## Cross-Diagnostic Psychosocial Assessment and Intervention Flow Chart

### Engagement and assessment

<table>
<thead>
<tr>
<th>Stabilize and address any safety concerns.</th>
<th>Build trust. Establish and maintain a therapeutic alliance. Maintain an environment with a trauma-informed care approach.</th>
<th>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.</th>
<th>Be aware of barriers to treatment. Problem solve for those barriers.</th>
<th>If there is a guardian, involve them in all treatment-related decisions. Incorporate patient supports in treatment care plan.</th>
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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:  
- 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:  
- **Early Assessment and Support Alliance (EASA)** for youth or young adults who experience psychotic symptoms.  
- **Assertive Community Treatment (ACT)** for adults. | Other psychosocial interventions. This includes:  
- 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:  
- 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.