

## SEEKING SAFETY EQRO CYBH PIP

### NEW CLIENTS

START DATE: **NOVEMBER 16, 2015**

PURPOSE:

***Can the risk of substance use for youth ages 12 through 20 years be reduced by the use of a brief intervention (Seeking Safety Topic) while receiving mental health services at an outpatient clinic?***

POPULATION:

Medi-Cal eligible youth ages 12 through 20 years seeking behavioral health services at CYBH outpatient clinics that are AT RISK (score of two or more) on the CRAFFT screening for alcohol and substance use.

PROCEDURE:

***TO OCCUR DURING ASSESSMENT PHASE; 6<sup>th</sup> WEEK OF TREATMENT; SIX MONTH; ANNUAL***

### ASSESSMENT PHASE

- This applies to NEW clients (ages 12 through 20 years) assigned to you
  - At your first face to face session with the client administer the **CRAFFT Screening Interview** *(If you administer the paper version, please be sure to input it into EHR)*
  - If the client has given **two or more YES responses** on the CRAFFT, then they are considered to be **At Risk**
  - If the client has been identified to be **At Risk** on the CRAFFT then administer the **SACS-Part B (Substance Abuse and Choices Scale)**
    - The SACS-Part B needs to be administered within the next 30 days
    - See attached SACS-Clinician Guide for scoring Part B
    - SACS-Part B needs to be hand scored prior to logging results on to Survey Monkey
  - After the SACS-Part B has been administered, the results of the CRAFFT and SACS-Part B need to be entered into Survey Monkey within 3 business days
    - The results can be entered by office staff
  - The administration of the SACS-Part B needs to be documented within your Assessment session progress note
    - Example (of statement):  
**Administered the SACS-Part B on this date due to At Risk score obtained on the CRAFFT**

➤ Survey Monkey

- After both the CRAFFT and the SACS-Part B have been administered log onto the Survey Monkey website to record results

<https://www.surveymonkey.com/r/ZGN6FHB>

- Directions:

I. **Case Identification**

1. Enter Clinician's name
2. CYBH Program (choose your Region from the drop down menu)
3. Create an **identifier** for the client

**\*\*Use the last 4 digits of MRN\*\***

MRN: 1000-12-4567

**Identifier: 4567**

4. Next

II. **Type of Administration**

1. Click 1<sup>st</sup> Box: Initial Screening: CRAFFT and SACS if CRAFFT=2+
2. Next

III. **Initial Screening: CRAFFT only**

1. Administration Date
2. CRAFFT score
3. Next

IV. **Initial Screening: CRAFFT and SACS**

1. Enter the SACS-Part B score

**\*\*\*Survey Monkey entry completed for Assessment Phase\*\*\***

➤ The Care Plan

- Be sure to include Seeking Safety as one of the **Interventions** in the Care Plan with the Service Type being "MHS Individual"
  - Be sure to provide an "Intervention Narrative"
    - Example (of Intervention Narrative):  
**Individual Therapy using Seeking Safety to work on making healthier choices and reduce maladaptive coping**
- The Seeking Safety intervention needs to be included in the **Objectives**
  - Example:  
**By (3 months/6 months) client will learn and implement 1-3 adaptive coping strategies (i.e. seeking safety) to reduce the risk of substance use and maladaptive coping as evidenced by lower scores on the SACS-Part B.**
- Once the Care Plan is signed, begin using the Seeking Safety intervention!

## 6<sup>th</sup> WEEK OF TREATMENT (from the date the Care Plan was signed)

- Review the Seeking Safety Manual, especially Chapter 2, prior to beginning the Seeking Safety Intervention
- Be flexible with the Seeking Safety intervention and feel free to choose a topic that would best fit your client.
  - Continue with the Seeking Safety intervention for **6 weeks**  
\*\*Not necessarily six sessions!\*\*
  - At the **6<sup>TH</sup> week**, re-administer the SACS-Part B
    - See attached SACS-Clinician Guide for scoring Part B
    - SACS-Part B needs to be hand scored prior to logging results on to Survey Monkey
  - The results of the SACS-Part B need to be entered into Survey Monkey within 3 business days
    - The results can be entered by office staff
  - The re-administration of the SACS-Part B needs to be billed/documentated as an **Assessment Service**
    - Example (of progress note):
      - *Intervention:*  
**Administered the SACS-Part B at the 6 week point to reevaluate client's At Risk status regarding maladaptive choices and substance use**
      - *Response:*  
**Result of the SACS-Part B obtained**
      - *Plan:*  
**Continue with Seeking Safety intervention**
- Survey Monkey <https://www.surveymonkey.com/r/ZGN6FHB>
  - After the re-administration of the SACS-Part B, log on to Survey Monkey to record results
  - Directions
    - I. **Case Identification**
      1. Enter Clinician's name
      2. CYBH Program (choose your Region from the drop down menu)
      3. Use the same **identifier** for the client as you used before  
(i.e. **the last 4 digits of MRN**)
      4. Next
    - II. **Type of Administration**
      1. Click 2<sup>nd</sup> Box: Follow-up substance use assessment (SACS)
      2. Next

III. **Indicate the Seeking Safety topic completed**

1. Check Boxes that apply
2. Enter Dates (Topic Completion and SACS Administration)
3. Enter SACS-Part B score
4. Next

\*\*\*Survey Monkey entry completed for 6<sup>TH</sup> Week of Treatment\*\*\*

- If the client's case is closed prior to the re-administration of the SACS-Part B at week 6, please log in and record the discharge on to Survey Monkey:

<https://www.surveymonkey.com/r/ZGN6FHB>

○ Directions

I. **Case Identification**

1. Enter Clinician's name
2. CYBH Program (choose your Region from the drop down menu)
3. Use the same **identifier** for the client as you used before  
(i.e. **the last 4 digits of MRN**)
4. Next

II. **Type of Administration**

1. Click 3<sup>rd</sup> Box: Left program without completing follow-up SACS-Part B
2. Next

III. **Consumer Left Program**

1. Enter date of last consumer contact
2. Circumstances of consumer leaving program
3. Done

**SIX MONTHS**

(from the date the Care Plan was signed)

- Re-administer the SACS-Part B again at the **6 month** time frame and follow the same steps on Survey Monkey as you did with the 6 week administration

- An **Assessment Service** can be billed/documented again

**ANNUAL**

(from the date the Care Plan was signed)

- At the **Annual** time frame
- Re-Administer the CRAFFT as per usual protocol
  - If the client score on the CRAFFT places them **At Risk**, then re-administer the SACS-Part B and follow the same procedures as before