

Intake- Mental/ Emotional Health Supplement #2

If formal mental/ emotional health experiences not identified but there are concerns about the effects of trauma, depression, anxiety or that something might be wrong in general, have youth answer the following:

Can you talk a bit more about your _____ (anxiety, depression, panic, flashbacks, seeing/ hearing stuff, feeling like you're going crazy)?

What is your current relationship to this concern? Are you okay with it? Do you want to explore it more?

How does this experience make you feel?

How does this experience make you act (towards self and others)?

What is your biggest fear with this issue? _____

What supports would you like from us? _____

Is there anything we should look out for that would mean you need more support from us? What kind of support?

How do you want to build self- care/ knowledge about this area into the goals you work on while living at Phoenix?
