



PARTICIPATION GUIDELINES

The Guidance Center is here to support your recovery and help you improve the quality of your life. In order to help you accomplish your goals, we encourage you to follow these guidelines.

Own Your Recovery

- Actively participate in the assessment and person-centered planning process.
- Help your treatment team understand your needs.
- Talk to us about what you hope to accomplish by participating in treatment and recovery support services.
- Tell us specifically how you would like to change your life.
- Practice the skills and strategies that you learn in treatment.
- Allow us to partner with you and your medical providers to improve your overall health and wellness.
- Build and strengthen your relationships with people in your life who you can count on to help you maintain your recovery.
- If your needs or goals change, communicate this information to your treatment team.
- Let us know what is working for you. Your feedback will help us to better meet your needs.

Work with Your Treatment Team

- Consistently attending and participating in scheduled appointments will help you achieve your recovery goals.
- Schedule regular appointments at the frequency identified in your person-centered plan.
- When possible, schedule your appointments at least 2 weeks in advance.
- Plan ahead to allow yourself time to arrive a few minutes early. Your appointment may be rescheduled if you arrive more than 10 minutes late.
- Let us know if you would like to receive text reminders for scheduled appointments.
- In order to continue to see your psychiatrist, please keep scheduled appointments with other members of your treatment team.
- If you are unable to attend a scheduled appointment, please call the person you were scheduled to meet in advance, and reschedule your appointment as soon as possible.
- Please notify your treatment team if you are having difficulty keeping appointments due to physical or mental health conditions, transportation issues, childcare, etc. We may be able to help you overcome these barriers.
- Stay in contact. If you repeatedly cancel or miss scheduled appointments and don't respond when we try to contact you, we will assume that you no longer wish to participate in treatment and we will take steps to reduce or discontinue your services.