

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.

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DRC Services

- Intake & Referral

- Self-Help Materials & other Publications

- Legal Trainings

- Public Policy & Legislative Advocacy

- State Hospital Patient's Rights Advocates

- Clients' Rights Advocates for Regional Center Clients

- Legal Counsel & Advice

- Representation of Individuals with Disabilities

- Systemic Litigation

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Peer Self- Advocacy Program (PSA) Services

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

Provide Trainings to People with Mental Health Disabilities, Family Members & Service Providers on Legal Rights & Access to Services.

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

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Disclaimer

During this training I will not be providing legal advice.

This training is presented from a peer perspective by people who have lived experience with mental disabilities.

Nothing said during this training is confidential.

If you have a disability-related legal issue that you would like to discuss with Disability Rights California, please call our intake line at 800-776-5746.

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Training 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 Quit Seeing Your Provider

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Think About Your Preferences

Does race matter?

Does sexual identity matter?

Is gender a factor?

Is age an important factor?

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Looking for A Provider

Referrals from:

Friends

Family

Primary Care Doctor

Your Insurance Provider

Health Grades

Psychology Today

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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

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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 does your type of treatment work?

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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?

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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

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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?

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More - Is My Therapist A Good Fit?

Do they listen to me?

Does the Therapist have empathy for what I'm going through?

Do I feel I'm making progress?

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Speak Up If You Don't Feel Heard

Not feeling heard? SPEAK UP

Say something like, "No, you don't understand. What I'm saying is. . ."

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If You Decide to See a Different Therapist

Don't just stop

Tell your therapist why you are quitting

Maybe the issue can be worked out

If not, ask for a referral

It might provide you closure

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Any Questions?

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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. TTY Speech to Text

Publications available at DRC's Website: www.disabilityrightsca.org