

PROGRAM RULES

- ✓ Get involved in your / your child's treatment. Following treatment recommendations is the basis for successful outcomes as well as for continued treatment with our agency.
- ✓ Communicate your needs and concerns with the therapist. Ask questions.
- ✓ Attend all scheduled sessions.
- ✓ Please arrange for childcare during your scheduled sessions.
- ✓ Each individual is responsible to pay for their services. Please present any form of insurance to the front desk staff and inform them of any changes in insurance coverage, or Medicaid or Medicare, as well as any changes in your address or phone number.
- ✓ In the event of a mental health emergency situation, please call your therapist. If the therapist is unavailable or if the emergency occurs after normal working hours, please call CrisisCare at 224-4646 or go to your nearest hospital emergency room.
- ✓ We advise you to not arrive for sessions under the influence of alcohol or intoxicating drugs. Illicit drugs may not be brought into our facilities.
- ✓ We prohibit firearms or other weapons in our buildings.
- ✓ For those clients who are mandated to participate in services, we expect that you follow through with all recommended services. We may be required to provide attendance information to those agencies mandating services.
- ✓ Young Children's Assessment and Treatment (YCATS) is our only program that uses restraint. None of our programs use seclusion.
- ✓ We are a non-smoking facility. Please do not smoke in or near the entrances to our buildings.
- ✓ Involuntary termination may result from any of the following behaviors/incidents:
 - Violent behavior
 - Carrying weapons into the sessions
 - Misuse of medication and/or not following physician order for medication administration
 - Serious threats made to an employee
 - Inappropriate use of multiple providers or systems for the same services
 - No longer meeting admission or continuing stay criteria
 - Not invested in treatment, as evidenced by numerous missed appointmentsYou may appeal involuntary termination decisions through the SBHI Grievance process.

In the event of a fire or other natural disaster / emergency: Please follow the directions of SBHI staff in the case of an emergency or drill.

SBHI Scope of Service plans are available for review by persons served, their family, significant others and the public.



Client Orientation to Services

Welcome to Samaritan Behavioral Health, Inc. (SBHI)

- ❖ **Samaritan Counseling Alternatives – Dayton**
- ❖ **Youth Resources**
- ❖ **Young Children's Assessment and Treatment Services (YCATS)**

Elizabeth Place, 4th Floor
601 Edwin C. Moses Blvd. Dayton, Ohio 45408
Phone: 276-8333 Fax: 276-8339
Hours: Mon through Thurs: 8:00am - 6:00pm Fri: 8:00am - 4:30pm

For great information about mental health, please visit our website at: www.sbhihelp.com

If you experience a mental health after-hour emergency, please contact CrisisCare at 224-4646 or go directly to the nearest hospital emergency room.

Thank you for choosing our outpatient therapy services.

Our mission is to provide you with results-focused care that is accessible and involves you throughout your treatment process. We have designed our treatment programs to provide you and/or members of your family with the necessary skills and solutions to cope with problems of daily living.

To help you understand the process of care, this guide will cover the following areas: The Therapy Process; Assessment of Need(s); Treatment Planning; Risks & Benefits of Treatment; the Treatment Process; Program Rules; Attendance Guidelines.

Our programs are designed to accommodate diverse needs. Please inform us of any special needs you or your child may have.

The Therapy Process: Therapy is a process of exploring feelings, attitudes and behavior surrounding the challenges of daily living. Through this process, clients develop solution-focused skills to use in coping with these challenges.

Trained and experienced staff will assist you or your child in identifying your needs and a plan for treatment. In order for therapy to be effective, it is important that you become an active participant in this process. Throughout the process, you or your child's input will be sought through completion of outcome surveys, satisfaction surveys and talking with your therapist or doctor. Progress and achievement of desired outcomes will be frequently discussed and reviewed. If other services are needed, your therapist will link you with the appropriate person to help with those needs.

Assessment of Need(s): At you or your child's first appointment, a professional will evaluate you or your child's needs. You will be asked a number of questions during this appointment which will assist in the development of an individualized service plan. Completeness of your answers will help the therapist in making treatment recommendations.

At the end of the evaluation, these recommendations will be reviewed with you including the risks and benefits of the recommended services. If you wish to follow up with these recommendations, you will be given a subsequent therapy appointment, or referral options if you choose not to pursue our treatment recommendations.

Treatment Planning: After treatment recommendations are reviewed, a therapist will work with you or your child to create a service plan for meeting your needs. You or your child may be asked to complete the Ohio Scales/Ohio Outcomes Measure which evaluates Quality of Life, Symptom Distress, Empowerment, and Safety & Health issues. Your ratings help you and the therapist develop goals and measure progress. You or your child's service plan will include corresponding treatment goals and objectives. Since you are an equal partner in this planning process, you will be asked to co-develop and sign the service plan.

The service plan will be reviewed as needed throughout your treatment program to ensure that progress is being made. You can have a copy of the plan at any time.

Risks & Benefits of Treatment: As a part of informed consent, it is important to understand both the risks and benefits of treatment. As a client/ parent/ guardian of a client, you have the right to refuse treatment recommendations, in accordance with OAC Rule 5122-1-2.

Depending on the recommended treatment, there can be both benefits and risks to treatment. For example, you or your child may experience things getting or feeling worse before you notice improvement. This is a normal part of the treatment process. If you or your child's recommendations include psychiatric services, including medication, the physician and/or nurse will provide you with the risks/benefits of these services.

After assessing your needs, our SBHI staff may recommend any of the following services:

Diagnostic Assessment	Individual Counseling	Crisis Intervention
Medication Management	Family Counseling	Education/Prevention
Case Management (CPST)	Group Counseling	Occupational Therapy

Possible Benefits of Following Our Treatment Recommendations:

Symptoms Improve	Better Communication with Others	Improved Health
Improved Sleep	Better Relationships with Others	More Interest in Life
Improved Concentration	Fewer Problems at School	Improved Behaviors
Fewer Problems at Home	Fewer Problems at Work	Improved Functioning

Possible Risks of Not Following Our Recommendations:

Symptoms May Not Improve	No Change in Situation	Increased Problems
Greater Cost of Treatment Later	Symptoms May Worsen	Need for a Higher Level of Care

Alternatives to Treatment:

Self-Help Groups; Self-Help Books; 2nd Opinions from other Agency; Peer Support Groups; Spiritual Guidance; Trying a Lower Level of Care.

The Treatment Process: Samaritan Behavioral Health services are designed to provide short-term treatment. It is our belief that by assisting you or your child in the development of daily coping skills, you will be able to achieve long-term success in daily living. Commitment and participation is vital to the success of your service plan and will reduce the amount of time needed for treatment.

You or your child and your therapist will review and discuss which method(s) will best meet your needs. Some people benefit from the use of medication; however, even if medication improves symptoms we encourage you to also use therapy to help you or your child in developing other daily coping skills. If medication is your only need, we may encourage you to follow up with your family physician.

You or your child's treatment will be successfully completed upon accomplishment of your service plan. We encourage you or your child to talk with your therapist when you believe that you or your child have benefited all you can from our services and wish to terminate services.

Client Code of Ethics

- SBHI will treat all clients/families fairly, and with dignity and respect.
- SBHI will protect the rights and privacy of all clients and their information.
- SBHI will provide clients with accurate and timely information regarding their mental health and information necessary to make informed decisions.
- SBHI will work with clients/families toward improving outcomes and functioning.
- SBHI staff will not put themselves in a position with clients that would exploit a client or their family.
- SBHI is prohibited from doing business with people who have been excluded and sanctioned from providing services in a federal healthcare program.

We strongly believe that your commitment and participation in the treatment process is essential to a successful outcome. Therefore, we encourage you to observe the following:

SBHI ATTENDANCE GUIDELINES

Attending ALL scheduled appointments is necessary for the success of your treatment.

- Attend all sessions to get the help you need.
- If it is necessary to cancel, please call the day prior to your appointment during regular business hours, or it will be considered a "missed" appointment.
- If therapy is a part of your treatment plan, you cannot miss therapy appointments and still be seen by our doctor.
- Please understand that if you "miss" two appointments, OR you have been inactive with therapy or treatment, your services with SBHI could end, including medication services with our doctor.
- **If scheduling a regular appointment is difficult for you, talk to your therapist about our other scheduling options!**

Please talk with your therapist about any reasons that might prevent you from being able to attend your scheduled appointments. They will be happy to discuss these and help determine other scheduling options that might work for you.