

LO 3 Activity: Practice Writing an SBAR

This assignment will help you practice constructing an SBAR report based on a realistic (but fictional) scenario involving a client who experiences an unexpected behavioral or mental-health–related event. Develop a short, fictional scenario involving a client in a mental or behavioral healthcare setting. Examples might include:

- A client who becomes unexpectedly withdrawn during a group session
- A client who reports a new emotional stressor
- A client who experiences an unexpected behavioral outburst
- A client whose mental status appears suddenly different from earlier in the day

Your scenario should be no more than **4–6 sentences** and should provide enough context for you to write an SBAR.

S- Situation

- Briefly state the unexpected incident.
- Identify when and where it occurred.

B – Background

- Provide relevant client information (e.g., diagnosis, recent behaviors, treatment goals).
- Include only information that directly helps explain the current situation.

A – Assessment

- Describe what you observed.
- Identify changes from the client’s baseline behavior or functioning.
- Include your professional impression (e.g., client appears anxious, agitated, confused, disengaged).

R – Recommendation

- Suggest a next step (e.g., staff check-ins, clinical reassessment, coping-skills session, documentation, or consultation).

Keep your SBAR to **1–1.5 pages**, double-spaced.