

# The Jilan Center: Client Packet

## Client Packet

### The Jilan Center

[www.thejilancenter.org](http://www.thejilancenter.org)

Email: [info@thejilancenter.org](mailto:info@thejilancenter.org)

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## Welcome to The Jilan Center

We are honored to support your healing and growth journey. The Jilan Center offers culturally competent care in areas of sexual health, intimacy, relationships, belonging, and substance use recovery. This packet outlines your rights, responsibilities, and our commitment to privacy, professionalism, and ethical care.

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## Scope of Practice Disclaimer for Dr. Jillian (Jay) Watts-Abdul Rashid

Dr. Jillian (Jay) Watts-Abdul Rashid is a **board-certified clinical sexologist**, a **Certified Sexologist through the American Board of Sexology**, and a **Substance Use Disorders Registrant Counselor** registered in the state of California (CADTP ID: 21543). She holds advanced degrees in Mental Health, Human Services, Cultural Studies, and Sexuality and is professionally trained to offer **education, coaching, advisement, and support strategies** in the areas of:

- Sexual health and wellness
- Stress and crisis management
- Empowerment
- Islamic approaches
- Substance use and recovery support
- Relationships, intimacy, and belonging
- Intersectional identity and healing frameworks

**However, Dr. Watts-Abdul Rashid is not a licensed psychotherapist** and does not provide psychotherapy, mental health diagnoses, or prescribe medication. Her services do not replace those of a licensed psychologist, psychiatrist, social worker, or physician.

If at any point it is determined that a client may benefit from psychotherapy, clinical diagnosis, or psychiatric intervention, Dr. Watts-Abdul Rashid will provide **referrals to licensed clinicians** and, if appropriate, offer to **collaborate through case management** to support the client's broader care team.

By engaging in services with The Jilan Center and Dr. Watts-Abdul Rashid, clients acknowledge this scope of work and agree that their care will remain within this professional boundary unless otherwise referred. **Professional Credentials**

- *Board Certified Diplomat*, American Board of Sexology (Certification ID: 20902)
- *Certified Sexologist*, American Board of Sexology (Certification ID: 20902)

- *Substance Use Disorders Registrant Counselor*, CADTP (Registrant ID: 21543, Exp. 05/19/2026)
  - Clinical Supervisor: Tobin Shelton – [tobins@reddoor.life](mailto:tobins@reddoor.life)
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### Privacy Policy & HIPAA Compliance

We comply with the Health Insurance Portability and Accountability Act (HIPAA) to protect your health information. Your records are confidential and stored securely. You have the right to:

- Access your records upon request
- Request corrections to your health information
- Receive notice of any data breaches affecting your information

We do **not** share your information without your written consent unless required by law (see "Limits to Confidentiality").

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### California Consumer Privacy Rights (CCPA)

As a California resident, you have the right to:

- Know what personal information is collected about you
- Request deletion of your information (with some legal exceptions)
- Opt out of sale or sharing of personal information
- Request disclosure of third parties with whom data is shared

To exercise these rights, please email: [info@thejilancenter.org](mailto:info@thejilancenter.org)

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### Limits to Confidentiality

We maintain strict confidentiality unless:

- You disclose intent to harm yourself or someone else
  - There is suspected abuse of a child, elder, or dependent adult
  - A court of law subpoenas records or mandates testimony
  - You disclose abuse by a helping professional (e.g., therapist, teacher)
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### Third-Party Payments & Partner Organizations

If your sessions are covered by a third-party (e.g., employer, agency, partner organization), you will be notified in advance of any data that may be shared, such as attendance or aggregated, non-identifiable feedback.

We will **never** share session content or personal disclosures without your explicit consent.

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### Insurance Disclaimer

**The Jilan Center is a private pay practice.** This means we do not bill or accept payments through private health insurance, Medicare, or Medi-Cal. All clients are responsible for payment at the time of service unless a **partnered organization** has made prior arrangements for third-party coverage.

We do accept **Health Savings Accounts (HSA)** and **Flexible Spending Accounts (FSA)** for qualifying services. You may request an itemized superbill if needed for reimbursement through your benefit provider.

For clients experiencing financial hardship or economic barriers to care, we offer **equity-based payment options** on a case-by-case basis. Please contact us at [info@thejilancenter.org](mailto:info@thejilancenter.org) to explore accessible service arrangements.

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### Telehealth Privacy & Notice

Telehealth services are conducted through encrypted platforms compliant with HIPAA standards. To protect your privacy:

- Choose a quiet, private space for your session
- Do not record sessions without written consent
- Ensure your device is secure and your connection is stable
- Notify us immediately of any interruptions or concerns

By engaging in telehealth, you acknowledge potential technological limitations and agree to take personal measures to maintain privacy on your end.

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### Code of Conduct (Virtual & In-Person Sessions)

**All clients agree to:**

- Respect community and individual boundaries
- Use affirming, non-discriminatory language
- Avoid recording or photographing sessions without consent
- Not be under the influence of non-prescribed substances during sessions
- Treat the facilitator and all participants (if in group settings) with respect

**The Jilan Center reserves the right to terminate sessions due to:**

- Harassment, hate speech, or threats
  - Unsafe behavior
  - Repeated cancellations or no-shows
  - Breach of confidentiality agreements
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### Touch Policy for Sex Counseling, Education, & Coaching

The Jilan Center offers **clinical sexology services, education, and coaching**. These services:

- ✓ Are professional and evidence-based
- ✓ Involve talk-based and psychoeducational approaches



May include assessments, exercises, and guided tools



Do **not** include any physical contact, nudity, bodywork, or sexual surrogacy

If a concern arises during a session, we encourage you to speak directly with Dr. Jay or reach out to the supervisor listed above.

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### **Consent Acknowledgment**

By signing the initial intake form received (electronically or physically), you affirm that you:

- Have read, understood, and agree to the above policies
- Understand your rights and responsibilities
- Consent to services offered by The Jilan Center