



MILEHIGH COUNSELING LLC

COLORADO MANDATORY DISCLOSURE STATEMENT

Pursuant to Colorado Revised Statutes § 12-245-216

PROVIDER INFORMATION

Practice Name: MileHigh Counseling LLC

Provider: Jamie Finkelstein

Professional Credential: Licensed Professional Counselor (LPC)

Colorado License Number: LPC.0013258

Business Address: 517 Buckrake Street, Severance, CO 80550

Business Telephone: (970) 692-4793

Business Email: milehighcounselingllc@gmail.com

REGULATION OF PSYCHOTHERAPY IN COLORADO

The practice of psychotherapy in Colorado is regulated by the Colorado Department of Regulatory Agencies (DORA), Division of Professions and Occupations. Clients may contact DORA regarding questions, concerns, or complaints about professional practice.

Colorado Department of Regulatory Agencies (DORA)

Division of Professions and Occupations

1560 Broadway, Suite 1350

Denver, CO 80202

Phone: (303) 894-7800

EDUCATION, TRAINING, AND CREDENTIALS

Provider: Jamie Finkelstein

License Type: Licensed Professional Counselor (LPC)

Colorado License Number: LPC.0013258

Education

- Master's Degree in Clinical Counseling

Professional Experience

- 12 years providing psychotherapy services
- 6 years providing telehealth psychotherapy services

Primary Practice Modality

- Telehealth Psychotherapy

Clinical Approach

I utilize a collaborative, client-centered, and strengths-based approach to therapy and tailor treatment to the unique needs of each individual. Treatment may incorporate Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), mindfulness-based interventions, solution-focused strategies, and other evidence-based practices.

Areas of Clinical Focus

- Anxiety
- Stress Management
- Burnout
- Life Transitions
- Emotional Regulation
- Self-Esteem and Identity Development
- Relationship Concerns
- Boundary Setting
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Mindfulness-Based Interventions

Practice Population

- Adults age 18 and older

Affirming Care Statement

MileHigh Counseling LLC is committed to providing an inclusive, respectful, safe, and affirming therapeutic environment.

Individuals of all sexual orientations, gender identities, gender expressions, relationship structures, racial and cultural backgrounds, spiritual beliefs, abilities, and life experiences are welcome.

Jamie Finkelstein provides LGBTQIA+ affirming care and strives to create a therapeutic environment where clients can explore their experiences, identities, relationships, and personal goals free from judgment, discrimination, or stigma.

MileHigh Counseling LLC does not provide conversion therapy, reparative therapy, or any treatment intended to change or suppress a person's sexual orientation, gender identity, or gender expression.

CLIENT RIGHTS

Under Colorado law, clients are entitled to receive information regarding:

- The methods and techniques of therapy utilized
- The anticipated course and duration of treatment when known
- The therapist's credentials and qualifications

- The fee structure for services
- Available alternatives to treatment when appropriate

Clients have the right to:

- Ask questions about treatment
- Seek a second opinion
- Refuse any therapeutic intervention
- Terminate therapy at any time
- Participate actively in treatment planning

PROFESSIONAL BOUNDARIES

Colorado law requires that clients be informed that sexual intimacy between a therapist and a client is never appropriate and should be reported to the appropriate licensing board.

CONFIDENTIALITY

The information provided by and to a client during psychotherapy sessions is legally confidential except as otherwise provided by Colorado or federal law.

Exceptions to confidentiality may include:

Mandatory Reporting

The therapist may be required to report:

- Suspected child abuse or neglect
- Suspected abuse, neglect, or exploitation of an at-risk elder
- Suspected abuse, neglect, or exploitation of an at-risk adult

Threat of Harm

Confidentiality may be broken if there is a serious threat of imminent harm to yourself or another person.

Court Orders

Records may be disclosed when required by court order or other legal mandate.

Professional Consultation

Consultation with other professionals may occur to improve quality of care. Reasonable efforts will be made to protect client identity during such consultations.

TELEHEALTH DISCLOSURE

MileHigh Counseling LLC operates as a telehealth psychotherapy practice.

Clients participating in telehealth services understand and acknowledge that:

- Sessions are conducted through secure technology platforms.
- Client identity and physical location may be verified at the beginning of each session.
- Clients may be asked to provide emergency contact information.
- Telehealth services are not emergency or crisis services.
- Technology disruptions or failures may occur.
- Emergency services may be contacted if there is concern regarding immediate safety.

Clients must be physically located in a jurisdiction where the therapist is authorized to practice at the time services are provided.

PROFESSIONAL FEES AND FINANCIAL RESPONSIBILITY

MileHigh Counseling LLC is a private-pay psychotherapy practice.

Individual Psychotherapy Services

- Initial Intake Evaluation (53-60 minutes): **\$175**
- Individual Psychotherapy (53-60 minutes): **\$150**
- Individual Psychotherapy (38-52 minutes): **\$125**
- Individual Psychotherapy (16-37 minutes): **\$75**

Non-Therapeutic Services

MileHigh Counseling LLC focuses exclusively on psychotherapy services and does not provide:

- Emotional Support Animal (ESA) letters
- Disability determinations
- Fitness-for-duty evaluations
- Child custody recommendations
- Court testimony
- Forensic evaluations
- FMLA paperwork
- Workers' compensation evaluations
- Legal opinions
- Administrative letters
- Documentation prepared for legal, employment, disability, custody, or forensic matters

Clients requiring these services may be referred to another appropriate provider.

Cancellation and No-Show Policy

A minimum of twenty-four (24) hours' notice is required for appointment cancellations.

- Late Cancellation (less than 24 hours' notice): **\$100**
- No-Show Appointment: **\$150**

Payment Policy

Payment is due at the time services are rendered unless otherwise arranged in writing.

Accepted forms of payment may include:

- Credit Card
- Debit Card
- HSA/FSA Card
- Approved Electronic Payment Methods

A valid payment method may be maintained on file.

MileHigh Counseling LLC does not bill insurance companies and operates as a private-pay practice.

Good Faith Estimate

Under the No Surprises Act, individuals who are uninsured or who choose not to use insurance have the right to receive a Good Faith Estimate of expected charges before receiving services.

Clients may request a Good Faith Estimate before beginning treatment or at any time during treatment.

RECORD RETENTION

Clinical records are maintained in accordance with applicable legal, ethical, and professional standards. Records may eventually be destroyed consistent with Colorado record retention requirements.

COMPLAINT PROCESS

Clients are encouraged to discuss concerns directly with the therapist whenever possible.

Clients also have the right to file a complaint with the Colorado Department of Regulatory Agencies without fear of retaliation.

ACKNOWLEDGMENT OF RECEIPT

I acknowledge that I have received and reviewed this Colorado Mandatory Disclosure Statement for MileHigh Counseling LLC. I understand my rights as a client and have had the opportunity to ask questions regarding the information contained herein.

Client Name: _____

Client Signature: _____

Date: _____

Provider: Jamie Finkelstein, LPC

Provider Signature: _____

Date: _____

MileHigh Counseling LLC

Colorado Mandatory Disclosure Statement

Version Date: October 2026

Review Date: _____