

HOW TO FIND THE RIGHT MENTAL HEALTH PROVIDER FOR YOU

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Disability Rights California (DRC)

California's Protection & Advocacy System

Mission Statement:

Advocate, educate, investigate and litigate to advance and protect the rights of Californians with disabilities.

DRC SERVICES

- Intake & Referral
- Publication and Self-Help Materials
- Legal Trainings
- Public Policy & Legislation Advocacy
- State Hospital Patient's Rights Advocates
- Clients' Rights Advocates for Clients of Regional Centers
- Legal Counsel & Advice
- Representation of Individuals with Disabilities
- Systemic Litigation

Peer Self- Advocacy Program (PSA) Services

Facilitate Self-Advocacy Groups in Mental Health Facilities & State Hospitals

Provide Trainings to People with Mental Health Disabilities & Service Providers on Legal Rights and Access to Services

Help Participants Develop Self-Advocacy Skills & Strategies to Advocate for their Own Goals and Services.

DISCLAIMER

- During this training, we will not be giving legal advice.
- This training is presented from a peer perspective.
- Nothing said during this training is confidential.
- If you have a disability related legal concern or question, you can call our confidential intake line at **800-776-5746** or **TTY 800-719-5798**.

AGENDA

- How to Begin Looking for a Provider
- Questions to Ask a Provider
- Evaluating Communication Style
- Important Things to Talk About
- Is Your Therapist a Good Fit?
- Speaking Up
- If You Want to Stop Seeing Your Provider

THINK ABOUT YOUR PREFERENCES

- Does race matter?
- Does sexual identity matter?
- Is gender a factor?
- Is age an important factor?



LOOKING FOR A PROVIDER

Referrals from:

- Friends
- Family
- Primary Care Doctor
- Your Insurance Provider
- Health Grades
- *Psychology Today*

WHAT RELIABLE INTERNET SITES MIGHT TELL YOU

- Where the provider attended school
- What specialty the provider has
- What Insurance the provider accepts
- The provider's office address and phone number
- If the provider is accepting new patients
- If the provider offers telehealth - Covid

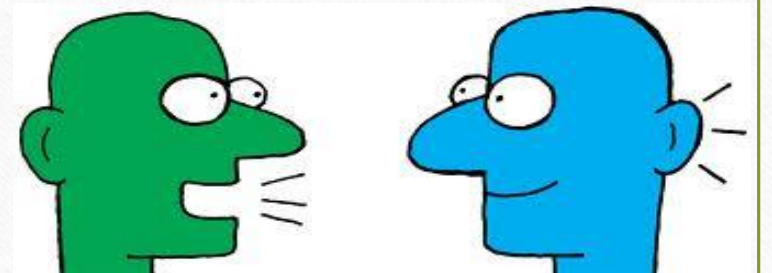
QUESTIONS TO ASK THE PROVIDER

- How long have they been in practice?
- Licenses or Certifications
- How much do they charge – sliding scale?
- What is their training?
- What is their treatment philosophy?
- How would your type of treatment work?

COMMUNICATION STYLE

When you ask a question, how do they respond?

- Do they welcome your questions?
- Do they answer in a way you understand?
- Do they consider your treatment preferences?
- Do they respect your decision-making process?



IMPORTANT THINGS TO TALK ABOUT

- Fears about therapy not working
- Importance of your cultural identities
- If you think therapy is not going well
- When you feel uncomfortable
- If they hurt your feelings

IMPORTANT

IS MY THERAPIST A GOOD FIT?

- Do you like your Therapist?
- Do you connect with your Therapist?
- Do you feel understood and heard?
- Are you comfortable talking with them?
- Do you trust them?
- Do you feel safe with them?

IS MY THERAPIST A GOOD FIT (cont.)

- Do they listen to me?
- Does the Therapist have empathy for what I'm going through?
- Do I feel I'm making progress?

SPEAK UP IF YOU DON'T FEEL HEARD

Not feeling heard?

S P E A K U P

Say something like, “No, you don’t understand. What I’m saying is. . .”

IF YOU DECIDE TO SEE A DIFFERENT THERAPIST

- Don't just stop.
- Tell your therapist why you are stopping.
- Maybe the issue can be worked out.
- If not, ask for a referral.
- It might provide you closure.

Any questions?



DRC Resources

For assistance, please contact the **Disability Rights California** confidential intake line at **1-800-776-5746**, available 9:00 am - 4:00 pm, Monday through Friday, or for TTY call: **1-800-719-5798**.

DRC Website: www.disabilityrightscalifornia.org