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A Client-Friendly Guide to the Treatment Process, Rights, and What You Can Ask For

WHAT TO EXPECT FROM TREATMENT

WHAT IS "TREATMENT"?

Treatment is a space where you talk with a counselor, join a group, or work on healing. It may help with:

- Substance use
- Mental health
- Trauma
- Life stress

You decide your goals. Your voice matters.

WHAT MIGHT HAPPEN IN TREATMENT?

You may:

- Talk one-on-one with a counselor
- Be part of a group (you can ask for help if groups are hard)
- Make a plan with your counselor
- Fill out some forms or answer questions (we'll help if needed)
- Learn coping skills and tools that match how your brain or body works

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WHAT YOU CAN ASK FOR

If something isn't working for you, you can ask for:

- Written copies of what we talked about
- Quiet spaces or fewer people in group
- Help filling out paperwork
- More time or a slower pace
- Tools that match your learning or processing style

YOU ARE WELCOME HERE

Disabilities, differences, and needs are part of who we are.

You do not need to change to deserve care. We will work with you, not against you.

YOUR RIGHTS

You have the right to:

- Ask for breaks or go at your own pace
- Use assistive devices or communication tools
- Ask for an interpreter or materials in other formats
- Say "I don't know" or "Can we come back to this?"
- Be treated with respect, even if you need support to communicate or understand

YOU DESERVE CARE THAT WORKS FOR YOU. THIS GUIDE EXPLAINS WHAT HAPPENS IN TREATMENT, WHAT YOUR RIGHTS ARE, AND HOW TO ASK FOR SUPPORT.

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