

# Is This \_\_\_\_\_ Good for My Youth?

Service or Support

It can be hard to know where to start when evaluating whether a service or support is a good match for your youth's or family's needs. You might not be able to have control over the services available, however it's important to talk about the needs and preferences of your youth and yourself. We hope this checklist will empower you to do so, and might even inspire change.



## DETAILS

### Do we know their basic service information?

- Contact information, hours of operation, location
- Wait times
- Costs (including if they do free consultations)
- Privacy and confidentiality policies
- Eligibility criteria (i.e. requirements for using the service)

### Do we know what the service involves?

- What happens during the first appointment
- Type of therapy (e.g. Cognitive Behavior Therapy (CBT), Dialectical Behaviour Therapy (DBT), Exposure Therapy)
- Duration of service (e.g. single visit, short term, or long term)
- Format of service (e.g. individual, group or family therapy)
- Would anything be expected of me (e.g. weekly diary card, worksheets, no substance use)
- Communication outside of appointment
- Who can be present for the services (e.g. just my young person, my young person and I, other family members, a support person)
- Possible risks and benefits



## OPTIONS

### What type of service(s) are offered?

- Information or resources
- Screening, assessment, or diagnosis
- Crisis support
- Counselling or therapy
- Indigenous forms of healing or medicine
- Alternative therapies (e.g. herbal remedies, acupuncture, light therapy)
- Referrals to other services or providers
- Medication prescriptions
- Other

### What ways are services offered?

- In person
- Online
- Phone
- App
- Other (e.g. text, email)



## NEEDS AND PREFERENCES

### Does the service or provider have qualities that are important to my youth and I?

- Specializes in children and/or adolescents
- Other area(s) of expertise (e.g. 2SLGBTQI+, trauma, autism)
- Background, personal characteristics or lived experience (e.g. race, cultural-sensitivity, 2SLGBTQI+ friendly)
- Online reviews of the provider or service to learn about others' experiences

### Is this service accessible for us?

- We can navigate scheduling an appointment
- No referral is required or we're able to obtain one
- Transportation options or parking nearby
- Payment options (e.g. insurance coverage, credit card, e-transfer) work for us
- Communication outside of appointments
- Physically accessible
- Safe and inclusive environment
- Translation services

For more prompts and guidance to help you reflect on the topic, find an expanded version in the [PARTicipating in My Mental Health Care](#) toolkit.