

# ADHD - Diagnose, Treat, and Monitor

## Therapy Search Checklist

Using a planned, organized approach to locate a therapist may increase your chances of finding one sooner!

- ☐ Do you have copies of your child's most recent clinical reports or developmental evaluations with treatment recommendations to share with potential therapists?
- ☐ Are you asking multiple referral sources to help you compile a list of therapist names to contact, for example:
  - ☐ Your child's pediatrician
  - ☐ Special Education (SPED) Coordinator
  - ☐ School psychologist
  - ☐ Local Special Education Parent Advisory Council (SPED-PAC) or parent support group?
  - ☐ Case manager, service coordinator, family support coordinator from a social service agency funded by the Department of Developmental Services (DDS) or the Department of Mental Health
  - ☐ Trusted family members or friends
  - ☐ A carefully selected therapy referral service
- ☐ Did you call your insurance company to review your mental health coverage or request additional referrals for therapists if needed?
- ☐ Did you contact a minimum of 3–5 potential therapy providers?
- ☐ Are you using a set list of questions to ask each therapy practice when you call?
- ☐ Are you using a notebook to keep a running log of the therapists you contact and a calendar to remind yourself which therapists you may want to follow up with in the future?
- ☐ Are you being flexible with your search criteria for finding a therapist, for example, flexibility with regard to:
  - ☐ Scheduling appointment times
  - ☐ Office locations
  - ☐ Pay arrangements
- ☐ Have you considered using additional methods to help expand your therapy search, for example:
  - ☐ Online therapy directories
  - ☐ A professional therapy referral/matching service such as William James Interface (<https://interface.williamjames.edu/>)
- ☐ Are you asking for help if the search process makes you feel overwhelmed or you're unsure of how to begin/continue the search? Perhaps a social worker or trusted family member can help you make phone calls or reach out to providers on your behalf.