

# **Behavioral Health Social Worker Assessment Simulation**

## **Behavioral Health Assessment\_(20-25 minutes):**

### **Understanding of diagnosis of depression:**

#### **Indicators of Depression Severity:**

Current stressors

Current screening results

PHQ9

GAD 7

Symptoms/effects of depression on function and health

Activities effected

Last date remember feeling good

# of days in bed last month \_\_\_\_ # of activity restricted days last month (by 50%) \_\_\_\_

Family history

Relevant Developmental history (early childhood, adolescence, early adulthood, older adulthood)

#### **Behavioral Health History:**

Current treatment-where, what, current effects

Past treatment-where, what, results

Past Suicide attempts

Review of medications:

Past history, use

Understanding of antidepressants

#### **Substance history:**

Tobacco use/Alcohol use/substance use:

#### **Social History:**

Support system

Current living situation

Domestic/partner violence

Relationships-friends, family, community

Social/relaxation/hobby activities

Religious orientation

Sexual orientation

Gender identification, (preferred pronouns)

Work/study

Legal

#### **Health history:**

Medical problems

Current meds

Exercise

Eating  
Sleep

**Social determinants of Health (SDOH Screening) results:**

**Summary/Plan:**

Stressors/treatment challenges

Coping strategies/strengths

Treatment options (Medications, brief therapy (behavioral activation, Problem solving therapy, CBT) refer out for therapy, community support, education/bibliotherapy etc):

Treatment goal (s):

Recommendations/interventions (shared decision making with patient):

**Follow up:**

- Recommend a follow-up call in X \_\_\_\_\_
- Share recommendations of the team
- Begin X \_\_\_\_\_

**After the visit:**

- Behavioral Health observations:
- Mental status exam (if assessed):

**Prepare for the case review with SBAR(5-10 minutes):**

Situation:

Background:

Assessment (including patient treatment goal/Target):

Recommendation:

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