Outcome Guided Mental Health Intervention Stages

1. Diagnosis
2. Rehab Baseline: Barriers & Disability Profile

3. NON-MENTAL HEALTH PRIMARY BARRIERS ASSESSMENT
   ***Physical manifestations of fatigue/depression and common MH misdiagnoses***
   - Sleep assessment
   - Headache assessment
   - Thyroid, coronary artery, insulin resistance, stroke, CFS, liver cirrhosis vs. depression
   - Dizziness, substance abuse vs. anxiety/panic attacks
   - Vision/hearing assessment
   - General medical (e.g. blood work for deficiencies)

   Respective Physical Intervention

4. LEVEL I INTERVENTION
   • Pharmacological
   • Psychological intervention
     - cognitive behavioural
     - stress/symptom management counselling

   Combination most effective for significant mental health disorders

   ROMS RE-ASSESSMENT I
   (If intervention occurred for non-MH Primary barriers)

5. LEVEL II INTERVENTION
   • Pharmacological
   • Psychological intervention
     - cognitive behavioural
     - stress/symptom management counselling

6. LEVEL III INTERVENTION
   • Home/community behavioural programming (12-16 weeks)
   • Psychological support

   ROMS RE-ASSESSMENT III+
   Determine status after Level II/III Intervention and/or interim phases

7. OCCUPATIONAL DISABILITY DETERMINATION (See “Own occ.” & “Any occ.” diagrams)

8. VOCATIONAL REHABILITATION/INTERVENTION
   • Counselling support should generally accompany vocational rehabilitation to manage symptom relapse

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