

Trauma-Informed Collaborative Documentation

Objectives for This Training

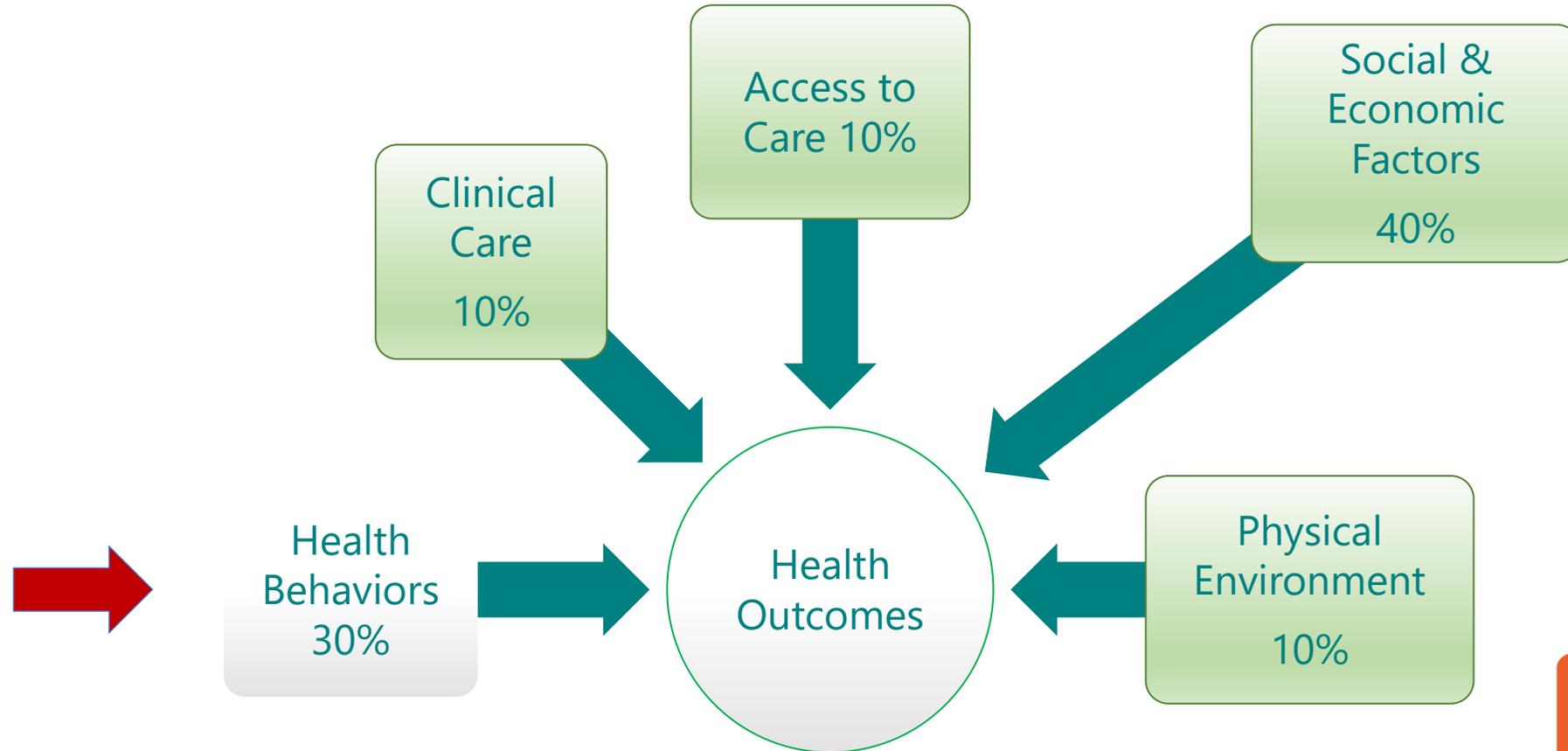


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- Establish a common language around what effective and strong progress notes looks like.
- Demonstrate how collaborative documentation is a patient-centered approach that results in better care, treatment, and notes.
- Explore the collaborative documentation model and discuss best practices for process and environment.

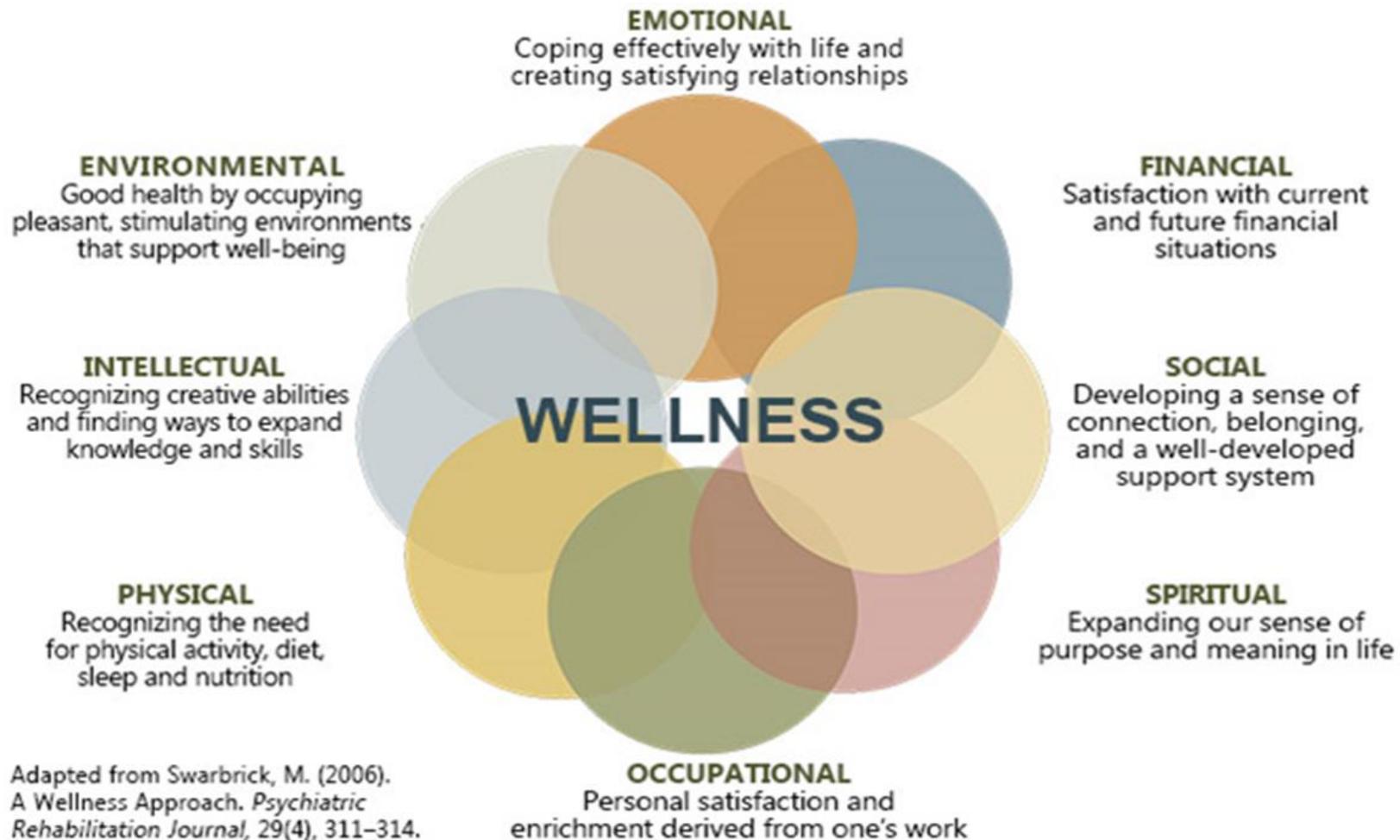
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Determinants of Health



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Eight Dimensions of Wellness



Adapted from Swarbrick, M. (2006).
A Wellness Approach. *Psychiatric
Rehabilitation Journal*, 29(4), 311-314.

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Figure 2

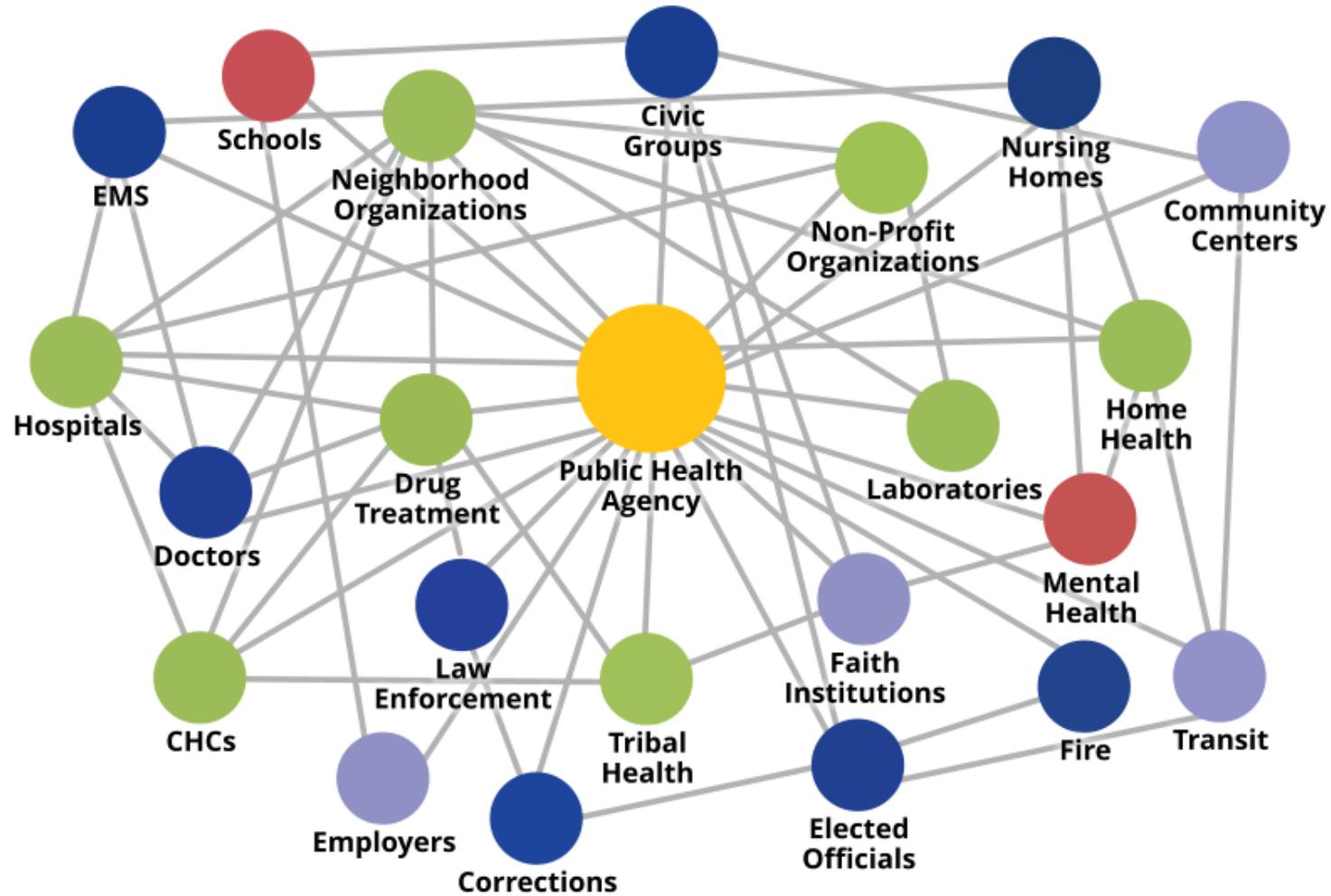
Social Determinants of Health

Economic Stability	Neighborhood and Physical Environment	Education	Food	Community and Social Context	Health Care System
Employment	Housing	Literacy	Hunger	Social integration	Health coverage
Income	Transportation	Language	Access to healthy options	Support systems	Provider availability
Expenses	Safety	Early childhood education		Community engagement	Provider linguistic and cultural competency
Debt	Parks	Vocational training		Discrimination	Quality of care
Medical bills	Playgrounds	Higher education			
Support	Walkability				

Health Outcomes
 Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations



Community-level interactions



Source: Centers for Disease Control and Prevention, 2018

Why Does Documentation Matter?

If it is not documented, it did not happen!



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An Effective Progress Note



**Readable – not too
“clinical” or too
much jargon**



**Objective neutral
language**



Useful to:

Patient
Clinician
Others involved in
patient’s care – team
members, collaterals,
others?



**Demonstrates
service necessity**

Language Matters: Be Attentive to All Language



“Non-compliant”

“Manipulative”

“Naughty”

“Lazy”

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Jargon

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The Documentation Linkage

Assessment

- Strengths/Challenges
- Assessed Needs/Personal Goals

Treatment Plan

- Goals and Objectives
- Should link to assessed needs and goals from initial assessment

Progress Notes

- Interventions
- Progress

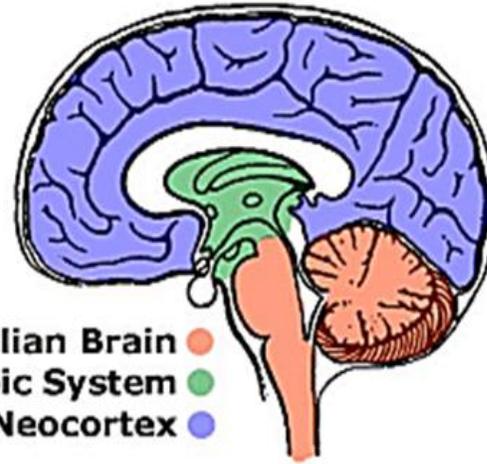
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What's wrong with the way I am documenting now? Why should I care about collaborative documentation?

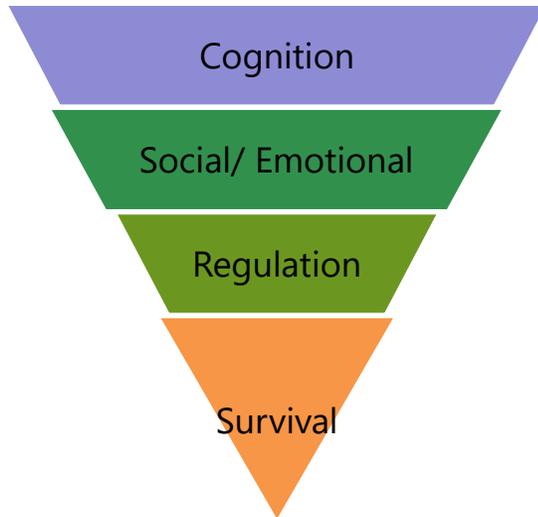


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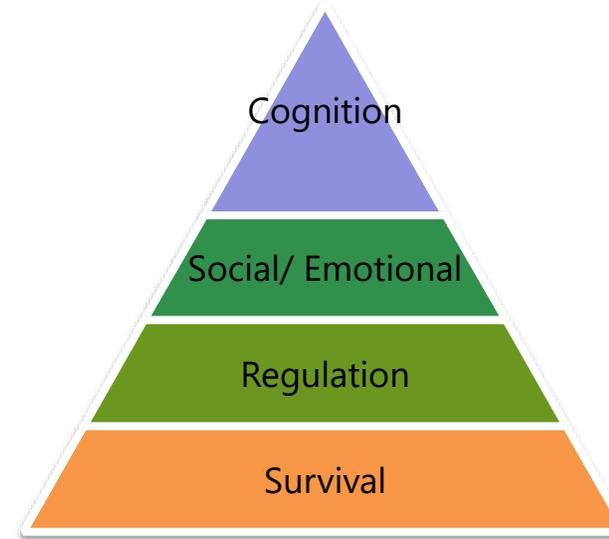
Trauma Impacts Brain Development



Typical Development



Developmental Trauma



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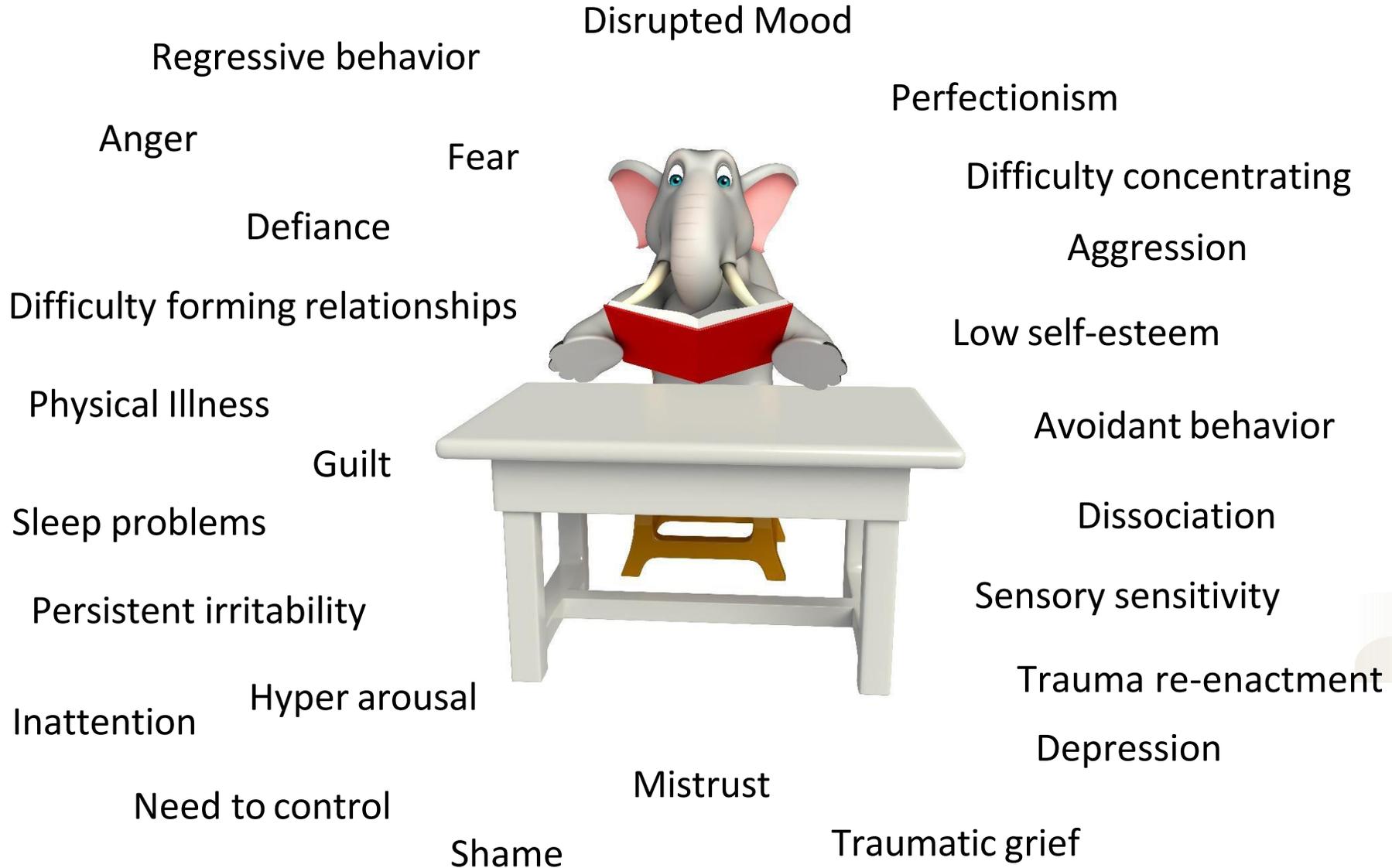
Trauma Shapes Beliefs



- Worldview
- Spirituality
- Identity

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What's Sitting in the Room from Trauma



Cultural Humility

Practicing Cultural Humility

*A*sk questions in a humble, safe manner

*S*eek Self-Awareness

*S*uspend Judgment

*E*xpress kindness and compassion

*S*upport a safe and welcoming environment

*S*tart where the patient is at

- Lisa Boesen

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We need to have...

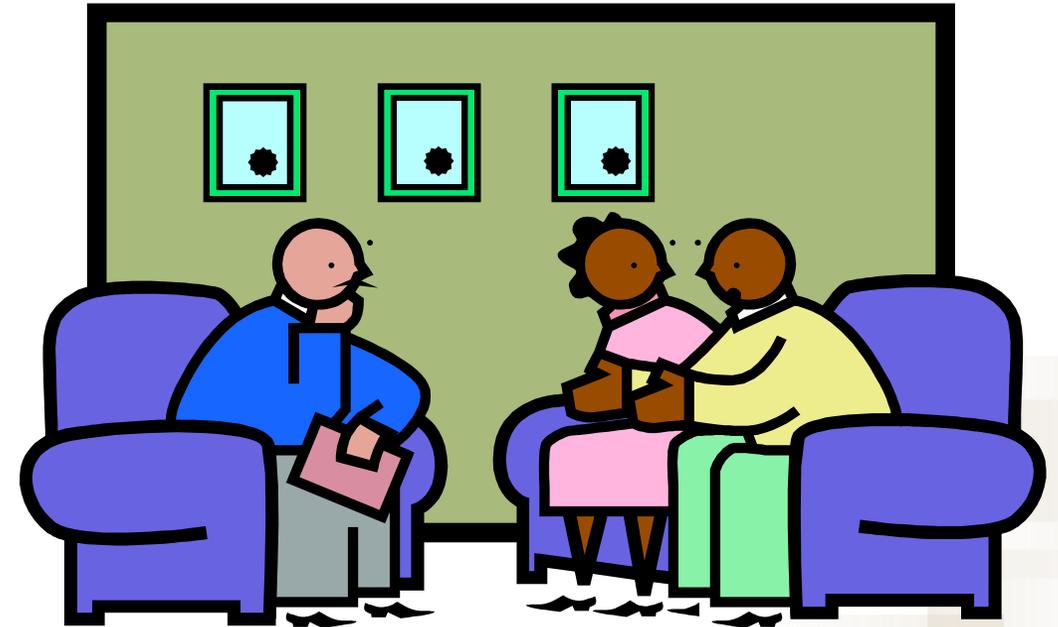


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What is Collaborative Documentation?

Collaborative documentation is a practice where the clinician and client document together, during the session.

- ▶ Concurrently for assessments/treatment plans
- ▶ Beginning and end for ongoing sessions...
 - ▶ “first five and last five”
- ▶ Not Concurrent Documentation



Tips for Collaborative Documentation

Use



Ask



Let



Benefits of Collaborative Documentation



Improves
Quality of Life

Outputs
↳ ... create Outcomes
↳ ... which have Impact

Improves
Client Outcomes



Supports
Shared Decision-Making



Improves
Compliance

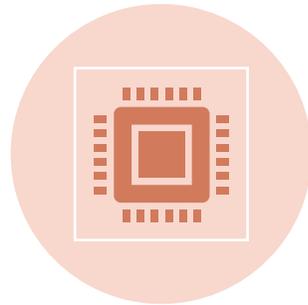


Improves
Capacity and Productivity

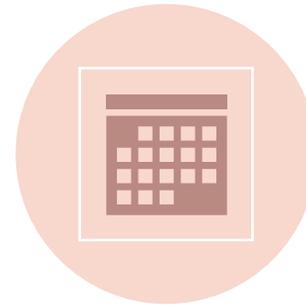
Collaborative Documentation Setup



SCRIPTS – KNOW HOW YOU ARE GOING TO INTRODUCE TO CLIENT BEFORE THE SESSION



TECHNOLOGY – WHAT IS NEEDED/AVAILABLE?



TIME/FLOW – REAL TIME FOR ASSESSMENTS/TX PLANS, BEGINNING AND END FOR PROGRESS NOTES



HIPAA – BE CAREFUL OTHER INFORMATION ON THE COMPUTER IS NOT SEEN BY THE CLIENT

Thank You!