

SEATTLE THERAPISTS CORNER 

A Therapist Resource Guide

for COVID-19 Pandemic Times



May 2020

SEATTLE THERAPISTS CORNER

This is your "one-stop source" for what you need to know as a WA State Mental Health Professional during the COVID-19 pandemic. Our profession is changing rapidly to accommodate the challenges of this pandemic. It can be a lot to keep up with among all the other adjustments in your life at this time.

We made this *Therapist Resource Guide* to help you navigate the various professional changes, hoping to bring you a little more ease and confidence. Here you'll find a variety of important information : Telehealth legalities and recommendations, considerations for in-person sessions during the pandemic, updated tax due dates, license renewal, and the WA Safe Start 4 Phase Plan, to name a few.

The guide is divided into Three Section:

1. WA State & Federal Dates You Need to Know
2. WA State & Federal Information You Need to Know
3. Resources to Keep You Informed

At Settle Therapist Corner, our mission is to inspire, support and resource therapists to be their best selves professionally and personally. This guide is one of the ways we hope to do just that.

We see you as some of the unsung heroines and heroes during these pandemic times. Thank you for your service to our community. You are making the world a kinder, safer, emotionally healthier place.

With Gratitude,

Carol Missel

Seattle Therapist Corner Founder



WA State & Federal Dates to Know

The dates below are applicable for Medical Professionals, including Therapists and Social Workers, licensed by the WA Department of Health.

Directions for How Read The Dates To Know Checklist

- The first date listed is the Current Due Date.
- The date within parenthesis is the Original Due Date,
- The Bold Title is to Whom the date applies.
- The description below is the action that needs to take place.

June 1 - Everybody

WA State Governor's "Stay Home, Stay Safe/ Safe Start" -
Projected Start of Phase 2

June 3 - Medicaid Providers:

Response Required to CMS by all practioners who received
payments through the Provider Relief Fund

June 15 (April 15) - State Registered Businesses:

Annual Excise Tax Returns to WA Dept. of Revenue

June 30 (April 15) -Some Private Practice Owners

Make Quarterly Report to WA DOR

continue to next page for more important dates



WA State & Federal Dates to Know (continued)

■ **July 15 (April 15) - Everybody**

File Annual Taxes with the IRS

■ **July 15 (April 15) - Private Practice Owners**

Send Estimated Quarterly Tax Payment to IRS (1st Quarter)

■ **July 15 (June 15)- Private Practice Owners**

Send Estimated Quarterly Tax Payment to IRS (2nd Quarter)

■ **September 15 - Private Practice Owners**

Send Estimated Quarterly Tax Payment to IRS (3rd Quarter)

■ **September 30th (April 1-Sept 30)- All Medical Professionals**

Renewal of your Professional Licenses if it was originally due between April 1, 2020 - September 30, 2020



WA State & Federal Information to Know

■ **Telehealth & Federal HIPAA Regulations During COVID-19**

The Office of Civil Rights (OCR) has indicated they will exercise enforcement discretion and waive penalties for HIPAA violations against health care providers that serve patients in good faith through FaceTime or Skype.

[US Department of Health & Human Services Statement](#)

■ **Telehealth Health Insurance Coverage/Parity in WA State**

I [Inslee] also prohibit the following activities by health carriers to encourage health care providers to provide telemedicine services by providing for payment parity between telemedicine and in-person medical services:

1. Reimbursing in-network providers for telemedicine claims for medically necessary covered services at a rate lower than the contracted rate that would be paid if the services had been delivered through traditional (in-person) methods.
2. Denying a telemedicine claim from an in-network provider for a medically necessary covered service due to an existing provider contract term with that provider that denies reimbursement for services provided through telemedicine.

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WA State & Federal Information to Know (continued)

Telehealth Health Insurance Coverage/Parity in WA State

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3. Establishing requirements for the payment of telemedicine services that are inconsistent with the emergency orders, rules or technical advisories to carriers issued by the Office of the Insurance Commissioner.

Violators of this of this order may be subject to criminal penalties pursuant to RCW 43.06.220(5).

Telehealth Amendment Signed by Governor Inslee March 25, 2020

WA State Declaration to extend Renewing Medical Licenses

Medical Providers Licensed by WA Department of Health, whose license renewal is between April 1, 2020 and September 30, 2020 have an extension for renewal until September 31, 2020.

WA State Healthcare Worker Renewal Extension Amendment

The Small Business Owner's Guide to the CARES Act

Learn about what the Federal Government is offering to support financially struggling businesses and the self-employed. This resource makes the information accessible it easy to understand.

The Small Business Owner's Guide to the CARES Act



WA State & Federal Information to Know (continued)

Telehealth Across State Lines - State by State Regulations for COVID-19

Many US States have suspended their requirement for Medical Providers to be licensed by their state licensing board during the COVID-19 Pandemic. See the chart of states at the link below.

[Telehealth Interstate List During COVID-19 Pandemic](#)

WA State's "Stay Safe, Stay Home/Safe Start" 4 Phase Reopening Plan

WA State is operating on a 4 Phase Plan to mitigate the level of exposure of COVID-19 to the public. Each phase will be in operation for at least 3 weeks, and the advent of the next phase will be determined according to data regarding the state's current statistics regarding the spread of COVID-19.

[Washing State's 4 Phase Reopening Plan](#)

IRS Quarterly Taxes Updated Due Dates for 2020

The IRS has changed the due dates for 2020's Quarterly Taxes to accommodate for financial hardships during the COVID-19 Pandemic

[IRS 2020 Quarterly Taxes Due Date Chart](#)



Resources to Know About

Determining If, How, and When to See Patients In-Person During COVID-19

In Washington State, therapists are essential workers and may see patients in-person. However, we also have a liability to consider the level of need versus the risk of exposure. As WA anticipates moving to Phase 3 in June, 2020, what should you consider in your decision to see patients in person or Telehealth? This article walks you through the questions to consider and steps to take to protect you and your client's health, as well as your liability.

[Returning to the Office After COVID-19 - Zynnyme](#)

In-Person Sessions Sample Consent Form for COVID-19 Times

Because of liability and ethical standards of ensuring our clients understand the risks of meeting in-person, The American Psychology Association has created a sample Consent Form.

[STC - Sample In-Person Consent Form](#)



Resources to Know About (continued)

In-Person Therapy Checklist

We've simplified what you may want to consider to keep yourself and your clients safe when you meet in-person. This checklist is not intended to be the definitive list of things to do, but it is a compilation of the ideas we've seen, boiled down to the basics to consider.

[In-Person Therapy Checklist for COVID-19 Times](#)

Telehealth Billing for Therapists

While Governor Inslee recently passed an amendment requiring Health Insurance Companies to reimburse Telehealth, there is still a lot of confusion on how to bill, including what codes to use: 95, GT, GQ, GO. We found TheraThink's article the most helpful in deciphering the billing puzzle.

[Telehealth Billing for Therapists - The Definitive Guide](#)

All of Your FAQs about Telehealth during COVID-19

This article covers it all: billing insurance, HIPAA, platforms and procedures, client consent forms, addressing the client-therapist relationship impact and more.

[Coronavirus Teletherapy FAQs](#)



Resources to Know About (continued)

■ **Telehealth Consent Form Information**

Client-Centered Tech is providing resources to support therapists who are having to make the transition to Telehealth. The link below is to their document on developing a Telehealth Consent Form.

[Telehealth Consent Form - Client-Centered Tech](#)

■ **Seattle-Area Business & Tax Tools for Private Practice & Solopreneurs**

Jenny Girl Friday (Jenny MacLeod) has a wealth of helpful tools and resources to help you stay organized and on top of the logistics of running a private practice or small business in Seattle.

[Small Business Apothecary](#)

■ **Supervision and New Private Practice Support for Therapists**

This publication is provided by Seattle Therapists Corner. We are committed to Therapists' Personal and Professional Growth. We offer free resources, as well as a program for new therapists called The Launch.

[Seattle Therapists Corner](#)



Resources to Know About (continued)

Relationship & Mental Health Resources for COVID-19 Times

Modern Relationships is Carol Missel's Therapy Practice, with a website that offers resources for anyone looking for tools and articles a variety of mental health and relationship topics. It includes a special page dedicated to resources for COVID-19 issues.

[Modern Relationships COVID-19 Mental Health & Relationships Resource Page](#)

All of Your FAQs about Telehealth during COVID-19

This article covers it all: billing insurance, HIPAA, platforms and procedures, client consent forms, addressing the client-therapist relationship impact and more.

[Coronavirus Teletherapy FAQs](#)

SEATTLE THERAPISTS CORNER

Join Us & Get More Free Stuff

Join our community of therapists who are committed to personal and professional growth. You'll periodically receive our newsletter sharing inspiration, resources, discounts and networking opportunities.

Just for signing up we will send you the CEU TRACKING FORM. It helps you keep track of your CEU trainings and guides you in staying compliant with WA Dept of Health requirements.

[Sign Up](#)



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