



Patient Rights & Responsibilities

As a person receiving mental health services at Catalyst Behavioral Health, you have the right to:

- Be treated with dignity and respect.
- Ask questions and get answers about services offered here to determine the most appropriate treatment program. You can get information about treatment procedures, costs, and risks. You can request a change in your treatment or services as well.
- Participate fully in decisions regarding your health care services. This includes having your family involved in your treatment with your consent.
- Not to be subject to verbal, physical, sexual, emotional, or financial abuse, harsh, or unfair treatment.
- Make complaints, have them heard, get a prompt response, and not receive any threats or mistreatments as a result. You can file a grievance if you are not satisfied with the response to a complaint.
- Be assisted by an advocate of your choice (e.g. family, friend, case manager, member of a consumer advocacy committee, or organization, etc.).
- Not to be discriminated against on the basis of race, age, gender, religion, national origin, sexual orientation, disability, or marital status.

All clients, to the extent capable, have the responsibility to:

- Pursue health lifestyles known to promote positive health results, such as proper diet and nutrition, adequate rest, and regular exercise. Simultaneously, they should avoid behaviors known to be detrimental to one's health, such as smoking, excessive alcohol consumption, and drug abuse.
- Actively participate in decisions about their health care and cooperate on mutually accepted courses of treatment. Clients should comply with treatment regimens and regularly report on treatment progress. If serious side effects, complications, or worsening of the condition occur, they should notify their providers promptly. They should also inform providers of other medications and treatments that they pursue simultaneously.