QUESTIONS TO ASK YOUR CHILD'S THERAPIST

When choosing a therapist:

- What kinds of children's mental health issues do you address in your practice?
- How much experience do you have in treating a child with similar symptoms to my child/youth?
- What kind of training/experience do you have in treatments that have been proven effective in alleviating some of the symptoms that my child/youth is experiencing?
- Will you include me and other family members in setting treatment goals and in treatment with my child/youth?

When deciding on a treatment with your child's therapist:

- What type of therapy do you think will be of the most help to my child/youth in their particular situation? Why?
- What are the alternative treatments, if any?
- If you are not recommending an evidence-based treatment, why not?
- Are there any materials I can read to become more knowledgeable about my child/youth's needs and treatment options?
- How long do you expect my child/youth to be in treatment? How many therapy sessions will my child/youth need? Also, how often will you meet with my child/youth? How often will you meet with our family?
- How will you monitor and communicate my child/youth's progress over time?
- Is there any potential for harm associated with the recommended treatment? If so, how do the benefits outweigh the risks?

When your child is receiving a particular treatment:

- How does this treatment promote my child/youth's abilities/strengths and interests?
- What should I be doing at home to support my child/youth's treatment?
- How will you incorporate others (e.g., parent, teacher, siblings) in treatment?
- What should we do if my child/youth's symptoms get worse or we don't see any improvement?
- What should I do if we have a crisis between treatment sessions or I need immediate help?
- How will you work with my child/or youth if they really aren't interested?

Any child/youth in Maine experiencing a mental health crisis can receive services by contacting:
Maine Crisis Line: 1-888-568-1112.