



Patient Rights and Responsibilities

As a person receiving mental health services here 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 service as well.
- Participate fully in decisions regarding your health care service, including having your family 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, or file a grievance if you are not satisfied with the response to a complaint.
- Be assisted by an advocate of your choice, for example, 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.

Angela Hillman, LICSW
Elements Counseling, LLC
5539 S. 27th St., Suite 104 Lincoln, NE 68512
Phone: (402) 261-8313 Fax: (402) 939-0437
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