

Preparing for Your Appointment

This toolkit helps caregivers, families, and young people make shared choices about treatment. It is intended to help kids and teens have a voice in their care.



Ohio Minds Matter

Ohio Youth Behavioral Health Resource

Your Decision Team: Make the Best Choices Together



You and Parent/ Caregiver

Share needs, concerns, and support.



Health Professional

Listens to your needs and helps make a care plan. Consider including previous providers if you have recently changed.



School

Supports your learning.



Youth Organizations

Youth organizations such as Boys and Girls Clubs, Big Brother Big Sister or Youth and Family Ombudsman.



Other Important Adults

Mentor and help you.



Other Family Members

Provide support.

List your decision team:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____



Prepare for Your Visit

Be Ready to Describe the Following

Please be ready to describe...



A typical day.



Any alcohol or drug use during mother's pregnancy.



If any known blood relatives with mental health conditions.



Medications you have already tried or know about.



Existing or new sickness or disability.



Anyone who is important in your life.



Adverse or traumatic experiences.

Which of the following concern you or others the most?

Low attention

Changes in sleep or energy

Depressed or sad

Difficulty listening

Moody

Worried or stressed

Angry

Difficulty expressing feelings appropriately

Nicotine, alcohol, or drug use

Adverse or traumatic experiences

Troubling thoughts or experiences

Other: _____



Identify Your Wants and Needs



Do you want to talk to the doctor about any other concerns before trying medication?



Are you open to changing your diet, schedule or activities before trying medication?



Do you need more support or information before making a decision about treatment?



What is your goal for this visit?



For follow-up visits

- How is it going since your last visit?
- Are you seeing a counselor or do you want to be connected to one?
- Do you have support at home?
- Are you taking the medication correctly (as prescribed)?
- Have you missed any school or activities?
- Are you getting enough sleep, exercise, and the right nutrition?



It's OK to...

Voice your own opinion, or ask to speak to the doctor alone.

Request a lower dose of medication, or understand why medication is needed at all.

Ask the reasons for treatment and what it will do.

Find out long-term effects of treatment.

Get an opinion from another professional.

