



Notice of Privacy Practices

Effective Date: 02/01/2026

This Notice describes how medical and mental health information about you may be used and disclosed and how you can access this information. Please review it carefully.

Our Legal Duties

Nebraska Family Behavioral Health, PLLC is required by the Health Insurance Portability and Accountability Act of 1996 (HIPAA) to:

- Maintain the privacy of your protected health information (PHI);
- Provide you with a copy of this Notice of our legal duties and privacy practices upon request;
- Abide by the terms of this Notice currently in effect.

We will not use or disclose your health information without your written authorization, except as described in this Notice.

How We May Use and Disclose Your Health Information

We may use and disclose your health information for the following purposes without your written authorization, as permitted by law:

- **Treatment:** With other healthcare providers involved in your care to provide, coordinate, and/or manage your mental health care.
- **Payment:** To bill and collect payment from insurance plans or other payers for services provided.
- **Health Care Operations:** For quality assessment/improvement, staff training, licensing, audits, and other operational activities.
- **As Required by Law:** We may disclose your information when required by federal, state, or local laws.
- **To Prevent Harm:** If there is a risk of serious harm to you or others, we may disclose your information to appropriate authorities.



- **For Legal and Law Enforcement Purposes:** We may share information in response to a court order, subpoena, or as required by law enforcement.

Other uses and disclosures require your written authorization, which you may revoke at any time, in writing.

Special Privacy Protections for Substance Use Disorder Information

Some health information related to substance use disorder (SUD) diagnosis, treatment, or referral may be protected by **federal confidentiality regulations (42 CFR Part 2)**, in addition to HIPAA. These regulations provide additional protections for SUD-related records and generally prohibit disclosure of this information without your specific written consent, except as permitted by law.

What This Means for You:

- SUD records may not be redisclosed without your consent unless permitted by federal law.
- If we receive SUD-related records from another provider, those records may be subject to heightened confidentiality protections.
- You have the right to request restrictions on certain disclosures of this information, subject to legal requirements.

Disclosures of SUD information without your consent may be permitted for purposes such as medical emergencies, research, audits, public health reporting, or as otherwise allowed by federal law.

Redisclosure Notice

Federal law prohibits the redisclosure of substance use disorder information unless expressly permitted by written consent or by federal regulation. Any redisclosure must comply with 42 CFR Part 2.

Telehealth Services

If you receive services via telehealth, please be aware of the following:

- **Confidentiality Protections:** All existing confidentiality protections apply to telehealth consultations.



- **Access to Medical Information:** You have the right to access all medical information resulting from the telehealth consultation, as permitted by law.
- **Dissemination of Information:** Any dissemination of your identifiable images or information from the telehealth consultation to researchers or other entities shall not occur without your consent.
- **Documentation:** The use of telehealth technology will be documented in your medical record, including which site initiated the call, the telecommunication technology utilized, and the time the service began and ended.

For more information about your rights under the Nebraska Telehealth Act, you may review the full document at [Nebraska Telehealth Act](https://dhhs.ne.gov/licensure/Documents/NebraskaTelehealthAct.pdf) or request a copy from our office.

<https://dhhs.ne.gov/licensure/Documents/NebraskaTelehealthAct.pdf>

Your Rights Regarding Your Health Information

You have the right to:

- **Access Your Records:** You may request to look at and/or obtain a copy of your medical and billing records.
- **Request an Amendment:** You may request us to amend your health information if you feel that the information is inaccurate. Your request must be made in writing and must include rationale for the amendment. We may deny your request.
- **Request Confidential Communications:** Ask us to contact you in a specific way (e.g., by phone, email, or mail).
- **Request Restrictions:** You have the right to request restrictions on the medical information we use or disclose about you for treatment, payment, health care operations, or to family members or others who are involved in your care or the payment of your care. We may not be able to comply in all cases. If we agree to a voluntary restriction, that restriction may be lifted if the information is needed to provide emergency treatment or is required by federal law. To request restrictions, you must make your request in writing at the site of service. In your request you must tell us: (1) what information you want to limit, (2) whether you want to limit our use, disclosure, or both; and (3) to whom you want the limits to apply.
- **Receive a List of Disclosures:** Ask for a list of occasions we shared your health information, except for routine uses such as treatment or payment.
- **Receive a Copy of This Notice:** You may request a paper copy of this Notice at any time.

Requests must be submitted in writing and are subject to legal requirements.



To exercise any of these rights, please contact our office at:

Nebraska Family Behavioral Health
8101 O Street, Suite 112
Lincoln, NE, 68510
402-765-4635

Changes to This Notice

We reserve the right to change this Notice. Any changes will apply to all information we maintain and will be available at our office and on our website.

File a Complaint

If you believe your privacy rights have been violated, you may file a complaint with our office, Nebraska Department of Health and Human Services, or with the Secretary of the U.S. Department of Health and Human Services.

To file a complaint with our office, you may contact us at:

Nebraska Family Behavioral Health
8101 O Street, Suite S112
Lincoln, NE, 68510
402-765-4635

To file a complaint with Nebraska DHHS, you may contact:

HIPAA Privacy and Security Office
P.O. Box 95026
301 Centennial Mall South, 3rd Floor,
Lincoln, NE 68509-5025
Ph: (402) 471-4068; Email: DHHS.HIPAAOffice@nebraska.gov

To file a complaint with the U.S. Department of Health & Human Services, you may do so at:

www.hhs.gov/ocr/privacy.

You will not be penalized for filing a complaint.