



## CHILD AND ADOLESCENT HEALTH CENTER PROGRAM

Tiger Health Extension   Owl Health Extension   Petoskey School Wellness Program   Alpena High Health Center

### **Child and Adolescent Health Center Program**

#### **My Rights**

When I come to the Health Center:

I Have the Right To:

1. Be welcome and cared for no matter who I am, what I look like, where I come from, what I believe, or how much money my family has.
2. Be treated with kindness, respect, and care.
3. Get help from caring adults who will do their best to help me stay healthy.
4. Have things explained to me in a way I can understand.
5. Ask questions anytime I am confused or worried.
6. Have my own thoughts and feelings listened to.
7. Say "no" to a service if I do not understand it or do not want it. Someone will explain it to me and help me understand my choices.
8. Have privacy when talking with health center staff.
9. Tell a trusted adult if I am unhappy with my care or if something does not feel right.

#### **My Privacy**

I Have the Right To:

1. Talk with health center staff about personal things.
2. Know that staff will try to keep my information private.
3. Know that my information will only be shared when it is needed, when I give permission, when my parent or guardian has legal rights to the information, or when the law requires it.
4. Understand that if staff think I might be hurt, someone else might be hurt, or I am not safe, they must get help from trusted adults to keep everyone safe.

#### **My Responsibilities**

I Can Help By:

1. Talking honestly with health center staff so they can help me.
2. Working together with staff on goals to help me feel healthy and strong.
3. Treating staff, other children, and families with kindness and respect.
4. Respecting other people's privacy.
5. Letting staff know if something about my health changes or if I am worried about something.
6. Coming to appointments on time when I can.
7. Letting the health center know if I cannot come to an appointment.
8. Helping make sure the health center has the correct information for me and my family, such as phone numbers, addresses, or insurance information.
9. Asking questions when I do not understand something.
10. Doing my best to follow the plan we make together to help me stay healthy.

You are important. Your voice matters. We are here to listen, help, and keep you safe and healthy.

*If you feel your rights have been violated, please inform the School-Based Program Manager: [ktompson@alconahc.org](mailto:ktompson@alconahc.org)*