

Hello, my name is ... I'm a Behavioral Health Support Specialist.

- a. My role is to meet with patients who report symptoms of depression or lowered interest and talk about some self-management options.
- b. Today's agenda is to review symptoms of depression, discuss what depression is, and discuss how an approach called Behavioral Activation can help. Anything you would like to add to the agenda?
- c. I'm part of a team here at the clinic and am supervised by a licensed care manager. I want to let you know that everything we discuss is confidential and not shared with anyone beyond my supervisor. We generally update the rest of the team (ie your PCP) about your clinical status and how you are responding. I do need to let you know about the only exceptions to confidentiality outside of the treatment team here: If any patient expresses intention to harm themselves or others then we are obligated to contact emergency services. And if any patient reports that they are mistreating or neglecting a minor or a vulnerable older adult, then we may be mandated to report that to state agencies. But our goal is to keep you safe, so we will do everything we can to make this easy for you, if it looks like we need to make a report. Any questions?