

## Mental Health Virtual Assessment Simulation Week 3 Guide

This week's topic is **Therapeutic Relationship Development**. This Google document can be used to take notes during your assessment. It is sharable so please remember to share the link with your clinical partner to share your notes in real time.

### Situation:

You will be conducting a mental health assessment of a new client who has come into your rural clinic and is communicating with you with a video conferencing from another rural community 50km away. Similar to what many rural healthcare providers experience, you will be takes with creating a comfortable environment with the client, developing therapeutic relationship, contusion your mental health assessment and setting the proper measures in place if necessary (eg. follow up appointment, implementing Form #1, immediate engagement with outreach team, verbal contracts, etc.).

### Expectation:

As you develop a therapeutic relationship, consider what is occurring around yourself and the client, distractors, additional information that can be gathered, and what you can do to keep the assessment focused while not physically being present with the person.

### Resources:

You will have a physician (the instructor) who is in the Zoom common room to seek assistance and referrals if needed. You will also have access to your mental health assessment form.

### Additional Notes:

Please remember this is a simulation and interactions can feel very real. If at any point you feel overwhelmed, stuck, or unsure what to do say "TIME OUT " and message the instructor who will come to your breakout session right away to assist. This interaction should take no more than 20 minutes, try not to exceed that time. You will be reminded by the instructor of a 15 minute warning. If you exceed 20 minutes the zoom call will end and the client will be disconnected.

### Preparation for Praxis:

After taking 15 minutes with your partners to reflect on one that you observed, what you accomplished and what you feel you could have done differently. Please record your responses below as this will be shared with the other breakout room participants in our group praxis. Good luck and have fun!

## **Key Concepts:**

**Therapeutic Relationship Development & Mental Health Assessment**

**How-To/Steps:****Feeling Under Prepared:**

Take five minutes and develop a plan and questions you feel are necessary in addition to your assessment form before entering the room with the client. The more prepared and calm you will help set the environment for a calm interaction.

**Important Reminders/Due Dates:****Questions?**

Feel free to email Adam using FOL.