STAYING WELL PROTOCOL FOR STEP 2 USE*

STAGE STAYING WELL SESSION CONTENT INSTRUCTION INITIAL **SESSION** 5 min discussion of: **INTRODUCE** · Treatment journey through IAPT including discussion **STAYING WELL AS** of a risk review at each session **PART OF TREATMENT** • Importance of instilling skills for client to use after completing treatment **TREATMENT** • Importance of reflecting on key learning in preparation **SESSIONS** for end of treatment/staying well 5 min at each session: **RECORD** • Reflection/discussion of any fluctuation in MDS scores **KEY LEARNING** Review of risk **POINTS** • Discussion and recording on client's record of key learning between last session and current session **PENULTIMATE** • If no learning has been identified, explore barriers then **SESSION** utilise supervision 5-10 min at the end to reflect on previous sessions: INTRODUCE • Review problem statement/goals STAYING WELL · Review of risk **WORKBOOK** Introduce Staying Well workbook and set homework **FINAL STEP 2** to complete pages 4 and 5 **SESSION** Encourage client to attend final session Full session: COMPLETE Review of risk STAYING WELL Review pages 4 and 5 of Staying Well workbook **WORKBOOK** Complete page 6 together • Introduce and discuss pages 7-9 **FOLLOW-UP** • Ensure information from pages 5 and 6 of the workbook are recorded on the client's record REVIEW • Ensure client has a copy of the workbook SESSION 15 min: General overview/check in **REVIEW PROGRESS** Risk update SINCE DISCHARGE · Review of use of Staying Well workbook

^{*} Please note that this protocol is designed to be used in addition to your service treatment protocols