



## CHILD/ADOLESCENT INTAKE PACKET

Welcome to CBT Baltimore. This packet contains a lot of questions that will help us get to know you a little better, and help us understand how we can help.

When you come for your first visit, we'll ask you some more questions to understand you better, and to come up with ideas for what we can do together to make things better. At the end of the first meeting, we'll tell you what our ideas are.

We want you to feel free to ask as many questions as you want. Some questions you could ask are: Do I have a problem? If so, what is it called? How common is it? What can I do about it?

Everything you write down or say to us is considered private. If you are 16 or 17 years old, you do not have to let your parents or guardians know what you say to us. But, you should know that the therapist can tell your parents if he or she thinks it's in your best interest. If you are 15 years old or younger, we can discuss your concerns and therapy details with your parents, based on Maryland State law, although we can set up an informal agreement with your parents to protect your privacy. Regardless of your age, we also have to tell someone if we think that you are in danger of hurting yourself or others (including the therapist), being abused or an older person is being abused, or being neglected. If you ever want to know whether you can keep certain information private, just ask!

**Please sign below to indicate that you have read and agree with the above information:**

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Child's Signature

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Date

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Parent/Guardian's Signature

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Date

