AIMS CENTER
W UNIVERSITY of WASHINGTON
Psychiatry & Behavioral Sciences

CHAMP Cohort One BHCM Support Call 3/2/22

**Recovery Support Planning Review:
Communication with Patients & Your CoCM Team**

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Learning Objectives

By the end of two sessions, you should be able to:

- **Review rationale for Recovery Support Planning as part of CoCM**
- **Understand the benefits of earlier introduction of the Recovery Support Plan and appropriate time to begin planning conversations with patients**
- **Describe current Recovery Support Planning workflow within clinic system**

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Review: Purpose of Relapse Prevention

- **Patient empowerment**
  - **Shift the focus from ending to celebrating**
  - **Information about risk of recurrence of depression or anxiety symptoms**
  - **Tools for self-management and taking charge of care**
- **Prevent recurrence of symptoms and/or help patient know when to seek help**
  - **Identify what worked to get better**
  - **Recognize symptoms of depression or anxiety**
  - **A plan if symptoms return**

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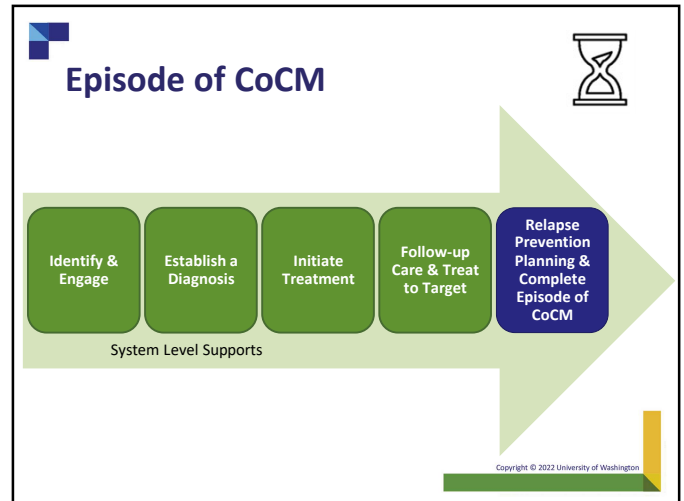
Recovery Support Plan Template

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Discussion

- **What type of RPP Plan are you using?**
  - —**Similar categories as the AIMS Center Template (warning signs, medications, healthy behaviors, other treatments, contact info)?**
  - —**Any additional categories or format changes you find helpful?**

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Episode of CoCM

| Identify & Engage | Establish a Diagnosis | Initiate Treatment | Follow-up Care & Treat to Target | Relapse Prevention Planning & Complete Episode of CoCM |

System Level Supports

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Timing and Guidelines for the Introduction of Recovery Support Planning

- **Earlier is best**
  - —**Catch patients before they leave**
  - —**Time to develop thoughtful plans and revise as needed**
  - —**Maintains structure of episodic treatment**
- **Use of guidelines to identify timing**
  - —**Decrease in PHQ-9 and/or GAD-7 Scores by ≥ 5 points from baseline**
  - —**Observed clinical improvement and/or PC or PCP agrees with timing/plan to initiate RSP**

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Discussion

- **When are you typically introducing RSP to your patients?**
- **Challenges when discussing RSP with patients?**

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Maintenance Phase

- **Facilitate transition from active phase**
  - — Provides structure for step-down
  - — Opportunity to test-drive the recovery support plan
- **Follow patient with monthly (brief) contacts**
- **Review and finalize recovery support plan at termination**

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COMMUNICATION PLAN

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Patient-Centered Communication

Introducing Recovery Support Planning

- Recall guidelines for timing
  - — Decrease in PHQ-9 and/or GAD-7 scores by ≥ 5 points from baseline
  - — Decrease in the first 2 symptoms on the PHQ-9
  - — Observed clinical improvement and/or Psychiatric Consultant agrees with timing/plan to initiate RPP

Sharing the Plan

- Variety of options is best – let the patient choose
  - — Patient portal
  - — Paper (printed copy or original written relapse prevention plan)
  - — Patient takes a photo with their phone
  - — Other?

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Discussion: Communication with CoCM Team

- **Where in the EHR do you store the plan?**
- **How does your team know a patient has a plan?**
- **How does the team know where to find the plan?**

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QUESTIONS

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