

Regent Counseling PLLC

Notice of Privacy Practices — Texas & Colorado

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Effective date: December 28, 2025

This Notice describes how your Protected Health Information (PHI) may be used and disclosed and how you can access your information. We are required by law to maintain the privacy of PHI and to provide you this Notice.

Regent Counseling PLLC uses SimplePractice Community Network, LLC (“SimplePractice”) solely for scheduling, billing, and other administrative/technology support. SimplePractice does not provide clinical care and is not your health-care provider. Nothing in this Notice waives or limits your rights under HIPAA, 42 CFR Part 2 (if applicable), or Texas/Colorado law.

How We Use & Disclose PHI

- Treatment: provide, coordinate, and manage care with other providers.
- Payment: billing, eligibility/benefits, claims management.
- Health Care Operations: quality improvement, training, audits, legal, compliance, and administrative functions.

Other Uses/Disclosures Permitted or Required by Law

- Public health and safety reporting; suspected abuse/neglect or exploitation.
- Health oversight activities (audits, inspections, investigations).
- Judicial/administrative proceedings and law-enforcement requests (with proper process).
- To prevent or lessen a serious and imminent threat to health or safety.
- Coroners, medical examiners, funeral directors, and organ donation.
- Worker’s compensation, specialized government functions, and research (as allowed by law).

Disclosures Requiring Your Authorization

We will obtain your written authorization for uses and disclosures not described in this Notice, including most uses of psychotherapy notes (if applicable), marketing, and sale of PHI. You may revoke an authorization in writing at any time.

Additional Protections for SUD Records — 42 CFR Part 2

If we are a Part 2 Program or a lawful holder of Part 2 records, those records have heightened confidentiality. Disclosures generally require a Part 2-compliant consent or must meet a limited exception (e.g., medical emergency, audit/evaluation, mandated child-abuse reporting, qualifying court order).

Your Rights

- Inspect & Copy: request access to your records (fees may apply).
- Amend: request corrections to inaccurate/incomplete information.
- Restrictions: request limits on certain uses/disclosures (we are not required to agree).

- Confidential Communications: request we contact you in specific ways/locations.
- Accounting of Disclosures: receive a list of certain disclosures.
- Breach Notification: receive notice of breaches involving your unsecured PHI.
- Paper or Electronic Copy: request a copy of this Notice at any time.

State-Specific Notices

For Texas Clients

Texas Health & Safety Code Chapter 611 protects mental-health records. You generally have a right to access your mental-health record, subject to limitations when release would be harmful; if limited, you will receive a written statement describing the portion withheld, reasons, and duration.

For Colorado Clients

- Records may not be maintained beyond seven (7) years after the last date of treatment (longer if required by law). We will provide written notice that records may not be maintained after seven years within 180 days after treatment ends. Colorado recognizes a duty to warn/protect for credible threats of imminent serious physical violence against identifiable person(s).

Complaints & Contacts

You may file a complaint with Regent Counseling PLLC, with your state regulator, or with the U.S. Department of Health & Human Services. We will not retaliate for filing a complaint.

Texas — Behavioral Health Executive Council (BHEC)

George H.W. Bush State Office Building, 1801 Congress Ave., Ste. 7.300, Austin, TX 78701 | (512) 305-7700 | Complaints: (800) 821-3205 | bhec.texas.gov

Colorado — Department of Regulatory Agencies (DORA)

Division of Professions & Occupations, State Board of Licensed Professional Counselor Examiners | 1560 Broadway, Suite 1350, Denver, CO 80202 | (303) 894-7800 | dpo.colorado.gov/ProfessionalCounselor

U.S. Department of Health & Human Services — Office for Civil Rights: hhs.gov/ocr

Changes to This Notice

We may revise this Notice. If changed, the new terms apply to all PHI we maintain, past and future. The most current Notice will be posted/available upon request.

For questions or to exercise your rights, contact: Regent Counseling PLLC | Odira Ughanze, LPC | (325) 784-0639 | oughanze@regentcounseling.com