Form Nu	m 620	Template Last N	lodified 19/03/2019	9	Version 10	
		Regional Collat	alth Services porative Recover s Manukau	ſy		
Testing, E-P-A-C D0)B:09/06/	1990 NHI:ZZZ0059				
Aims of this pl		<u>Care Team and</u> Preferred support people	Understanding issues and co		<u>What contribut</u> <u>becoming u</u>	
Collaborative Care Plan		<u>Crisis plan / Risk management plan / Distress</u> support plan / Advanced care plan			View All	
Print Collabor	<u>ative plar</u>	_	ess support plan /	Advanced care	e plan	
Date Of Initial Plan 04/12/2023	Form init			<u> </u>		
Date Reviewed	Recorde	d by		A de		
			101	Show Prompts	s Hide F	Prompts
factors that enhar plan About me: (Values, strengths, social and My goals: (The and	lifestyle, d occupat	apture relevant informa very, provide potential s the ethnic, cultural and c tional roles) ims, desires and vision for	trategies and sol	utions in the t	form of a prace form of a prace	ctical th, their
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Name		Contact	Туре	of support		
People I DO NOT	want invo	•	ls / Phone number	Add	Relationship	
Name		Contact	Relat	tionship		

Understanding of current mental wellbeing needs and concerns

Mental health, mental wellbeing needs and what matters to the service user. (Include the main things the service user is concerned about or wishes to focus on and include any concerns raised by the clinical team)

Diagnosis and understanding of this. (Include awareness of a diagnosis being made, by whom and when this was made? Whether the service user agrees with the diagnosis and what it means to them?)

Treatment and care preferences (Treatments and interventions used or tried previously. How useful, effective or ineffective these have been, what they would like to try again and what the clinical or support team recommends)

Medication treatment and understanding of options available including medicines adherence support (Include any known allergies, any medication preferences and what the clinical team recommends and why)

Safety and risk concerns (Include safety or risk concerns the service user has and those identified by their support people including members of the clinical team. Include also what these are based on and any protective factors or strategies that can be used to diminish risk factors)

Social, occupational, cultural / spiritual circumstances and needs (Include the resilience, capabilities and any concerns identified by the service user or by clinical or cultural team members which could support or impact on service user recovery)

Physical, medical, alcohol / drug concerns or needs (Include physical health, allergies, psychological needs, drug / alcohol / gambling or other addictions issues. **Note problematic substance use**. If substances have been used recently, consider possible withdrawal symptoms if admission is planned and treat adequately)

Children or dependants needs or concerns (Include strengths, capabilities and any support requirements if the service user is a parent or caregiver for children aged 0-19 or the main caregiver for any other dependents)

Mental Health Act status

Legal or Mental Health Act issu	ies	and concerns(Include the service user's view of MH Act status and use of)f
act with regards to care)			

HoNOS / HoNOSCA domain measures with scores of 2+ (If no items score higher than 1, discuss and consider whether another service may be more appropriate for this service user)

2. Non-accidental self	☐ 3. Problem drinking or drug taking
injury	
☐ 5: Physical illness or disability problem	☐ 6: Problems associated with hallucinations and delusions
8: Other mental or behavioural problems	9: Problems with relationships
11: Problems with living conditions	☐ 12: Problems with occupation and activities
	injury 5: Physical illness or disability problem 8: Other mental or behavioural problems 11: Problems with living

Comments on HoNOS / HoNOSCA / HoNOS 65+ domains

What contributes to becoming unwell

Situations, stressors or events that may act as triggers to me becoming unwell(Include triggers identified

from previous experience that cause distress, anxiety, fear, anger or relapse and what the service user or others including clinical team members have noticed or considered may have triggered or contributed to periods of unwellness)

Early warning signs that the service user or others notice(*Note the very first things the service user notices including body sensations, emotions, activity or behaviours, and those observed or noticed by others*)

Collaborative Care Plan

What the service user will do to support wellbeing and promote recovery. (Include wellness tools, specific therapies (CBT, DBT, DWD groups) skills and strategies the service user can use to support their own wellness and promote recovery. What the service user would like to use to focus on specific issues, concerns and goals)

Has a Sensory Preferences Form \bigcirc yes \bigcirc no Sensory Preferences (Include sensory preferences and comforting strategies that have previously been helpful)

What the service user wants the care team and support people to do to support wellbeing and promote recovery (Include agreed treatment specific, measurable, achievable and follow-up plans aimed at addressing specific issues, concerns and goals)

Summary of progress since last review (Brief record of progress, goals achieved, issues or barriers experienced. Ignore if this is the initial plan)

New / Current Plan (Include summary of discussion at this review, MDT, review of treatment, transition of care or discharge planning meeting and confirm the outcome and agreed goals, ways to achieve these including planned interventions and timeframe. **Note any specific AOD interventions required**. Include Comprehensive AOD assessment, brief intervention, motivational interviewing, Whaanau support and education and referral to specialist AOD services if indicated)

Crisis plan / Risk management plan / Distress support plan / Advanced care plan

What is needed from the care team / support people if the service user is in crisis / poses a risk to self or others (Include service user preferences for provision of support in specific situations, what the support people are to do, why, for how long and how that is expected to help)

Specific Treatment / Intervention / Medication preferences (Preferences recorded here should be used to guide clinical decisions. Include what has been discussed and agreed when the service user is well, what has worked in the past including particular sensory preferences, specific medication and / or non medication options)

Preferred treatment facility options (Include consideration for treatment at home with support, admission to respite or alternative options such as Marae or Urupa and preferred inpatient treatment options)

What the care team / support people are not to do if the service user is experiencing distress or in crisis (Include what has been found to be unhelpful or invalidating in the past, has escalated the distress experienced or likely to result in a negative outcome

Things the service user would like others to do and preferences for these (Include preferred arrangement for child care or for other dependents, pets, homecare)

What the service user will do if in crisis / poses risk to self or others

The service user is agreeable to share this plan with support people and members of the care team as indicated in this form

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Regional Collaborative Care plan V10 Print Version

Form Num 620	Template Last Modified 19/03/2019	Version 1.1
Waitemata District Health Board Best Care for Everyone	WDHB Mental Health Services Regional Collaborative Recovery V10 620 PRINT VERSION ONLY Waitemata DHB	
Aims of this plan	Care Team andUnderstanding of currerPreferred support peopleissues and concerns	t <u>What contributes to me</u> <u>becoming unwell</u>
Collaborative Care Plan	Crisis plan / Risk management plan / Distress support plan / Advanced care plan	View All
Date Of Initial Plan Form init	tiated by	6
Date Reviewed Recorde	d by	
	u by	PC,
The aim of this plan is	to capture relevant information that has b	eendiscussed which
	t enhance recovery, provide potential stra	
	the ethnic, cultural and community groups the servi	ce user identifies with, their
My goals: (The ambitions, ai these)	ims, desires and vision for the service user and the s	steps needed to achieve
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providing support inclue		
Support person / Name	e Contact Details / Phone number	Type of support person
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http://ha-webdev01/MentalHealth/HCCNew2/file_FormDet/Regional%20Collabo... 11/04/2019

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Mental Health Act status		
egal or Mental Health Act issues an fact with regards to care)	d concerns (Include the servio	ce user's view of MH Act status and use
IoNOS / HoNOSCA domain measure		
1. Overactive, aggressive, lisruptive or agitated behaviour	2. Non-accidental self injury	3. Problem drinking or drug taking
4: Cognitive problems	5: Physical illness or disability problem	6: Problems associated with hallucinations and delusions
7: Problems with depressed mood	8: Other mental or behavioural problems	9: Problems with relationships
10: Problems with activities of daily iving	11: Problems with living conditions	12: Problems with occupation and activities
comments on HoNOS / HoNOSCA / I	HoNOS 65+ domains	
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Collaborative Care Plan	5	
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