

Consent for Treatment of a Minor Cheat Sheet

Reviewed by the BastionGPT Clinical Advisory Board · July 2026

A consent for treatment of a minor documents who authorized the minor's care and on what legal basis: parent, guardian, custody order, or the minor under a state statute. No federal law prescribes the form; state law decides who may consent. Complete it before the first session and file what you verified.

Minor and clinician identification age drives the pathway
Do: record the minor's name, DOB, and age at intake, the clinician, and the date treatment begins.
Pitfall: consent dated after the first session; a late signature reads as no consent at review.

Consenting adult and legal authority the load-bearing section
Do: name the adult, the relationship, and the basis: parent, custody, guardian, court order, affidavit.
Pitfall: treating relationship as authority; stepparents and physical-custody-only parents may hold none.

Custody documentation the order decides
Do: record custody status, whether both parents must consent, and the documents reviewed, with dates.
Pitfall: taking one parent's word for custody; the order's health-decision language decides.

Scope of this consent both directions
Do: state services consented to and what needs new consent: testing, groups, records release.
Pitfall: a bare signature attached to nothing; unscoped consent proves only that someone signed.

Minor self-consent determination the clinician's record
Do: cite the statute, the criteria met, and parental-contact attempts or why contact was inappropriate.
Pitfall: a teen signature standing in for the written clinician determination the statute requires.

Confidentiality plan and signatures before session one
Do: write what parents will hear, what stays private, and the safety limits; all three sign and date.
Pitfall: promising blanket secrecy; parental access follows state law, not the promise.

- Before the first session**
- ☐ Signature dated before the first session
 - ☐ Authority basis named and matched to documents
 - ☐ Custody order read; both-parents clause answered
 - ☐ Scope states covered and excluded services
 - ☐ Self-consent: written determination in the record
 - ☐ Confidentiality plan in writing, limits explained
 - ☐ Retention set to majority plus state years

Drafting with AI

Give it the intake facts: who presented with the minor, the claimed custody situation, documents reviewed, planned services.

"Draft a minor consent record: mother consenting, joint legal custody, parenting plan reviewed today, weekly individual counseling plus telehealth."

Never paste client-identifying information into consumer AI tools. BastionGPT is HIPAA-compliant with a signed BAA on every plan.

300 to 600 words
typical length

10 to 20 min by hand
clinical team estimate

Before session one
when it is completed

Boards · courts · auditors
who reads it

Consent for Treatment of a Minor Template

Copy or print for your practice · Adapt fields to your organization's, payer's and jurisdiction's documentation requirements.

Practice/program:

Minor's name and DOB:

Clinician and credentials:

First session date:

Consenting adult and legal authority

Name and relationship · legal basis: parent · joint or sole legal custody · legal guardian · court order · caregiver affidavit · minor self-consent statute · documents reviewed, with dates

Custody status and documentation

Order requires both parents' consent: yes / no · copy of the current order or parenting plan on file · other parent notified or consent obtained, with dates

Scope of this consent

Services consented to: modality, frequency, telehealth, parent check-ins · not covered without new consent: testing, groups, records release

Minor self-consent determination, where a statute applies

Statutory basis and criteria met · parental contact attempted, or why involvement would be inappropriate · clinician reasoning entered in the record

Confidentiality plan

What the consenting adult will be told · what stays between minor and clinician · safety limits explained to both

Consenting adult signature:

Date:

Minor assent:

Clinician signature:

Date: