



5539 S. 27<sup>th</sup> St., Suite 104  
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## **Patient Rights & Responsibilities**

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

- Be treated with dignity and respect.
- Ask questions and get answers about services offered at Catalyst Behavioral Health to determine the most appropriate treatment for you. Information about treatment procedures, costs, and risks can be provided for you. You can also request a change in your treatment or service, if desired.
- Participate fully in decisions regarding your health care service, including having your family or significant others involved in your treatment.
- Not 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 also have the right to file a grievance if you are not satisfied with the response provided 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 be discriminated against on the basis of race, age, gender, religion, national origin, sexual orientation, disability, or marital status.

***All patients, to the extent capable, have the responsibility to:***

- Pursue healthy lifestyles.
  - Patients should pursue 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.
  - Patients 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 they are pursuing simultaneously.