Minors and Confidential Care Policy

Effective Date: **November 15, 2026**

- We care for patients of all ages. In general, a parent or legal guardian must consent to care for a minor (under 18) and must accompany minors to visits. We cannot see a minor who is brought in by another adult, such as a grandparent, even with a signed note, except for care Washington law allows a minor to consent to on their own.
- Washington law allows minors to consent to certain care on their own, and to keep that care confidential, including: outpatient mental health care and substance use treatment (age 13 and older), sexually transmitted infection and HIV testing and treatment (age 14 and older), and reproductive health care, including contraception and pregnancy-related care (any age). Emancipated minors and some mature minors may consent to other care.
- For care a minor consents to, the minor controls access to the related records. Parents' portal access to a teen's account may be limited to protect this confidentiality.
- Billing an insurer can reveal confidential services to the policyholder; please talk with us about options.