

Biopsychosocial Assessment

I. Data Collection

(Collecting basic, **uninterpreted** data related to the client's areas of functioning)

A. Identifying information

1. Identification of agency and person responding to the applicant's request for services.
2. Identification of the person who contacted agency requesting help.
3. Applicant's statement of problem(s) for which help is requested (including stated purpose and circumstances surrounding the application).
4. Description of how the person contacted the agency (including manner in which linkage occurred and the source of the referral).
5. Identification of family members and significant others involved in the request.
6. Identification of collateral sources.
7. Dates, modality, and participants in the contacts occurring

B. Psychosocial description

(Summary of essential elements of the psychosocial situation.)

1. Observation of the client (physical description, behavioral characteristics, attitudes, responses to professional interventions and contacts).
2. Identification of biological factors and symptoms of psychological or cognitive factors that impact the client's view of the world and their current situation.
3. Description of the family system (significant relationships, family functioning, cultural identity, important family and personal values, nature of family communication styles).

4. Description of interpersonal relationships outside the family.
5. Identification of interactions with impinging environmental systems that may impact the problem situation(s). Include here societal/attitudinal barriers the person may be encountering.
6. Past life events that have relevance to the current situation and problems (place and circumstances of birth, developmental transitions, marriage and child birth dates and circumstances, geographic transitions, education, work background, main events in life of client).

II. Problem Assessment

(Facilitates process of arriving at diagnostic judgments, utilizing the identifying information and psychosocial description, and applying relevant behavioral science and practice.)

A. Client's presenting difficulties and factors of causation

1. Precipitants of presenting difficulties.
2. Underlying factors which are causal to presenting difficulties; underlying predisposing factors, and underlying factors which perpetuate the presenting difficulties.
3. Effects and significance of the presenting difficulties in the client (s) life.

B. Efforts of client(s) and other participants to cope with difficulty and/or bring about change.

1. Actions taken to tolerate, manage or solve difficulties and the effects of these actions.
2. Relation between client(s) actions, capacities and goals.
3. Client(s) adaptive defensive adjustments to identified problems.

C. Relationship between client and professionals (level of investment, motivation, etc.)

III. Assessment and Conclusion.

(Provides and opportunity to present a brief statement of psychosocial problems emphasizing those areas that will be the focus of interventions.)

IV. Treatment Planning

(Provides a structure for formulation and elaboration of an explicit, realistic, and individualized treatment plan. Remember to demonstrate principles of client choice and self-determination as well as focus on developing the client's maximal independence in major life areas.)

A. Goals

1. Ultimate goals and rationale
2. Intermediate goals and rationale
3. Immediate goals and rationale.

B. Focus

1. Problem areas to be given attention (prioritized, timing, and ordering).
2. Specific content areas to which work will be directed and the rationale.
3. Participants in the treatment plan, nature of involvement and rationale.

C. Schema – [Case Management Plan](#)

1. Case management practice approach to be utilized.
2. Types of contacts planned with participants in the plan.
3. Procedures and techniques to be employed and the rationale.
4. Relationship qualities and factors to be utilized in contacts with clients.

5. Identify areas in which advocacy is needed, including client's self-advocacy and case manager advocacy on behalf of this client. (Larger scale systemic and/or population-based advocacy is addressed in the next section.)

D. Environmental Plan

1. Describe areas in which systemic, environmental advocacy is needed.
2. Describe strategies to address environmental (larger-scale) advocacy needs.

E. Prognosis

1. Anticipated characteristics of response of clients and other participant to treatment interventions.
2. Predicted phases, transitional factors, and length of treatment.
3. Barriers to progress.
4. Indicators of progress.
5. Indicators for discharge.
6. Post-discharge follow up.