

CHARLOTTE



Behavioral Health Care



CHILDREN'S SERVICES

PATIENT HANDBOOK

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WELCOME TO CHILDREN'S SERVICES

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 in the way people think and feel and know how to help kids feel better.

They know a lot about kid stuff, like 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 can help kids figure stuff out so they can 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 WOULD 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, these are 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



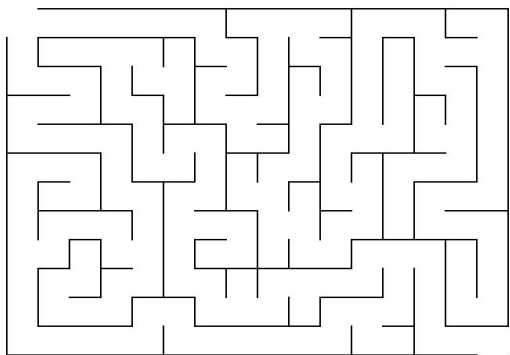
WHAT DO I DO IF I AM NOT HAPPY WITH MY TREATMENT?

Therapy can be hard for kids because you will be 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.

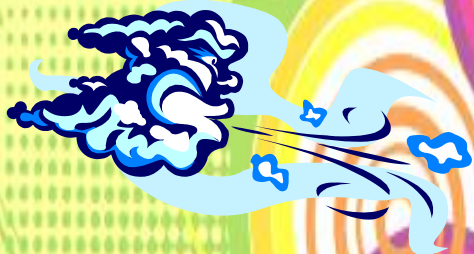


just for kids!

Can you help the Flamingo catch the shrimp?



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Oh no! The wind scrambled up my school words. Can you help me unscramble them?



Answers on back page.

Unscramble the words

1. sub _____
2. sochol _____
3. peicnl _____
4. dsek _____
5. cayonr _____
6. epapr _____
7. trachee _____
8. drea _____
9. dda _____
10. tounc _____

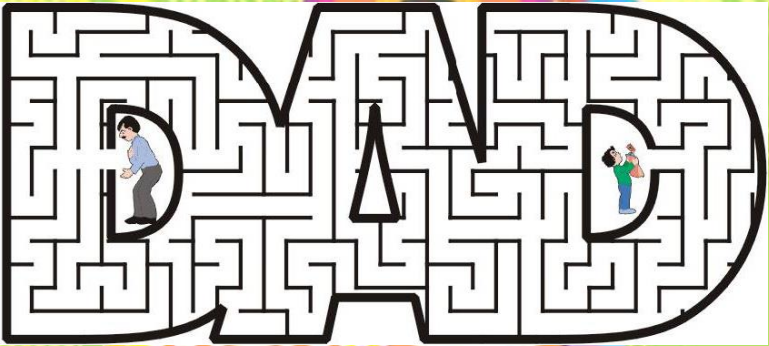
Now that's funny!



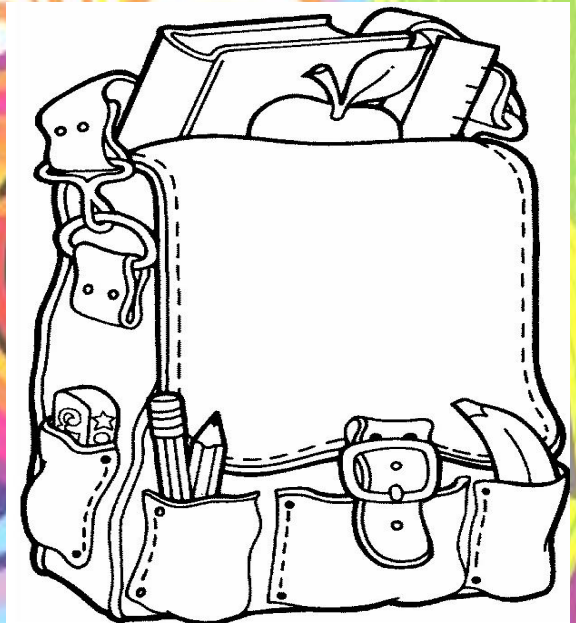
"My teacher says little girls can grow up to be anything they choose! Why did you choose to be an old lady?"

Help the father find his way through the DAD shaped maze to find his gift-giving son.

aMAZEing



Color Corner





Word Scramble Answers: 1. bus, 2. school, 3. pencil, 4. desk, 5. crayon, 6. paper, 7. teacher, 8. read, 9. add, 10. count