

Mental Health:

Development and use of mental/emotional abilities to adjust to life situations, interact with others, and engage in activities.

Signs/ Symptoms:

- Sadness/ hopelessness/ decreased self-esteem
- Apprehension/ undefined fear
- Loss of interest/ involvement in activities/ self-care
- Narrowed to scattered attention/ focus
- Flat affect
- Irritable/ agitated/ aggressive
- Purposeless/ compulsive activity
- Difficulty managing stress
- Difficulty managing anger
- Somatic complaints/ fatigue
- Delusions
- Hallucinations/ illusions
- Expresses suicidal/ homicidal thoughts
- Attempts suicide/ homicide
- Self-mutilation
- Mood swings
- Flash-backs
- Other

KBS rating considerations:

Knowledge

Consider:

- Client's knowledge and awareness of own mental health and available resources and treatment options

Behavior

Consider client's:

- help seeking behavior
- adherence to treatment
- self-monitoring

Status

Consider:

- signs and symptoms
- ability to function and cope
- effectiveness of treatment

Guidelines & Notes:

- Self-care may include sleep, exercise, stress management, meditation, herbs, etc.
- **Assess as actual if:** current signs and symptoms of mental health problems exist, not effectively coping with mental health issues, postpartum depression/psychosis
- **Assess as potential if:** past personal history, current diagnosis that is appropriately managed, high level of stress and/or difficult life circumstances, significant family history of mental illness/suicide.

	1	2	3	4	5
	None	Minimal	Basic	Adequate	Superior
Knowledge	<p>Not aware that symptoms are unusual or could be a sign of mental illness. No insight or acknowledgment of mental health concern.</p> <p>No knowledge of effects of life stressors and coping skills</p>	<p>Aware that symptoms are sign of disorder, but does not know treatment options or understand the impact of symptoms</p> <p>Minimal knowledge of effects of life stressors and coping skills</p>	<p>Aware of symptoms, knows one treatment option and basic information about impact of illness on life</p> <p>Basic knowledge of effects of life stressors and coping skills</p>	<p>Understands that symptoms are due to mental illness and impact mental illness has on life, knows various treatment options</p> <p>Understands effects of life stressors and coping skills</p>	<p>Understands that symptoms are due to mental illness, knows lifestyle choices to decrease or prevent symptoms from returning, understands which symptoms suggest exacerbation, and knows treatment options. Understands effects of life stressors and how to use coping skills</p>
	Not Appropriate	Rarely Appropriate	Inconsistently Appropriate	Usually Appropriate	Consistently Appropriate
Behavior	<p>Does not take medications, attend therapy, or see counselor/physician. Mental health self-care not appropriate (ineffective, inappropriate, or destructive).</p>	<p>Takes medications only when symptoms are severe, in hospital, or treatment is ordered by court; attends only initial therapy appointment. Mental health self-care rarely appropriate.</p>	<p>Takes occasional "medication holidays"; attends therapy inconsistently. Mental health self-care inconsistently appropriate. Inconsistent in treatment follow through.</p>	<p>Usually takes medications as prescribed; attends most therapy sessions; mental health self-care usually appropriate.</p>	<p>Sees counselor/physician regularly and takes medications as prescribed. Makes lifestyle changes to promote wellness; seeks appropriate alternative healing. Mental health self-care consistently appropriate.</p>
	Extreme S/S	Severe S/S	Moderate S/S	Minimal S/S	No S/S
Status	<p>Agitated, aggressive, depressed, frequent thoughts about suicide. Needs hospitalization. Harmful to self or others. Unable to cope at all.</p>	<p>Talks about depression and other fears, does not express suicidal thoughts.</p> <p>Minimal coping ability.</p> <p>Severe impact on ADLs.</p>	<p>Occasionally depressed, increased awareness of self and others needs.</p> <p>Able to function in some ADLs.</p>	<p>Increasingly engages in purposeful activity, has not expressed suicidal thoughts for 6 months.</p> <p>Maintains ADLs.</p>	<p>Coping with daily stressors.</p> <p>Positive social functioning.</p>

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Signs/Symptoms

- | | |
|--|---|
| • Sadness/hopelessness/decreased self-esteem | • Somatic complaints / fatigue |
| • Apprehension/undefined fear | • Delusions |
| • Loss of interest/involvement in activities / self care | • Hallucinations / illusions |
| • Narrowed to scattered attention/focus | • Expresses suicidal / homicidal thoughts |
| • Flat affect | • Attempts suicide / homicide |
| • Irritable / agitated / aggressive | • Self-mutilation |
| • Purposeless / compulsive activity | • Mood swings |
| • Difficulty managing stress | • Flashbacks |
| • Difficulty managing anger | • Other |

KBS rating considerations:

<u>Knowledge</u> (What client knows)	<u>Behavior</u> (What client does)	<u>Status</u> (How the client is)
Consider knowledge of: <ul style="list-style-type: none"> • Client's knowledge and awareness of own mental health needs and concerns • Knows options for management of symptoms/treatment • Knows self care 	Consider client's: <ul style="list-style-type: none"> • Seeking help for behavior(s) • Follows through with treatment • Monitors own self-care 	Consider: <ul style="list-style-type: none"> • Ability to function and cope • Effectiveness of treatment/self-care • Management of symptoms

Guidelines & Notes:

- Self-care may include sleep, exercise, stress management, meditation, herbs, etc.
- Having a mental health diagnosis does not automatically mean the problem Mental Health should be assessed as Actual. If the mental illness is being treated effectively and consistently, and the mental illness is not significantly impacting other problem areas, the assessment could be Potential.

Mental Health

	1	2	3	4	5
	None	Minimal	Basic	Adequate	Superior
Client's Knowledge	<ul style="list-style-type: none"> • Not aware that symptoms are unusual or could be a sign of mental illness. • Unaware of impact of behaviors on family 	<ul style="list-style-type: none"> • Aware that symptoms are signs of mental illness, but is unaware of treatment options. • Does not understand the impact of symptoms on self/family. 	<ul style="list-style-type: none"> • Aware of symptoms • Knows some treatment option and basic information about impact of illness on life. 	<ul style="list-style-type: none"> • Aware that symptoms are due to mental illness and impact mental illness has on self/family. • Knows various treatment options. 	<ul style="list-style-type: none"> • Aware that symptoms are due to mental illness. • Knows lifestyle choices to decrease or prevent symptoms from returning. • Understands which symptoms suggest exacerbation, and knows treatment options.
	Extreme Concern	Severe Concern	Moderate Concern	Minimal Concern	No Concern
Client's Behavior	<ul style="list-style-type: none"> • Does not take medications, attend therapy, or see counselor/physician. • Self diagnoses and/or self medicates mental health symptoms. 	<ul style="list-style-type: none"> • Takes medications only when symptoms are severe, in hospital, or treatment is ordered by court. • Attends only initial therapy appointment. • Often uses ineffective self-care. 	<ul style="list-style-type: none"> • Takes occasional "medication holidays". • Attends therapy inconsistently. • Occasionally uses ineffective self-care. • Inconsistent with treatment follow through. 	<ul style="list-style-type: none"> • Usually takes medications as prescribed. • Attends most therapy sessions. • Mental health self-care usually appropriate. 	<ul style="list-style-type: none"> • Sees counselor/physician regularly and takes medications as prescribed. • Makes lifestyle changes to promote wellness. • Seeks appropriate alternative healing. • No behaviors demonstrating mental illness.
	Extreme S/S	Severe S/S	Moderate S/S	Minimal S/S	No S/S
Client's Status	<ul style="list-style-type: none"> • Agitated, aggressive, depressed, frequent thoughts about suicide. • Needs hospitalization. • Harmful to self or others. • Unable to cope at all. 	<ul style="list-style-type: none"> • Talks about depression and other fears, does not express suicidal thoughts. • Minimal coping ability. 	<ul style="list-style-type: none"> • Occasionally depressed, increased awareness of self and others needs. 	<ul style="list-style-type: none"> • Increasingly engages in purposeful activity. • Has not expressed suicidal thoughts for 6 months. 	<ul style="list-style-type: none"> • Coping with daily stressors. • Positive social functioning. • No current signs & symptoms of mental illness.