



# THE CENTENNIAL BRIEFING



CHEYENNE · ELBERT · KIT CARSON · LINCOLN · LOGAN · MORGAN · PHILLIPS · SEDGWICK · WASHINGTON · YUMA

*Our mission is to achieve excellence in the provision of behavioral health services that lead to optimal health and well being*

## WE THE PROFESSIONALS

This information from Dr. Freda is intended to help guide the content in clinical notes and in communications with med providers. Please feel free to contact him with questions as he would welcome further discussion!

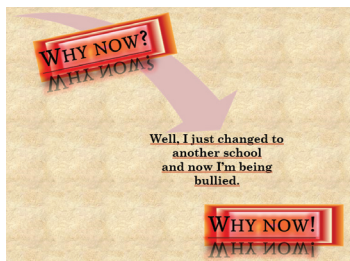


### Part 7: Why Now?

The med referral form asks for details the med provider will need at their first appointment with the client. Please be sure to provide as much detail as you can in response to each question and don't skip these:

- Current/Past Medications*
- Reason for stopping meds?*
- Why seeking/re-seeking help NOW?*
- Additional triggers for seeking help*

As for the "why now", is there an internal or an external force compelling the client to NOW seek help. If we focus on the meaning of the question and its true purpose--namely to get into the client's head and heart regarding the true motivator for seeking help at this time--we might better understand how to answer the question of why now. The question helps predict the client's ability to form a valid therapeutic alliance with us. An internal motivator is a much better engine for



true change than an external one.

**Question:** Why are you asking for help now?

**Answer:** I've been emotionally shutdown, isolating myself.

**Question:** OK, why have you been doing that now? Nowadays?

**Answer:** Because I have terminal flatulence.

**Question:** Since when have you had this problem . . . weeks, days, months . . . ?

**Answer:** About 5 or 6 months.

**Question:** Sooooo if it's been that long, why has it only now caused you to isolate yourself?

**Answer:** Oh, well, sniff, my dog just died and . . ."  
Ohhhhh! THAT'S why now!!!!

"My son's not doing well."

- 9 year old male with ADHD and ODD
  - His Risperdal stopped working, what to do?
1. What other meds is he on?
  2. When was Risperdal started? (approx)
  3. Current dose and for how long? (approx)
  4. What was it doing that it stopped doing?
  5. Why do you say it stopped working?
  6. When did it stop working (doing what it was doing)? (approx)

*Please see the Briefing on August 9th for Part 8.*

## BLACK MATERNAL MENTAL HEALTH

National Black Maternal Mental Health week is  
July 19th-25th

Join the Executive Director from The Shades of Blue Project for their State of Black Maternal Mental Health Roundtable Discussion next Thursday, July 22<sup>nd</sup> during Black Maternal Mental Health Week.

The discussion will explore the perspectives, experiences and steps needed to improve Black women's maternal mental health and to reduce adverse mental health outcomes.

*Click the link [HERE](#) to register for this important discussion.*

## SUGGESTED READING

*Below is a list of suggested books about  
Racial Identity:*

- Skin Again (Bell hooks)
- The Colors of us (Karen Katz)
- Happy in our Skin (Manushkin)
- The Skin You Live In (Tyler)