Partners for Access: What Questions Do I Ask?

The following questions may be used as a starting point when selecting a therapist that is right for your child or family.

Provider Profile

☐ Are you taking new clients?

☐ When are your available appointments? Do you have appointments after school?

☐ Do you take my insurance? How do you collect co-pays?

☐ Where is your office located? Is your office near a bus line?

☐ Is your waiting room private or shared with other offices?

☐ Is your office accessible by wheelchair or walker?

☐ Are there any pets in your office?

☐ Is there anything else I should know about your office?

☐ What is your intake process like? How long of a wait between the initial appointment and all follow-up appointments? *(Some providers see patients quickly for an assessment and then have a wait time for on-going therapy, while other therapists may have a wait for the first appointment but then see patients regularly after that)*

Experience and Credentials

☐ How long have you been practicing?

☐ What licenses and certifications do you have?

☐ Which professional organizations do you belong to?
• What kind of training did you get to work with children with mental health issues/concerns?

• What are effective treatments for my child’s issues?

• What is your experience in working with children with issues like my child?

• What is your general philosophy and approach to therapy?

Expectations

• How often would you anticipate seeing me? For how long?

• What is a typical session like?

• How do I prepare for my first session or help my child prepare?

• How involved will I be in treatment and how will you keep me informed of my child’s progress?

• What should I do if I have a crisis between treatment sessions or I need immediate help?

• What should I be doing at home to help support my child’s treatment? Should I talk to my child about what happens during treatment?

• What is your policy for cancellations and rescheduling if my child or I am unable to make the appointment?

• Will you give my child a diagnosis and will I have knowledge of that diagnosis?

• What information is kept in my child’s record and can others see those records?

• Is there anything else that I can do to support my child during this time?

Sources: https://www.kidsmentalhealthinfo.com/parents-caregivers/get-best-help/what-questions-do-i-ask/ and input from Partners for Access Workgroup and Design Session attendees