years unless you request a shorter time. I will provide the list to you at no charge, but if you make more than one request in the same year, I will charge you a reasonable fee for each additional request.
6. **The Right to Correct or Update Your PHI.** If you believe that there is a mistake in your PHI, or that a piece of important information is missing from your PHI, you have the right to request that I correct the existing information or add the missing information (i.e., submit a written request with a rationale that entails why your PHI needs to be amended). I may say “no” to your request, but I will tell you why in writing within 60 days of receiving your request.
7. **The Right to Get a Paper or Electronic Copy of this Notice.** You have the right get a paper copy of this Notice, and you have the right to get a copy of this notice by e-mail. And, even if you have agreed to receive this Notice via e-mail, you also have the right to request a paper copy of it.

VIII. HOW TO COMPLAIN ABOUT MY NPP

If you think I may have violated your privacy rights, you may file a complaint with me, as the Privacy Officer for my practice, as my address and phone number are: Jenny Chang LMFT, 1712 Picasso Ave, Suite A, Davis, CA 95618; (916) 243-5235.

You can also file a complaint with the U.S. Department of Health and Human Services Office for Civil Rights by:

1. Sending a letter to 200 Independence Avenue, S.W., Washington, D.C. 20201;
2. Calling 1-877-696-6775; or,
3. Visiting www.hhs.gov/ocr/privacy/hipaa/complaints.

I will not retaliate against you if you file a complaint about my privacy practices.

Under the Health Insurance Portability and Accountability Act of 1996 (HIPAA), you have certain rights regarding the use and disclosure of your protected health information. My NPP provides info about how I may use and disclose your protected health information. I encourage you to read it in full. My NPP is subject to change. If I change my NPP, you may obtain a copy of the revised notice by contacting me at (916) 243-5235.