

Parent and Caregiver Reflection & Planning Worksheet

Metro NY DBT Center – Navigating the Mental Health Maze

Remember:

There is no one right way to parent a child who's struggling.

We are a team working to help your child.

The more I regulate myself, the more I can be helpful.

1. Who is my child before I started being concerned?

Describe your child's typical behaviors, strengths, personality, and baseline functioning before current concerns.

2. What am I noticing symptomatically?

Identify specific behaviors, mood changes, or functional difficulties that concern you.

3. What, if any, events have led up to this moment of symptomatology?

Consider life changes, stressors, transitions, or triggers that may have contributed.

4. What help exists in the school, medical, and psychological fields that I can reach out to?

List potential resources such as pediatricians, therapists, counselors, or school supports.

5. What level of care am I interested in pursuing?

Consider outpatient therapy, skills groups, intensive outpatient programs, residential care, or crisis intervention if necessary.

Optional Notes / Next Steps

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