



Foster Youth may have experienced different kinds of trauma in their lives. Trauma survivors need support and understanding from those around them, including their mental health provider and physician. You have the power to advocate for yourself and ask if your provider is “Trauma Informed.” Trauma informed care does not re-traumatize survivors during care.

### Foster Youth Trauma Informed Patient Bill of Rights

My rights as a patient:	My priorities	My provider agrees to:
★ You have the right to ask if your mental health provider or any other provider is trauma informed.		
★ You have the right to culturally competent services. You have the right to work with someone you feel comfortable with, including providers who understand and affirm LGBTQ youth.		
★ You have the right to ask for a male or female provider.		
★ You have the right to information. You have the right to be told what is happening, why it is happening and to be a part of the decision making process. For example, if someone is prescribing medication they should tell you what it is for, what the side effects are and if there are alternatives. You have the right to ask questions.		
★ You have the right to start or stop an exam or end an appointment based on your comfort level.		
★ You have the right to ask the provider to warn you before they touch you or perform a procedure like an immunization. You can request they describe what they are doing as the exam proceeds. You have the right to ask a provider to not stand behind you.		
★ You have the right to take a supportive friend or adult with you into the exam and to request you are not left alone in a room with a provider.		
★ If you have any special needs, you have the right to request accommodations. For example, if you have a learning disability or impaired vision you have the right to request forms and information be read and explained to you.		