



# EQUITY

## Bellport \* 7 Challenges 3-month interview follow-up

### Impact

- Many are sensing they have made some progress, such as:
  - Maintaining sobriety
  - Doing better in school
  - Having more positive social supports
- Having to test, go to therapy, and hear different perspectives increase teens' accountability

**"Before she was telling me to do better, now she's telling me to keep doing what I'm doing."**

### Barriers

- Too few counselors
- A lack of admin staff is causing numerous problems with routine tasks (reception, no one informing clients when sessions were canceled, no one to take co-payments, and having to call another location to contact therapist)
- Limited engagement in therapy
- Group therapy is with adults, not peers
- Increasing use without telling therapist

**"I don't know how many people are working there but it just seems like the counselors are overloaded and there are not enough counselors and there are too many people."**

### Therapy Expectations: Clients

- Motivated to go because of: Charlie the dog, to get medicine, to get out of the house during house arrest, and because their parents are making them.
- Talking in counseling about:
  - coping with anxiety
  - school stressors and hopes
  - smoking cessation
  - getting a job and saving money
- Appreciate the counselor for engaging, being unbiased, and not pushing for decisions or change.

### ...and Parents

- Some parents want therapists to be less lenient, more active rather than letting teens control sessions, less naive about stories teens are sharing, and more motivating.
- For other parents, engagement fits "I'll come in and she'll advocate for him, but she'll also listen to me and let him know her perspective as far as what's right. But she'll also let him know, let him feel like he's being heard but not coddle him...she'll tell him what he needs to hear."