



Date: May 30, 2023

To: Community Mental Health Programs

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Subject: Mental Health Assessments

A mental health assessment (assessment) is required to be completed for each individual seeking services through the Community Mental Health Program (CMHP). Annual assessments must be completed for individuals continuing to receive mental health services for one or more continuous years (OAR 309-019-0135(3)). Assessments must be completed by a provider meeting the qualifications of a Qualified Mental Health Professional (QMHP).

Why is this happening?

A recent review of assessments for individuals entering mental health residential treatment, including Adult Foster Homes, demonstrates some assessments do not have the required information which is affecting the ability of Comagine to properly determine eligibility, assess service and support needs, and complete the Level of Service Inventory (LSI) for individuals. Additionally, some CMHPs may have received inaccurate information from OHA related to the required information that must be documented in the assessment. This memo outlines the specific criteria that must be included within the assessment.

Mental Health Assessment Required Criteria

A complete mental health assessment must contain the following:

- Screening for the presence of:
 - Substance use
 - Problem gambling
 - Mental health conditions
 - Chronic medical conditions
 - Symptoms related to psychological and physical trauma
 - Suicide Risk

- Risk to health and safety to an individual when any of the above conditions is present including:
 - Follow-up actions
 - Additional services and supports
 - Habilitation Services
 - Activities of Daily Living (ADLs)
 - Instrumental Activities of Daily Living (IADLs)
 - Maintaining a residence
 - Habilitation and community integration skills
 - Personal Care Services
 - Basic personal hygiene
 - Toileting, bowel or bladder care
 - Mobility, transfers or repositioning
 - Nutrition
 - Medication or oxygen management
 - Level of risk to the individual or others
 - Referral for further assessment, planning and intervention from an appropriate professional
 - Updated practice specific assessment(s) when there are changes in clinical circumstances
- In addition to the above mental health assessment requirements, for substance use disorder services, each assessment and update thereafter shall also contain a multidimensional assessment consistent with *The ASAM Criteria, Third Edition* and include:
 - ASAM Level of Care determination per dimension
 - ASAM Level of Care determination overall
 - Notes of any applicable discrepancies between the overall assessed and placed levels of care
 - Risk assessment comprised of:
 - Consideration of the history of each risk as well as the present concern(s)
 - Identification of immediate need(s)
 - Severity of risk for each dimension
 - Overall determination of the severity of risk the individual is currently experiencing
 - Justification of any changes to the ASAM Level of Care placement decision with an updated multidimensional assessment

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