

Session 1

1. Look at pt. encounters and chart. Who is PCP, what medications on they on or not taking, medical diagnosis
2. Review symptoms of PHQ-9 and GAD-7 (discuss how these are symptoms of anxiety and depression and will be reviewed every session to track improvement)
 - a. If #9 is marked please discuss if ideations or suicide (document in note)
 - i. If suicidal- is there a plan? Go over **Patient Safety Plan**
3. Why are you here today?
4. Integrated care- Do they have a PCP (If not do a warm handoff at some point)? Review will you tell PCP and what is confidential and What is a mandated reporter
5. Have you ever had previous mental health diagnosis or tx? What helped you?
 - a. If tx what did you learn?
6. Medication?
 - a. Have you ever been on medications? If so which ones and how did they work?
 - b. Anyone else in your family ever had a mental illness? If they were ever on an anti-depressant do you know what they were on?
 - c. Anxiety and Depression are friends. Which symptoms do you feel you have more of anxiety or depression?
7. Do we need a release of information from other clinics? Other relatives?
8. How are you sleeping?
 - a. Not sleeping (do sleep **hygiene Sheet**)
 - b. Review sleeping patterns with PCP about possible medication
9. If not reviewed in PHQ-9 Review Following?
 - a. Appetite
 - b. Chronic Illnesses? Pain?
 - c. Stress?
 - d. Past Trauma (do you feel worse certain times of the year?)
 - e. Support System?
 - f. Pleasurable activities?
 - g. Exercise?
 - h. Hx of substance abuse?
 - i. Caffeine? (Caffeine consumptions Questionnaire)
 - j. Nicotine? Nicotine gum?
10. Continue to review for other diagnosis if needed?
11. Make a small reachable goal for the next week and how are you going to measure it?
12. Make next appt. w/ therapist
13. Discuss with PCP symptoms after session and/or write a telephone encounter