



preparation worksheet

The questions below are designed to help us understand your current situation and concerns, as well as some relevant history, so that we can decide how best to help you. Please take some time to answer these questions in detail so that we can review the information with you.

1. Your relationship to the person you are concerned about:
2. What problem does the person you are concerned about have? Age of the person?
3. When and how did you become concerned about this individual?
4. What made you decide to seek help at this particular time?
5. What prior treatment or help has the person received?
6. Who else (family members, extended family, friends, coworkers, employers, etc.) shares your concerns?
7. What have you or others done to address this problem in the past?
8. Note who in the extended family, that you know of, has suffered from one or more of the following (please include siblings, their spouses and children; parents, their siblings, siblings' spouses and children; grandparents, their siblings, etc.):
 - Alcohol abuse or drug abuse
 - Compulsive behaviors, including gambling, overspending, overeating, Internet use
 - Depression, severe sleep disturbances, any psychiatric disorders
9. Has the individual you are calling about...
 - Threatened or committed physical harm to another person?
 - Threatened or attempted suicide?
 - Been hospitalized?
 - Been in any accidents?