



Questions to Ask: Your Child's or Youth's Treatment

When it is suggested that your child or youth receive treatment for an emotional, behavioral, or mental health disorder, you should ask questions to help you understand the treatment and the impact it may have on your family. Below are some questions you should ask BEFORE treatment is started.

Question	Notes
What type of treatment is this?	
Why does my child or youth need it?	
What types of changes in my child, youth, or family can I expect as a result of this treatment?	
Where will my child or youth receive this treatment?	
How often and for how long will the treatment be necessary?	
Can I get a second opinion?	
How much will this treatment cost?	
Will my health insurance plan pay for the treatment?	
What other treatment options are available?	
Is this the least restrictive option for my child or youth?	
What will your role be in the treatment and developing the treatment plan?	
How often can we visit, phone, or contact our child or youth? (for inpatient services)	

What would be the next step after this treatment is completed?	
What are the credentials, training, experience, and reputation of those providing services?	
Will you or a member of your staff assist me in checking to see if the program or facility has violated any licensing laws?	
Can I decide to stop the treatment at any time I feel that it is necessary?	
Can you put me in touch with another family that has used this particular treatment, program or facility?	

Adapted from: C., **Straight Talk Workbook: Families Helping Families on their Journey with their Child or Youth with Mental, Emotional, and Behavioral Needs**. Axis Group Publishing, Axis Group I, LLC, Roan Mountain TN 2014