Icarus Wellness and Recovery
Boise, Idaho

Mental Health and Substance Use Assessment Preparation

Use short notes or approximate dates to prepare for a conversation with your care team. Start with the concerns and questions you most want to discuss.

Appointment date (optional) _____

Main concern

What made me seek help now?

Daily life

What has changed at home, at work or in my relationships?

Pattern over time

When did I first notice it? What changed recently?

Current care

List medications, health concerns and providers you want to discuss.

Previous treatment

What helped? What was difficult? What should my care team know?

Alcohol or drug use

What is my current pattern? What concerns do I have about cutting back or stopping?

Practical needs

Transportation, caregiving, work, language or accessibility needs.

Personal goals

What would I like to be able to do or manage differently?

Keep these notes for your appointment. If something is hard to talk about, you can ask your clinician to help you find a way to bring it up.