



CHAMP

Enhancing Efficiency: Brief Visit Structure

PAUL BARRY, MSW, LICSW
CLINICIAN TRAINER AND PRACTICE COACH

UW Medicine

1

Land Acknowledgment




The University of Washington acknowledges the Coast Salish people of this land, the land which touches the shared waters of all Tribes and bands within the Suquamish, Tulalip and Muckleshoot nations.

<https://native-land.ca/>

UW Medicine

2




CHECK IN

- Review of CMTS
- Enhancing efficiency- brief visit structure
- Six new Clinics starting!
- Anything else on your mind?

UW Medicine

3



Enhancing Efficiency- Improving your life!

- Brief visits and managing your caseload
- Suitable to primary care setting
- Workable template is critical-
 - What thoughts do you have about this?
 - What is under your control?

UW Medicine

4

Structuring the 30-Minute Session



1. Greeting and Agenda Setting [5 minutes]
2. Review and Provide Treatment [20 minutes]
3. Outline Next Steps in Care [5 minutes]

UW Medicine

5

1. Greeting and Agenda Setting [5 mins]



- Review standard appointment agenda together
- Review treatment goals and concerns
 - Continuing with current treatment goals
 - New treatment goals?
 - Other new or pressing concerns?
- REACH AGREEMENT ON AGENDA

UW Medicine

6

2. Review and Provide Treatment [20 mins]



- Review behavioral health measure scores
- Address urgent client concerns, if any
- Check in on new or current meds [if applicable.] Barriers to taking consistently?
- Deliver behavioral health interventions, review and update treatment plan
 - Review homework from previous session
 - Discuss progress on and practice behavioral health strategies
- Check on referrals and problem solve any referral barriers [if applicable]

UW Medicine

7

3. Outline Next Steps in Care [5 minutes]



- Confirm assignments for next session
 - Who is responsible for any follow-up/tasks?
- Set next appointment
- Provide patient with care plan and follow-up paperwork

UW Medicine

8

Priorities in Brief Treatment



- Skill acquisition
 - Not focused on talk therapy
 - Focus on learning skills, not solving all problems
- Set goals
 - Focus on one goal at a time
 - Define behaviors related to the goal
- Homework
 - Emphasis on the work done between sessions
 - Make connections between specific behaviors and mood

UW Medicine

9

Brief Interventions for Brief Visits



- Behavioral Activation
- Cognitive Behavioral Therapy
- Problem-Solving Therapy
- Distress Tolerance
- Interpersonal Counseling
- Motivational Interviewing

UW Medicine

10

Consistent Agenda



1. Greeting and agenda setting [5 min]
2. Review and provide intervention [20 min]
 - Review PHQ/GAD and homework
 - Review medications (if applicable)
 - Brief Behavioral Intervention (BA, CBT, Distress Tolerance, etc.)
3. Next Steps [5 min]
 - Homework: confirm plan and assess for barriers
 - Schedule follow-up visit

UW Medicine

11

Time Management Tips & Tricks



- Complete BH measures prior to visit
- Start with focused questions e.g. “how has your mood been the last week?”
- Bring client’s attention to date and substance of previous visit
- Set an alarm for 5 min wrap up
- Visible clock
- Pre-charting
- Other tricks/tips? What works for you?

UW Medicine

12

Making the Transition to 30 min. Visits



- New patients
 - Set expectation for 30 min. visits at the initial intake
 - 30 min appointment patient handout
 - Stress importance of work done *between* sessions
- Existing patients
 - Decreased visit length, increased frequency
 - Other approaches to this conversation?
- 30 min appointment patient handout

UW Medicine

13

Resources: Clinician Guide/Patient Handout



The image shows two document thumbnails from the AIMS CENTER. The left thumbnail is titled '30-Minute Follow-up Appointments' and contains sections for 'Introduction', '30-Minute Follow-up Appointment', 'Benefits of 30-Minute Appointments', 'Preparing for the Appointment', 'During the Appointment', and 'After the Appointment'. The right thumbnail is titled '30-Minute Follow-up Appointments - Patient Handout' and contains sections for 'Introduction', 'Benefits of 30-Minute Appointments', 'Preparing for the Appointment', 'During the Appointment', and 'After the Appointment'.

UW Medicine

14

Questions & Discussion



15

THANK YOU FOR JOINING US TODAY!

Paul Barry, LICSW
barry@uw.edu

Please complete evaluation in chatbox



UW Medicine

16