



EQUITY

Bellport * CBT

Initial client interviews

Clients' expectations

- To meet the requirements of mandated treatment
- To aid in sobriety, school and work, and to learn better coping strategies
- The ability to talk and be understood by someone gives hope
- Setting up appts, virtual appts, rescheduling, and getting started with intake are all reported to be easy and flexible
- A client was informed about Outreach by a friend in school. Said it would have been hard to find otherwise

Barriers

- Client-centered barriers: procrastination, resistance to therapy (especially by mandated clients; some could not remember names of their therapists), low self-esteem/very self-conscious
- One client was nervous to start because did not know how much info will get back to their parents
- Transportation when can't drive (license taken away)
- Groups not composed of same-age clients make it harder to relate

“My counselor said, 'What does alcohol do for you and how can you get that same feeling without it?' It really helps.”

Goals

Talking in counseling about:

- making a resume, finding a job and a career, getting resources
- making and writing down goals
- SUD: triggers (e.g. how to handle holidays), the impact of use, skills for using less
- school: planning, social and academics
- processing trauma
- reducing depressive symptoms
- social skills, finding a more positive social environment, and new hobbies
- time management & organization

DEI

- Diversity, equity, and inclusion topics are not part of treatment
- DEI questions are asked only during intake appointments
- No client reported this as a problem, as they are able to be themselves
- One person identifying as LGBTQ+ sees Outreach staff as open-minded
- “[counselor] makes it really clear that I could say whatever I wanted. I could curse, like could scream. I could do whatever in there.”

“...going into school, finding a trade, because they do have resources to get you into those type of things. They do offer like physicals. So, when I'm there I try to get everything done at once.”