

Minnesota Confidentiality Laws



Briana, a 15-year-old girl who is covered by Medicaid, is requesting an IUD and does not have the consent of her parent. What do you do?

- a. Tell the patient that she has to come back with a parent’s consent.
- b. Inform the patient that you can and will perform the procedure, but must call a parent to notify them.
- c. Explain to the patient that you can perform the procedure without parental consent, but her parents may receive an Explanation of Benefits.

Answer: (c.) Explain to Briana that you can perform the procedure without parental consent since she is covered under Medicaid, but her parents could receive an Explanation of Benefits.

Michael is 14 and is requesting a chlamydia test. He doesn’t want to tell his dad, who’s in the waiting room. Does he need consent from his father?

- a. Yes
- b. No

Answer: No. Minors may consent on their own to testing and treatment of sexually transmitted infections. Maintaining client confidentiality can be an important part of insuring access to care and a health care provider who treats a minor ordinarily must not notify the minor’s parent or guardian about the treatment without the minor’s express permission.



Remember, it’s best practice in many cases for a provider to encourage teens to talk to their parents/guardians, even if consent is not required. Encouraging this dialogue can be an opportunity to set up successful parent/teen communication.



Jade is 16 years old. Can she receive a pregnancy test AND prenatal care without her parents' consent?

- a. Yes
- b. No

Answer: Yes. While no specific Minnesota statute specifically addresses minor consent for pregnancy and prenatal care, minors are generally able to consent to treatment for pregnancy related care, including prenatal care, delivery services, treatment of complications and post-natal care.

Which of these options below DO NOT require parental consent for a teen living with her parents?

- a. HPV vaccine
- b. ADHD medication for a 13 year-old
- c. Treatment for controlled substances or alcohol
- d. Admission to an inpatient mental health facility

Answer: (c.) Minors may consent to outpatient treatment of controlled substances or alcohol. All other options require a parent's consent.

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Carlos is 14 years old and needs mental health care. Which of these statements is true for him?

- a. He can consent to outpatient counseling without his parent's consent
- b. If he needs to, he can consent to depression medication without his parent's consent
- c. He needs to get his parent's consent for any sort of mental health treatment.

Answer: (c.) Minors under 16 need parental consent for inpatient and outpatient mental health screening and treatment unless an emergency requires it to prevent serious injury or save the life of the minor.

Which of the following require parent/guardian consent?

- a. Emergency care
- b. Any care for legally emancipated minors
- c. Contraceptives
- d. Vaccines
- e. Treatment for HIV

Answer: (d.)

- **Vaccines, including the HPV, require parental consent.**
- **Teens can be screened and treated for HIV without parental consent.**

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