

Mental Health Treatment Binder

Possibly the best piece of advice we can give at the outset is to keep a treatment binder. You can start with a journal by including the notes that you took to the doctor, any test results from your visit, behaviors, moods and physical symptoms you are seeing at home or hearing about from school, and changes in your child's relationships with family members and friends. You can then add any diagnosis information, insurance paperwork and/or invoices, and more. Try to keep up with it regularly—it will be a great aid to refer to as your child goes through their treatment.




Print out handouts, worksheets and other documents to place in a folder or 3-ring binder, organized with tabs.

Basic Information

Basic information sheets are a quick and easy way to capture important information about yourself and your family members. These sheets are especially handy in the case of an emergency.




Journal

A journal is a place where you can keep notes,

- Open Writing Journal Sheets (to take general notes)
- Mental Health Checklists (Use them quarterly to track progress) 
- Taking Note of Your Concerns (Use them quarterly to track progress) 
- Checking in with Yourself - Questions to Ask (Use them quarterly to track progress) 

Doctor & Therapy Appointments

Track every visit to your child's doctor and mental health professional.

- Interviewing Questions to Ask Therapists 
- Questions to Ask at the Start of Therapy 
- Check-Ins with your Therapist - Questions to Ask (Use them quarterly to track progress) 

Diagnosis and Diagnostic Information



Your child may complete screenings, tests, diagnostic tools, lab results and diagnoses. Keep track of them.

Medication

Be sure to keep track of your child's medication, prescribing information, dosage and more. It is important to track changes in your child's behavior, improvement (or worsening) of symptoms and recognize what is helping.



Insurance Paperwork

Keep track of conversations with your insurance company, letters, scope of benefits, explanation of benefits, and more.

- Questions to Ask Insurance about Therapy 
- Letters of Medical Necessity (both present and historically) 

Good Mental Health Opportunities

Keep effective coping mechanisms, good mental health activities and more in one place.

- Good Mental Health Plan(s) 
- In-Home Good Mental Health Activities your child enjoys 
- Healthy Recipes



Indicates the document or a template is available in the Family Workbook Series.