HOW TO FIND THE RIGHT MENTAL HEALTH PROVIDER FOR YOU

Presented by
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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
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?

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.disabilityrightsca.org