

Navigating the treatment system

Figure 7-1: Sample family information document

Information provided to:

Client's name:

Form completed by:

Relationship to client:

Date:

Issues that I am concerned about:

- 1.
- 2.
- 3.
- 4.
- 5.

Recent family or life events that may have contributed to mental health and/or substance use problems.

- 1.
- 2.
- 3.
- 4.
- 5.

Navigating the treatment system

If your family member doesn't want you to be involved, check periodically to see if he or she has reconsidered or to express your interest in being involved.

Questions to ask about the treatment plan

If your relative has agreed to having you involved, here are some questions to ask about his or her treatment plan:

- What is the provisional diagnosis?
- What are the possible causes of my relative's problems?
- What is the proposed treatment?
- What are the benefits and risks of the treatment?
- Are other treatments available?
- What are the options if this treatment doesn't work?