

Cross-Diagnostic Psychosocial Assessment and Intervention Flow Chart

Engagement and assessment

Stabilize and address any safety concerns.	Build trust. Establish and maintain a therapeutic alliance. Maintain an environment with a trauma-informed care approach.	Assess for symptom changes and changes to social circumstances. Address social factors that contribute to or may worsen a symptom. Do so either immediately or by referral, depending on the urgency and severity.	Be aware of barriers to treatment. Problem solve for those barriers.	If there is a guardian, involve them in all treatment-related decisions. Incorporate patient supports in treatment care plan.
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Planning and intervention

A. Collaborate with the patient, guardian and supports to create immediate, short- and long-term goals.	B. Choose interventions that: <ul style="list-style-type: none"> Have demonstrated effectiveness in the treatment of the disorder, and Can assist in meeting patient goals. 		C. Develop a crisis plan.	D. Consider medications if necessary.
	Wraparound intervention or support programs for those with a diagnosis of a serious mental illness include: <ul style="list-style-type: none"> Early Assessment and Support Alliance (EASA) for youth or young adults who experience psychotic symptoms. Assertive Community Treatment (ACT) for adults. 	<div>OR</div> Other psychosocial interventions. This includes: <ul style="list-style-type: none"> Psychoeducation Interpersonal social rhythm therapy Cognitive behavioral therapy Supported housing Social skills training Peer-delivered services Case management Occupational therapy Supported employment Substance abuse Co-occurring disorders treatment 	Create a crisis plan with the patient, guardian and supports.	If there is a need for medication: <ul style="list-style-type: none"> Refer to the medication algorithm, or Contact the Oregon Psychiatric Access Line (OPAL) for prescribing provider consultation: 503-346-1000

Ensure that treatment care planning is:

- Patient-centered, and
- Responsive to emerging needs.

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We accept all relay calls or you can dial 711.