



Finding a Good Fit in a Provider

How do you know if you have found a good fit in a provider for your child or yourself? Here are some qualities of a “good fit” that you may notice or be on the lookout for during the time with your Second Wind Fund provider.

ETHICAL BEHAVIOR

There are state laws and professional association codes of ethics that govern the practice of providing counseling services. Every provider needs to honor those laws and codes and keep a professional relationship.

- **American Counseling Association Code of Ethics**
<https://www.counseling.org/Resources/aca-code-of-ethics.pdf>
- **National Association of Social Workers**
<https://www.socialworkers.org/About/Ethics/Code-of-Ethics/Code-of-Ethics-English>
- **American Psychological Association**
<https://www.apa.org/ethics/code>
- **American Association for Marriage and Family Therapy**
https://www.aamft.org/Legal_Ethics/Code_of_Ethics.aspx
- **Colorado Mental Health Act**
<https://drive.google.com/file/d/0BzKoVwvexVATMIFKX3NvbHh1ZTQ/view>

PROVIDER RESPECTS PERSONAL GOALS

Our providers are truly special people who make a huge difference in their communities and are the people who help ensure that Second Wind Fund is able to serve each youth referred. As a provider, you have the opportunity to work with youth who may not otherwise have access to counseling and potentially save a life!

FEELING COMFORTABLE WITH PROVIDER

Part of the process of finding a provider is finding one that you and/or your family feel comfortable with and can build a good working relationship with for the duration of your time together.

PROVIDER ADJUSTS TO YOUR UNIQUE NEEDS

Every person has unique needs, and therefore needs tailored support. There is no one-size-fits-all approach. Finding a provider that understands how to work with you or your child’s unique needs is important.

PROVIDER HAS GOOD BOUNDARIES

Boundaries are essential for a good therapeutic relationship. There should be an understanding that the provider is a professional who is there to provide a service and not to build a friendship.

FEELING SAFE TO EXPLORE THOUGHTS AND FEELINGS WITH THE PROVIDER

The process of counseling is one that invites clients to explore different thoughts, feelings, energies, and topics. A provider will create the time and space to allow for the work of exploration and make sure that you and/or your family feel safe in the process.



FEELING HEARD AND LISTENED TO BY THE PROVIDER

A good provider takes the time to listen to what you and/or your child has to say and makes sure that you feel like you have been heard and understood. If the provider misunderstands then the time is taken to try again to understand.

PROVIDER ENCOURAGES CLIENTS TO DO THE WORK

Providers have been painted as the professional that tells people what to do and fixes things for them. Good providers are not about fixing everything for their clients but helping empower them to make the changes in your life which makes change much more lasting. That does not mean that a provider will not provide information and recommendations.

FEELING RESPECTED BY THE PROVIDER

A good provider honors and shows regard for you and/or your child's feelings, wishes, rights, or traditions and doesn't make fun of or put them down.

PROVIDER UPHOLDS CONFIDENTIALITY AND EMERGENCY PROTOCOL

When beginning counseling with a provider there is required information and paperwork, such as an intake form to provide information in case of an emergency and a discussion of your rights, which covers the times when a provider is required by law to break confidentiality.

PROVIDER ANSWERS YOUR QUESTIONS

From time to time, questions may come up about logistics or even the process of counseling and the provider should be willing and able to answer questions.

PROVIDER WORKS WITH YOUR VALUE SYSTEMS

Every client has their own culture, traditions, and values. Providers should strive to understand and work with your family's value systems to support and reach agreed upon goals.

PROVIDER CHALLENGES CLIENTS TO GROW

The process of counseling is not always easy because work is involved in order to make lasting changes. Providers may challenge you and/or your child in order to encourage growth.

HONEST COMMUNICATION FROM THE PROVIDER

Providers need to always be upfront and honest in their communication.