

It's About Time, Inc.

## **INDIVIDUAL RIGHTS NOTICE**

I have received notification of my rights and responsibilities and I have been informed that I may request a copy of the "Rules and Regulations to Assure the Rights of Individuals receiving Services from Providers of Department of Behavioral Health and Developmental Services." My supervisor has explained to me that my clinician has been trained in Nonviolent crisis intervention, which may include the utilization of a physical hold referred to as a restraint. A physical restraint may ONLY be used in the event of an emergency as a result from harming myself or others or causing severe property damage. If I feel my rights have been violated or discriminated against in any way, I understand that I may discuss the problem with any staff member employed by It's About Time, Inc. Additionally, I understand that I may also contact:

Office of Human Rights - Catawba Hospital  
5525 Catawba Hospital Dr.  
Catawba, VA 24070  
Phone: 540-375-4321  
Toll-Free Number: 877-600-7434  
Fax: 540-375-4328

I shall receive an annual renewal and explanation of my rights from It's About Time, Inc. If needed, I may also request a hearing before the Local Human Rights Committee (LHRC) to resolve my complaint(s).