

It's sometimes confusing to know if you're getting quality mental health care. Below are some tips and questions to figure out if the care being provided is the best.



- Treatment should be based on evidence-based practices. This means the treatment has been researched and shown to provide the greatest likelihood for success. It's important to make sure the treatment is evidence-based, specifically for individuals with autism.
- The clinician should have experience working with individuals with autism, their age group, specific mental health diagnoses, and also be experienced in appropriate evidence-based practices.
- When first meeting with the provider, pay attention to how they interact. Do they understand the concerns? Were they able to make a clear treatment plan with the individual's input? Were they able to start building a good rapport with the individual?
- Is the office willing to make accommodations if needed? For example, some people cannot tolerate loud noises or long waits. Does the office have ways to help? For individuals with complex communication needs, find out if the provider allows family members or support staff to assist.
- Does the clinician assess for other mental health concerns? A good clinician will assess for other problems beyond what the individual is seeking treatment for. The clinician should ask about things like anxiety, depression, suicide, and other mental health challenges.
- Did the provider explain who to call if there are questions or concerns? If the clinician is prescribing medications, have they discussed the benefits and side effects and answered all questions?
- How does the clinician measure progress? It's important to have measurable treatment goals and review them often to ensure things are improving.
- Don't hesitate to ask questions. Finding the right match is important to establish a good relationship and get the most out of treatment. If the individual doesn't connect with the clinician, it's okay to try a different provider until a good match is found.