



Baylor All Saints Behavioral Health Project
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I am the Licensed Clinical Social Worker at Baylor Community Care at Fort Worth. Since the Behavioral Health program launched, I have screened over 140 patients for depression or anxiety. 24 patients of those patients have enrolled in the Behavioral Health program, but more important for this clinic is the number of high acuity patients that disclose their suicidal ideation to me during the assessment process, and the crisis intervention that is able to take place.

I would like to share one such success story with you, and how this program can give you a glimpse of how the social worker is able to assess, educate and provide key intervention and resources that can help improve and even save these patients' lives at such a critical time. This patient is a XX year old X X who lives in the Region 10 area, and has two young grade-school children; [their] medical issues include headache and gastroesophageal reflux. When I initially assessed [them] in mid November, 20XX, [their] PHQ score was 21 and [they] were having suicidal thoughts in the previous two weeks. Not only did I provide educational resources to [the patient] about depression, but most importantly, I did crisis intervention with [them] and provided all the vital crisis emergency resources needed in the event [they] had any more suicidal thoughts, and I established a safety plan.

[The patient] started counseling in the Behavioral Health program, and received counseling services every two weeks in the program, where [they] discussed [their] goals and activities; and in between counseling sessions [they] worked on and accomplished those goals and activities. This patient also discussed the option of starting a low dose anti-depressant medication, with [their] physician, and the patient decided to pursue this option for a period of four months. On 12/XX/1X, six weeks after starting the Behavioral Health program, patient's PHQ score had decreased from a 21 to a 6. [They] continued counseling, because [they] felt it really helped [them] to work on [their] goals and activities, and it has helped improve [their] self-esteem, emotional well-being, and physical well-being. [The patient] feels better overall, and has now weaned off the anti-depressant medication (after discussing this with [their] physician). At [their] last counseling appointment, the patient's PHQ score was a 3 on 2/XX/1X, and is now in the maintenance phase of counseling, where [they] does not need to come in for counseling as often and can contact me when [they] feel the "warning signs" of anxiety or depression coming on.

Thank you for giving us the opportunity to help improve these patients' lives!