

5A's: Assess, Advise, Agree, Assist, Arrange

ASSESS: Introduction, Functional Assessment, Problem Summary

ADVISE: Possible Change Plan Options

AGREE: Defining a change plan with collaboration of patient

ASSIST: Teach new skills

- Psychoeducation
- Mindfulness, Relaxation
- Motivational Interviewing
- SMART goal planning
- CBT or FACT

ARRANGE: Determine next steps

FUNCTIONAL ASSESSMENT – Questions to Ask

1. Nature of Problem: Clarify the target Problem
2. Duration
3. Triggering Event
4. Frequency/Intensity
5. Factors that make it better or worse
 - a. Physical, emotional, behavioral, environmental/social, cognitive
 - b. Sleep, pain, blood glucose, depression, avoidance of activities, negative thoughts
6. Functional Impairment
 - a. Changes in work, family, social
 - b. Changes in sleep, energy, concentration, social
7. Caffeine, Drug, and Alcohol Use
8. Medication Compliance
9. Suicide or homicide risk (if necessary)

Hunter, C.L., Goodie, J.L., Oordt, M.S., & Dobmeyer, A.C. (2017). *Integrated Behavioral Health in Primary Care: Step-by-Step Guidance for Assessment and Intervention*. (2nd Ed.). Washington, DC: American Psychological Association.

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