

### **MHPS Screening Process Session with the BUPPS (H0002)**

This staff conducted a Mental Health Prevention Services (MHPS) screening with patient which included administration of the Brief Universal Prevention Program Survey (BUPPS) along with a discussion about her responses to both BUPPS subscales to identify her protective factors and possible risk factors. Additionally, this staff spoke with this patient about her self-reported worry of not having many friends and family to talk about her day-to-day life.

Patient scored a 22 on her BUPPS Protective Factors subscale and a 16 on her WHO Wellbeing subscale, indicating she had some existing protective factors such as one or two coping strategies, that she maintained a somewhat positive outlook for her future, and that for the most part she felt in good spirits.

Patient did, however, score on the lower end of item #2 in the BUPPS Subscale (“I feel like part of a community”) with a response of “A little”. This staff then asked patient to talk more about the low score of item #2. The conversation revealed patient had few friends and family in the area, and that since COVID patient started feeling lonelier. This staff shared with patient about the “Taking Care of You” worksheet in the Stress Management curriculum and how this might give her some ideas on how to expand her support network. Patient stated how she would like to learn more about this, and so this staff scheduled her for a follow up session in two weeks.

### **MHPS Follow-up Session with the BUPPS (H2014)**

Patient arrived today for his second follow-up MHPS session and was again given the BUPPS. This staff compared patient’s scores from today’s session (BUPPS Protective Factors score of 18 and WHO Wellbeing score of 12) to his BUPPS screening session scores (BUPPS Protective Factors score of 14 and WHO Wellbeing score of 13) and noted that patient’s score on items 8 and 10 of the WHO Wellbeing subscale remained low, and in fact, in the case of item #8, decreased from a score of 2 to 1.

This staff asked patient to talk more about his challenges with being able to relax and how his constant worries and concerns were preventing him from getting some restful sleep at night. Client opened up more with this staff about feeling more nervous about work, his finances, and his ability to support his family.

Staff asked client if he was open to continuing his work in the Stress Management curriculum, including two helpful exercises known as the “My Self-Soothe Toolkit” and the “Butterfly Breath”. This staff shared how both exercises might provide him some direct support and reduce some of his stress, worry and trouble with sleeping. This patient agreed to practice these exercises at home between his appointments.

### **MHPS Discharge Session with the BUPPS (H2014)**

This is patient’s fifth and final session today, as she was scheduled for a discharge after having expressed to this staff that she felt better. Client was provided with her final BUPPS, and she scored a 25 on the BUPPS Protective Factors subscale and a 22 on the WHO Wellbeing subscale. Both subscales showed improvement from client’s MHPS screening session 7 weeks earlier.

Client stated how the Grief and Loss curriculum provided her with some important self-care skills and a better understanding about stress from grief. She also added how she will try and participate in some of the grief-related comforting activities she discussed with this therapist when they worked on this exercise a couple of weeks back.

Client was informed she would be sent a copy of her certificate of completion for the Grief and Loss curriculum to which client expressed some tears of joy in her success. This patient is now discharged from her MHPS cycle effective with today’s date.