



## Outpatient Therapy Services

Coming into therapy can be scary, therefore, we would like to give you an idea of what to expect from us:

- We will treat you with dignity and respect as you express your feelings, opinions, and concerns so we can know how best to help. Before individual or group therapy begins, you will set goals and identify practical skills you could use when outside of sessions.
- Therapy (individual and/or group) is time-limited. Our goal is for you to see progress within 6 months.
- We will help you strengthen your relationships and supports so that you will have skills and support to lean on when challenges arise in the future.
- Focus on taking care of ALL of YOU: mind, body, and soul. It is our practice for each person we work with to create at least one goal that is focused on physical health and wellness and to take part in a health screen with a nurse. There is a significant link between emotional and physical health.

We provide many group therapy options in person or using telehealth which include, but are not limited to:

- Dialectical Behavioral Therapy
- Anger Management
- Parenting Through Change
- Cognitive Behavioral Therapy
- Grief Group
- Family Psycho Education

When in outpatient therapy services, we expect some things of you:

- Caregivers should plan to attend the first appointment with the assigned clinician and continue ongoing involvement in therapy with a minor who is getting treatment and be accessible during meeting times.
- Make every effort to keep scheduled appointments and arrive on time. If you will be late, we ask that you contact your therapist in the agreed upon way to see if it is still feasible to attend.
- If you cannot keep an appointment for any reason, please contact your clinician at least 24 hours in advance so that we can open up the time to see another person.
- If you “no show” or cancel an appointment without rescheduling, an outreach letter will be sent.
- If you miss two appointments in a row, your scheduled appointments will be removed and the closure process will begin by sending an Advance Benefit Determination (ABD) to your listed address. The ABD will give a date that you need to reach out to us by if you would like to stay open to The Right Door services.

I have had the above reviewed with me and I understand. I got complete and unbiased information on services and supports available through The Right Door, community resources if I need them, and options for providers at The Right Door. I understand that if I want to change providers or see a listing of providers, I can request a copy or log onto the website at [www.rightdoor.org](http://www.rightdoor.org) and view the provider listing. Please contact customer service at any time if you have concerns about the services and supports, community resources, or provider options at 616-527-1790.

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Signature of Person-Served/Parent/Guardian

\_\_\_\_\_  
Printed Name signer

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Provider that reviewed