

## 30-Minute Follow-up Appointments – Patient Handout

### Introduction:

Follow-up visits with your clinician will last 30-minutes. We have discovered that these brief contacts are most helpful when they are organized and follow a more structured agenda. We want to make the best use of our time together; but as you will experience, much of the work and progress actually happens between our visits.

### Prior to the Appointment

- Think ahead of time about:
  - What you and your clinician talked about last time,
  - What was your homework for between sessions and how did that go, and
  - Any new concerns that you might have about your progress in treatment.

### Plan for an Effective 30-Minute Brief Session:

#### 1. Greeting and Agenda Setting (5 minutes)

- Review treatment goals and concerns
  - How is it going with current treatment goals?
  - Might there be new treatment goals to add to the agenda?
  - Do you have any new or pressing concerns to add to the agenda?
- Reach agreement on the agenda

#### 2. Review and Provide Treatment (20 minutes)

- Review behavioral health measure scores and discuss any changes
- Address any new concerns you may have
- Check in on new or current medications (if applicable):
  - How's it working?
  - Any side effects?
  - Any barriers to taking them consistently?
- Engage with behavioral health interventions and psychotherapy, review and update treatment plan:
  - Review progress on assignments from previous session
  - Do we need to intensify treatment?
  - Learn new behavioral health interventions (if applicable)
- Check on referrals and problem solve any referral barriers (if applicable)

#### 3. Outline Next Steps in Care (5 minutes)

- Confirm assignments for next session
  - Who is responsible for any follow-up/tasks? For example:
    - Do you have a behavioral activation goal, like to walk 3 times/week?
    - Did clinician agree to check-in with a referral source or psychiatric provider on medications?
- Set next appointment
- Make sure you receive care plan and follow-up paperwork