

Welcome to Mental Health and Addiction Services. As you and/or your child work together with your service provider, options for care and service are explained so that informed decisions can be made, and goals can be set. As part of providing service to you, your assigned service provider needs to collect and record personal information that is relevant to your current needs. Goals and a treatment plan for counselling, including approximate length of therapy, is developed with your service provider and regularly reassessed to ensure all efforts have been made to prioritize a successful outcome.

To assist with treatment planning, the service plan that you and/or your child develop with your service provider is documented and may be shared with current and future assigned members of your treatment team. Such individuals may include Psychiatrists, Family Physicians, other Community Service Providers, and the person who referred you to Mental Health and Addictions Services. Information is not shared without consent, with the exception of circumstances of risk to yourself or others, child abuse, by court order and as required by law. Further information regarding this can be found on the **Mental Health Services Privacy Information Sheet**.

A request may be made of you and/or your child to consent to having a clinical student participate in training activities, such as having a student present in your appointment. Participation is optional. The clinical student service provider may be in a provisional/probationary period and is working under the direct supervision of a fully qualified supervisor. This information is shared with you.

Clinical supervision is provided to all staff, and files may be reviewed for supervision purposes, dependent on local staffing accommodations.

As a person receiving MHAS services, you have the right:

- To be treated with dignity, equality and respect.
- To be an active participant in determining an individual plan for your treatment. These goals are assessed on a regular basis to ensure your treatment plan is working for you.
- To a safe service space, free of harassment or abuse.
- To be provided with services sensitive to one's cultural background.
- To ask your provider about their training and experience.



Your responsibilities while receiving services include:

- To arrive on time and attend appointments. If there is a reason to rebook, provide at least 24 hours notice, if possible. Please do not reschedule appointments unnecessarily, as this interferes with progress of your recovery and wellness. If you miss an appointment without notifying the team, numerous attempts are made to contact you which may include reaching out to your substitute decision maker or contact person(s) provided, at home wellness checks, and/or utilizing the Mental Health Act if necessary.
- To ask questions if you do not understand something during the session.
- To maintain confidentiality in regards to other people you encounter when seeking services.
- To refrain from using substances prior to coming.
- To not bring with you any items or weapons to the clinic that could harm yourself or others.
- To not use fragrances, as the Saskatchewan Health Authority has a scent free policy.
- To notify us if your contact information including address and phone number(s) change.
- To refrain from bringing pets to the appointment unless they are registered therapy/service pets.
- To refrain (when possible) to text and/or answering calls while with your care provider(s).

