

# Questions to ask Potential Treatment Providers (Individual Therapist/ Family Therapist/Psychiatrist)

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If you are helping choose providers for yourself, a minor child, an adult child or your family, these questions can help guide your discussion.

## All mental health treatment providers

1. Are you accepting new patients? When is your first availability?
2. What insurance do you accept?
3. What do you charge per session? Do you have a sliding scale? Do you provide a receipt for out of network treatment?
4. How long will a session last and how often will we meet?
5. Do you have availability to increase frequency of appointments if necessary?
6. What percentage of your practice is devoted to treating X?
7. Do you have experience treating people from our cultural background? Are you familiar with our community's beliefs, values and attitudes toward mental health?
8. Have you had cultural competency training?
9. Are you or members of your staff bilingual?
10. How would you include aspects of my cultural identity, such as age, faith, gender identity or sexual orientation in care?
11. How do you schedule your appointments (phone, email, etc.)
12. Can we contact you during a crisis?
13. What role do you believe families should play in treatment? Are you willing to talk to family members of adults (with appropriate releases)
14. If my family member won't sign a release, will you tell them if I contact you?
15. Are you willing to collaborate with other team members (via email, phone calls, etc.)
16. Do you have a specialty? If so, what is it?

## Therapist/Family Therapist

1. What is your therapeutic approach? What specific modalities are you trained in and use most frequently?