

# Notice of Privacy Practices

Navigate Recovery PLLC

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EFFECTIVE DATE OF THIS NOTICE This notice went into effect on 02/25/2026 and replaces all other versions.

## NOTICE OF PRIVACY PRACTICES

THIS NOTICE 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 understand that health information about you and your health care is personal. I am committed to protecting health information about you. I 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 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 notice of my legal duties and privacy practices with respect to health information.
- Follow the terms of the notice that is currently in effect.
- I can change the terms of this Notice, and such changes will apply to all information I have about you. The new Notice will be available upon request.

## 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 try to give some 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/client to use or disclose the patient/client's personal health information without the patient's written authorization, to carry out the health care provider's own treatment, payment or health care operations. I may also disclose your protected health information 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 personal health information, which is otherwise confidential, in order to assist the clinician in diagnosis and treatment of your mental health condition.

Disclosures for treatment purposes are not limited to the minimum necessary standard. Because therapists 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 are involved in a lawsuit, I may disclose health information in response to a court or administrative order. I may also disclose health information about 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. Substance use disorder records protected by 42 CFR Part 2 will not be disclosed in response to a subpoena without a court order meeting the requirements of that law.

## III. CERTAIN USES AND DISCLOSURES REQUIRE YOUR AUTHORIZATION:

1. **Psychotherapy Notes.** I do keep "psychotherapy notes" as that term is defined under HIPAA, and any use or disclosure of such notes requires your authorization except as permitted by law. 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. **Confidentiality of Substance Use Disorder Records (42 CFR Part 2)**  
Some of your health information may relate to substance use disorder treatment and is protected by federal law under 42 CFR Part 2. Navigate Recovery PLLC may use and disclose substance use disorder-related information for purposes of treatment, payment, and health care operations, as permitted by federal law and consistent with your signed consent for services.  
Information disclosed for these purposes may be redisclosed by the recipient for treatment, payment, or health care operations, as allowed by law. All recipients are required to protect the privacy of your information in accordance with applicable federal and state privacy laws.  
Substance use disorder-related information will not be used or disclosed for criminal, civil, employment, housing, or law enforcement purposes without a court order that meets the specific requirements of 42 CFR Part 2.
3. **Marketing Purposes.** As a counselor, I will not use or disclose your PHI for marketing purposes.
4. **Sale of PHI.** As a counselor, I will not sell your PHI in the regular course of my business.

## IV. CERTAIN USES AND DISCLOSURES PERMITTED BY LAW.

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

1. **Disclosure protecting the clients identity.** Communications that neither identify an individual as a substance abuser or client nor verify someone else's identification of the client are permitted (i.e., reporting aggregate data about a program's population or information about an individual in a manner that does not disclose that the individual is someone with a substance abuse problem or in receipt of treatment services).
2. **Medical Emergency.** The law permits programs to disclose information to private or public medical personnel to the extent necessary to meet a bona fide medical emergency of the client or any other individual (i.e., dangerous drug overdose or attempted suicide would be medical emergencies).
3. **The client committed a crime on the program premises or against program personnel, or threatened to commit, a crime on program premises or against program personnel,** the regulations permit the program to report the crime or threatened crime to a law enforcement agency.
4. **Disclosures are related to research, audit, or evaluation.** The regulations permit a program to disclose client-identifying information to researchers without client consent provided certain safeguards are met.
5. **Reporting of child abuse and/or neglect.** The confidentiality laws do not prohibit the reporting under state law of incidents of suspected child abuse and neglect to the appropriate state or local authorities. However, the exception only applies to the initial report of child abuse or neglect and not to requests or even subpoenas for additional information or records even if the records are sought for use in civil or criminal investigations resulting from the program's initial report.
6. **If a client threatens grave bodily harm or death to another person.**
7. **Substance use disorder records protected by 42 CFR Part 2 will not be disclosed in response to a subpoena without a court order meeting Part 2 requirements.**
8. **Certain health information related to reproductive health care is specially protected under federal law.** I am prohibited from disclosing such information for investigations or proceedings when the care was lawfully provided. In some cases, I may also be required to obtain a signed statement (attestation) before disclosing this type of information.
9. **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.

## V. 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.** You can receive your SUD treatment records unless restricted by federal law. 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 copy of your record, or a summary of it, if you agree to receive a summary, within 30 days of receiving your written request, and I may charge a reasonable, cost based fee for doing so.
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 cost based 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 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. You will provide requested PHI without unreasonable delay and within the HIPAA timeframe (30 days, with one 30-day extension if necessary).

## VI Questions or Complaints

If you have questions about this Notice of Privacy Practices or about how your protected health information is used or disclosed, you may contact:

Staff Person\*\*\* Melanie Flynn, LMAC

Organization\*\*\*\* Navigate Recovery PLLC

Phone: (601) 202-1007

email: Recovery@recoverynavigate.com

If you believe your privacy rights have been violated, you may file a complaint with Navigate Recovery PLLC by contacting the Privacy Officer listed above. You will not be retaliated against for filing a complaint.

You may also file a complaint with the U.S. Department of Health and Human Services, Office for Civil Rights. Instructions for filing a complaint are available at [www.hhs.gov/ocr](http://www.hhs.gov/ocr).

## Acknowledgement of Receipt of Privacy Notice

Under the Health Insurance Portability and Accountability Act of 1996 (HIPAA) and 42 CFR Part 2, you have certain rights regarding the use and disclosure of your protected health information. By checking the box below, you are acknowledging that you have been offered and/or received a copy of HIPAA Notice of Privacy Practices as well as a copy of 42 CFR Part 2 which pertains to substance use disorder records.

BY SIGNING BELOW I AM AGREEING THAT I HAVE READ, UNDERSTOOD, AND AGREE TO THE ITEMS CONTAINED IN THIS DOCUMENT.

Name

Date