ANXIETY: Resident is diagnosed with anxiety disorder

Assess level of need and readiness (MI).

Core A: 130-session core resource provided to all residents. In general, the first 30 sessions may be viewed as a useful preparation for more intensive mental health treatment. The full resource is recommended.

Core B: this is provided all residents. Programming for special needs or mental health overlays may be scheduled at this time. The Core B resource is a 50-session loop, and residents may attend when not at special programming during these times.

OPTION:

If needs more intensive MI preparation use Core C1.

Anxiety -MI -1 resource

Anxiety level 1 resources (link)

Core C2 (CBT resource) - strongly suggested for Anxiety MH Tx.

Core C3 (comprehensive CBT coping skills resource) - suggested

Workbooks: " Anxiety" (F3 -5 sessions) and "Managing your stress" (CS9- 5 sessions)

Assess need for Level 2

Anxiety -MI -2 resource

Anxiety level 2 resources (link)

Workbook options: "What went wrong?" (SD2), What's wrong with my feelings?" (Di11), Coping skills for when you are at greatest risk (CS2). *(Approx. 20-22 sessions)*

Optional: workbooks. M2,M8 (additional 12 sessions).

Assess need for Level 3

Review Anxiety TP resource (TP3) for suggestions.

The TP 2 "Anxiety" resource includes a range of specific MH resources for counselor and client. It provides an orientation to treatment of this issue, a comprehensive set of treatment planning and implementation suggestions, suggestions for effective use of Motivational Interviewing (MI), and multiple handouts and worksheets for client and counselor addressing symptoms, triggers, incident worksheets, and coping skills tools. *Highly recommended.*

Anxiety -MI -3 resource

Anxiety -level 3 resources (link)

Workbook option: "Control" (FD3), Resource TP2 identifies a range of additional specific CBT worksheet options (ST).

Competency checklists may be used to document outcomes.

Assess need for PTSD Tx

PTSD resource (link); other MH links

Anxiety -MI -4 resource: confidence, self-efficacy, specific action plans for maintenance

COLOR KEY

SOCIAL WORKERS
YOUTH SPECIALISTS
SPECIALISTS - AS ASSIGNED
MENTAL HEALTH PROFESSIONALS
RECEPTION STAFF