

HALIFAX BEHAVIORAL SERVICES

HALIFAX HEALTH MEDICAL CENTER

CHILDREN & ADOLESCENT
PSYCHIATRIC SERVICES

ADULT
PSYCHIATRIC SERVICES

841 Jimmy Ann Dr.,
Daytona Beach, FL 32117

303 N. Clyde Morris Blvd.,
Daytona Beach, FL 32114

Patient Name _____

Physician _____

Date of Birth _____ Gender _____

Med. Record # _____

OUTPATIENT THERAPY

*Welcome to Halifax Behavioral Services'
Outpatient Therapy Program.*

Your Therapist will be _____. To help you know what to expect from outpatient therapy, please read the following. Your therapist will answer any questions you might have.

WHAT IS THERAPY? Therapy is learning processes that can help you better understand yourself and others. Therapy is not just for serious problems. It can also help you improve relationships with others and feel happier. In fact, most people who seek help from a therapist are trying to deal with everyday things, such as getting along at school and with family. There are several steps in the therapy process. First, you and your therapist will set goals and develop a plan for reaching these goals. Then you and your therapist will meet regularly to talk about the things that get in the way of achieving these goals. Your plan may require hard work, and feelings of discomfort may be part of the change process. Because you are in an outpatient program, you will work on your goals at home and at school. Family therapy is an important part of treatment and it is required that both children and parents agree to come and work towards the established goals.

IS EVERYTHING I SAY CONFIDENTIAL? In general, laws and professional ethics protect your right to privacy. We make every effort to protect your privacy and we will not reveal information to others without your written permission. The law, however, does require therapists to break confidentiality in certain situations. In cases where there is a strong chance of physical harm to you or others or if a court orders it, your therapist might be forced to reveal information. Children under 18 years of age need their parent's permission to receive therapy. Even though parents give permission, the therapist will not tell them what you talk about without talking to you first. All therapists are mandated by law to report information about child abuse and neglect.

WHEN WILL I RECEIVE THERAPY? Your therapist will schedule appointments with you outside of school and work hours whenever possible. However, there may be times when missing school or work is unavoidable.

HOW DO I REACH MY THERAPIST IN AN EMERGENCY? Staff is available by phone 24-hours a day, seven days a week. The number for Children/Adolescent Psychiatric Services is (386) 425-3900. The number for Adult Psychiatric Services is (386) 254-4080. Your particular therapist may not always be available but a professional staff person will help you.

You can also call the following numbers for help: Daytona Crisis Hotline, 1-800-539-4228
Nationwide Crisis Hotline, 1-800-784-2433

KEYS TO SUCCESS

- **KEEP APPOINTMENTS** – This is a weekly service, therefore we ask you to keep all appointments. Consistently making parental commitment to appointments a top priority has proven to be a significant key to success.
- **24-HOUR NOTICE OF APPOINTMENT CANCELLATION** – Unless you are in an emergency situation, we ask you to give a minimum of 24-hours notice of cancellation by calling Halifax Behavioral Services at (386) 425-3900. Inform the switchboard operator of the reason for cancellation. If you miss two or more appointments, your case will be reviewed and it is possible that the case will be closed at that time.
- **FOLLOW RECOMMENDATIONS** – Following the recommendations given to you is a prime indicator to your success. You are expected to complete any assignments in a timely manner.

I have received, read and understand the explanation of Outpatient Therapy Services, including the limits of confidentiality, and the need to keep all scheduled appointments at Halifax Behavioral Services. Family therapy is a critical component for creating the desired outcome for your child. Your commitment and participation in family therapy is a very important part of our program.

Patient

Witness

Date

Parent

Witness

Date



HBS/PSYCH CON