

CAMS Session #1 (SSF-4) Initial Session

Assessment (approximately 30 minutes)

- Broach topic of suicide early in the session (within first 5 minutes).
- Introduce the “Suicide Status Form” — “Initial Session” — and request permission to sit next to patient.
- Take a seat next to the patient and complete SSF pg. 1 Section A (done by the patient with the clinician’s help)
- Complete SSF pg. 2 Section B (done by the clinician with patient’s help)

Treatment Planning (approximately 20 minutes)

- Introduce treatment planning and complete SSF Section C (done by the clinician with patient’s help).
- Address Problem #1 by developing a Stabilization Plan using the CAMS “Stabilization Plan” form (alternatively you may use a “Safety Plan,” or a “Crisis Response Plan” or another appropriate stabilization template).
- Identify two suicide-causing problems as Problems #2 and #3 respectively and write in goals/objectives, interventions, and anticipated duration.
- Introduce the notion of suicidal “drivers” related to Problems 2 and 3.
- Patient and clinician sign form; make copies of SSF pgs. 1-2 (Sections A-C) and the SSF Stabilization Plan and give to the patient before they leave (alternatively the patient may take pictures of these documents on their smart phone).

Further Documentation (approximately 5 minutes)

- Clinician completes SSF Section D *after* session; the entire SSF Initial Session (including the SSF Stabilization Plan if used) is then scanned into the electronic medical records (Sections A-D).

CAMS Session #2 (SSF-4) Tracking/Update Interim Session

Assessment (approximately 60 seconds)

- At the start of session, have the patient complete “Tracking/Update Interim Session” form Section A.
- Review the Section A assessment ratings and get a sense of how the patient has done since the last meeting.

Within Session Focus (approximately 40 minutes)

- Focus on the CAMS Stabilization Plan, asking what did and did not work during the previous week. Modify as needed.
- Further introduce CAMS conceptualization of suicidal “drivers”

Indirect Drivers → Direct Drivers → Suicidal Behaviors

- Bulk of the focus should be on targeting and treating the suicidal drivers— (optional to collaboratively work on aspects of the “CAMS Therapeutic Worksheet” with the patient).
- Emphasis should be on addressing direct drivers during the 2nd session, as these are most pertinent to the patient’s suicidal ideation/behaviors.

Treatment Planning (approximately 10 minutes)

- End session by collaboratively completing Section B of the CAMS Tracking/Update Interim Session form.
- Re-visit the most pressing suicide problems as a continued focus of treatment and modify as needed.
- Patient and clinician sign form; copy for the patient (or take picture).

Further Documentation (approximately 5 minutes)

- Clinician completes CAMS Tracking/Update Interim Session Section C *after* session; entire form is scanned into electronic record (Sections A-C).

All CAMS (SSF-4) Tracking/Update Interim Sessions

Assessment (approximately 60 seconds)

- At the start of session, have the patient complete “Tracking/Update Interim Session” form Section A.
- Review the Section A assessment ratings and get a sense of how the patient has done since the last meeting.

Within Session Focus (approximately 40 minutes)

- Focus on the CAMS Stabilization Plan, asking what did and did not work during the previous week. Modify as needed.
- Bulk of the focus should be on targeting and treating the suicidal drivers (optional to use/update CAMS Therapeutic Worksheet with the patient).
- Emphasis should remain on addressing direct drivers during on-going treatment sessions, with possibility of focusing on indirect drivers as determined by the dyad.

Treatment Planning (approximately 10 minutes)

- End session by collaboratively completing Section B of the CAMS “(SSF-4) Tracking/Update Interim Session” form.
- Determine if resolution criteria are being met.
- Patient and clinician sign form; make patient copy (or have patient make a picture copy).

Further Documentation (approximately 5 minutes)

- Clinician complete CAMS Tracking/Update Interim Session Section C *after* session; entire form scanned into electronic medical record (Sections A-C).

CAMS (SSF-4) Outcome/Disposition Final Session

Assessment (approximately 10 minutes)

- If patient meets criteria for “resolution” (defined as three consecutive sessions where current overall risk of suicide <3, the patient reports no suicidal behavior, and the patient has effectively managed suicidal thoughts/feelings), patient completes “Outcome/Disposition Final Session” form Section A.
- Clinician confirms resolution criteria are indeed met. **If criteria are not met, conduct session as CAMS Tracking/Update Interim session (and monitor for resolution criteria to be reached at some future point).**

Within Session Focus (approximately 40 minutes)

- Review what has been helpful.
- Review what the patient will do should they become suicidal in the future.
- Discuss plans, goals, and hope for the future.

Treatment Planning (approximately 10 minutes)

- End session by collaboratively completing Section B of the CAMS Outcome/Disposition Final Session form.
- Discuss outcome and disposition, and any follow-on care.
- Patient/clinician sign form; make a copy for the patient (or have patient make a picture copy).

Further Documentation (approximately 5 minutes)

- Clinician completes CAMS Outcome/Disposition Final Session form Section C *after* session; entire form scanned into electronic records (Sections A-C).