

# Children's Services Patient Handbook

Charlotte Behavioral Health Care





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## What Is Therapy?

When kids have troubles with their emotions, feelings, or the way they act, sometimes they see a therapist, psychologist, or psychiatrist. These people have gone to school for special training to understand the way people think and feel, so they know how to help kids feel better.



They know a lot about kid stuff: how kids think, how they grow up, and how they see the world. They help kids solve problems and deal with tough situations. A therapist helps kids figure stuff out so they feel better.

## Why Do I Need Therapy?

There are many reasons to see a therapist, but the biggest reason is so that you can start feeling better.

Therapy can help you:

- Get along better with family and friends
- Get along better with classmates and teachers
- Pay attention in class
- Complete schoolwork and homework
- Following the rules at home or school
- Behave as well as your teachers and parents want you to.
- Learn how to make friends
- Control your anger, sadness, or fear
- Take care of yourself better (for example: sleeping & eating)
- Talk about your feelings if:
  - Your parents get divorced
  - Someone who is close to you dies
  - Someone hurts or abuses you



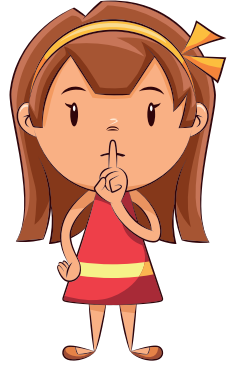
## Why May I Need Medication?

Some children need to take medication. Your parents will be told what kinds of medications have helped other kids with problems like yours, and they will decide if they want you to try medication. If you are given medication it is smart to ask what it is for and why you need it.

## What is Confidentiality?

When you talk to a therapist, you will meet with them alone or with some or all of your family. What you talk about with the therapist is private and is not shared with other people.

There are a few reasons that your therapist would need to tell others about what you talk about: if you are being harmed, if you are not being taken care of, or if you are going to harm yourself or someone else. Your therapist will keep you safe by telling people who can protect you.



## Do Kids Have Rights?

Yes, kids have rights just like adults do. Because kids are not adults, their parents protect most of their rights.

These rights are important for kids who Charlotte Behavioral Health Care helps:

- To be treated well (respected) at all times.
- To be safe from abuse or neglect.
- To share what kinds of problems you are having and what kind of help you would like.
- To know what kind of treatment you will have.
- To set your goals for treatment



## What If I Am Not Happy with My Treatment?

Therapy can be hard for kids because you are asked to talk about tough things.

If you feel that you are not being treated right by someone at Charlotte Behavioral Health Care, please tell your parents. You or your parents can speak to your therapist about what is troubling you, or you and/or your parents can ask to speak to your therapists' supervisor.

Another way you can tell us that you are not happy with how you are being treated is to write us a letter, we call this a grievance. You can ask your therapist or the people at the front desk for this form.

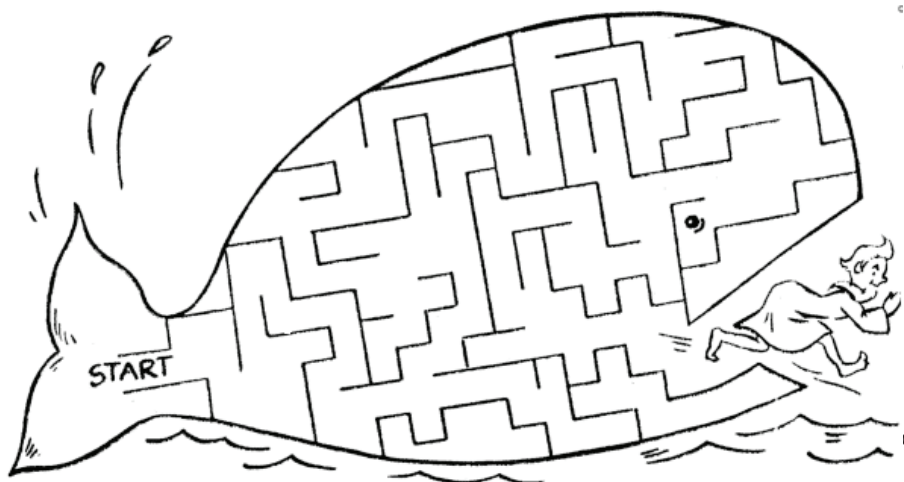


**Maddie loves playing at the beach.  
Color Maddie at the beach.**



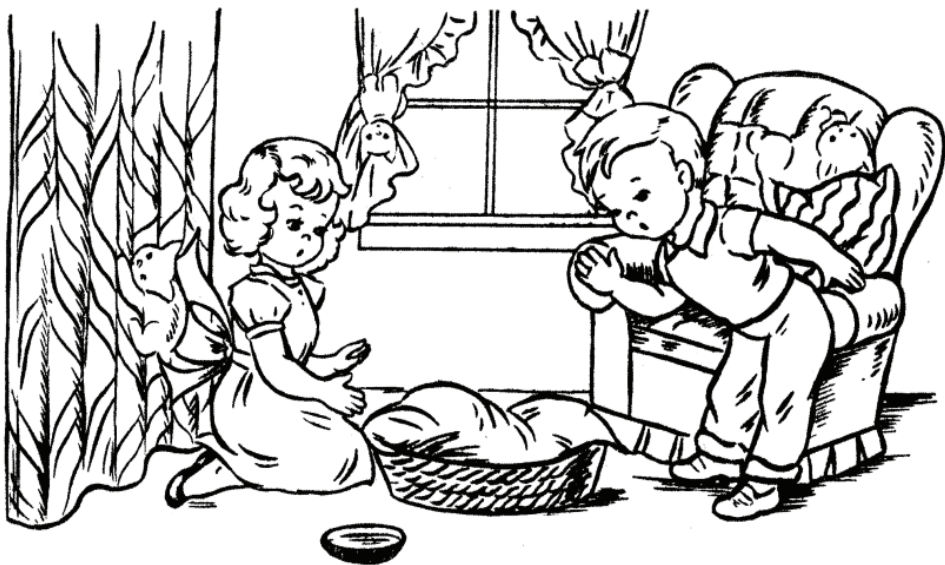
RaisingOurKids.com

**Micah found his way out of the whale. Can you?**

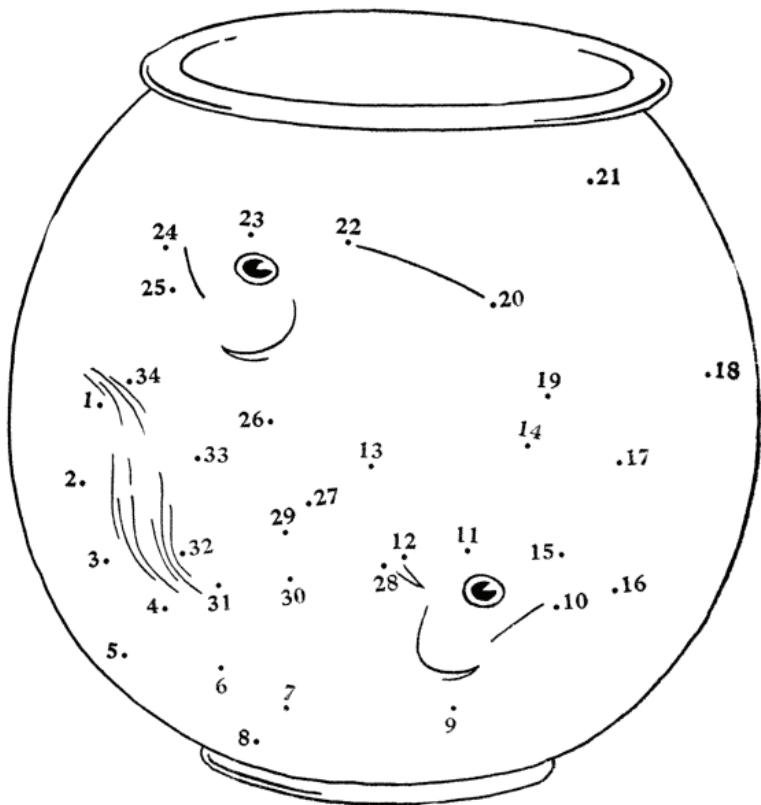




Help Bree and Sam find the three missing kittens.



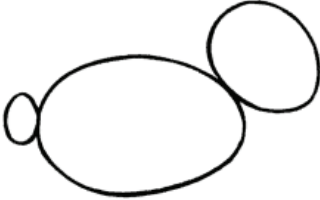
Connect the Dots to See How Many Fish Are in the Bowl.



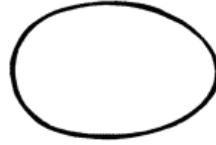
# Let's Draw a Bunny!



① Begin with an egg.

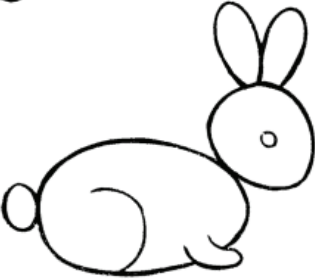


② Draw two more eggs.

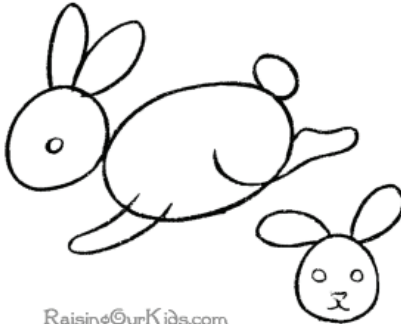
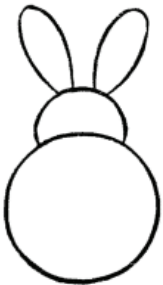


Draw the rest of this bunny.

Draw your own bunny here.



③ Add the legs, ears, and eye.



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Behavioral Health Care

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