



# Child & Adolescent Mental Health Division

THRIVING CHILDREN · HEALTHY FAMILIES · SUPPORTIVE COMMUNITIES

## The Ohio Scales

AN IMPORTANT WAY TO USE  
YOUR VOICE IN TREATMENT



# 1

### WHAT IT IS

The Ohio Scales is a form that asks how often certain thoughts, feelings, and behaviors occur in your daily life. It serves as a monthly temperature check on your mental health and is a way for YOU to voice YOUR OPINION about treatment progress.

# 2

### WHO DOES IT

Young people (10 years+) and all caregivers complete the same form every month. It usually takes 5-10 minutes and can be completed online or on paper. Though it is voluntary, it provides important information to you and your treatment team about how you are doing.

# 3

### HOW IT IS USED

You and your family guidance center treatment team will look at changes to your scores over time to track progress. You will use this information when you and the treatment team make decisions about starting, stopping, or changing the types of services that you receive. The Ohio Scales is just one of many ways that we use data together to make informed decisions for YOU.

### QUESTIONS?

If you want to know more about the form or how to complete it, talk to your family guidance center treatment team. You can also ask to see your scores at any time.



### FUN FACT

On the Ohio Scales, lower scores mean more progress.



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