



CrescentCare Specialty Therapy: What to Expect

- ✓ Specialty therapy begins with you and a therapist discussing how your mental health challenges are causing problems with your functioning and discussing the changes/goals you are hoping to reach.
- ✓ You'll work together to make a treatment plan that details how these areas of functioning will be improved using measurable treatment goals designed to help you reach your goals in around 3 months or less.
- ✓ Progress will be measured at each session; that's one important way we can see if you're on track to make the changes that are most important to improve your functioning.
- ✓ Our therapists use evidence-based therapies to help you meet your goals and they work on a team with other mental health professionals who may support this plan by helping you with things like building your support system and learning mental health self-management skills.

PLANNING FOR YOUR FIRST VISIT WITH A THERAPIST:

To make the most of your first visit with a therapist, please start writing down your therapy goals.

If you want help writing therapy goals, we have staff who can support you!

1. What are you most concerned about in terms of your mental health or substance use?



2. Because of these concerns, you're having problems in the following area(s):

- Employment / Work (Performing required duties, maintaining employment)
- School / Academic (Completing assignments satisfactorily)
- Social / Interpersonal (Interacting with others, having social support and connection)
- Physical Health (Making healthy choices, caring for yourself)

3. How would you know things have improved; what changes/differences would you notice in your life?