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## THE TREATMENT OUTCOME PACKAGE (TOP)

As part of the standard treatment protocol at PsychBC, we ask all of our patients to fill out Treatment Outcome Package (TOP) assessment questionnaires at the beginning and during the course of treatment in order to monitor your progress. This helps your healthcare provider evaluate the course of treatment that is most appropriate for you and helps us stay focused on the goals that you and your provider develop for your treatment.

The TOP assessment offers healthcare providers a complete, multi-dimensional assessment tool that clearly illustrates your strengths, needs and progress during treatment. With the TOP assessment, healthcare providers are presented with the advanced information they need for better behavioral healthcare. Most of the insurance companies who work with PsychBC are encouraging or mandating this type of multidimensional assessment.

Similar to other healthcare testing, TOP is billed to your insurance carrier, which in turn determines your responsibility for any associated fees. The charge for TOP will show on the day your healthcare provider reviewed the results of the testing.

### Multidimensional insights

The TOP assessment measures a wide range of key symptoms and behaviors. The information gathered is quantified for utilization with treatment.

TOP provides different assessments for adults, adolescents and children. The results will measure areas such as: attention issues, anxiety/panic, depression, mania, quality of life, sleep, social functioning/conflict, substance use and suicidal or other harmful thoughts.

### How does TOP work?

WellnessCheck® assessing health and treatment outcomes

58 Questions

Indicate how much of the time during the past TWO WEEKS you have ...

1. been satisfied with your relationships with others	All	Most	A lot	Some	A little	None
2. been satisfied with your daily responsibilities	All	Most	A lot	Some	A little	None
3. been emotionally hurt by someone	All	Most	A lot	Some	A little	None
4. felt someone else had too much control over your life	All	Most	A lot	Some	A little	None
5. had trouble falling asleep	All	Most	A lot	Some	A little	None
6. felt tired, slowed down, or had little energy	All	Most	A lot	Some	A little	None
7. worried about things	All	Most	A lot	Some	A little	None
8. noticed your thoughts racing ahead	All	Most	A lot	Some	A little	None

- TOP begins with a questionnaire that is completed by the patient or parent/guardian before a session with your healthcare provider. As part of a patient's comprehensive treatment plan, a questionnaire will be provided every 30 to 90 days to assist in the monitoring of treatment progress.
- We ask you to answer each and every question openly and honestly to ensure the accuracy of your assessment and to help provide you and your healthcare provider with a better opportunity to assess your treatment progress.
- The completed, confidential questionnaire is directed to the TOP data center (Outcome Referrals Inc.) for processing.
- The resulting report is sent to your healthcare provider within 48 hours of your completion of the questionnaire. This information is reviewed by your provider in preparation for processing with the patient or parent/guardian during a follow-up session.
- The information is maintained electronically within your medical record. If you are seeing more than one healthcare provider, they may jointly review the TOP results.

### **Comprehensive analysis and communication**

The healthcare providers at PsychBC understand that self-reporting through conversation is just one avenue for a patient to identify any feelings you may have or issues you may be confronting. Conversations in session can explore many diverse and stressful elements of a patient's thoughts, feelings and behaviors. The TOP assessment provides additional opportunities to identify issues and areas of concern.

- TOP has been shown to assist patients in disclosing information that may be too stressful to approach in open dialogue. It offers another avenue for patients to share their full stories with their healthcare providers.
- TOP is a tool that assists in helping identify important clinical information and provides an efficient way for tracking progress and changes during treatment.
- TOP provides a standardized method of assessing progress, strengths and issues across time and healthcare providers.

### **Safe, secure and HIPAA compliant**

PsychBC and Outcome Referrals are committed to protecting your personal information and privacy. Your TOP assessment is maintained within your electronic medical record, with the assurance of complete confidentiality and HIPAA compliance.

### **For more information about TOP**

Ask your healthcare provider or contact the PsychBC Ombudsman at 216.831.6611, (toll-free 866.363.6611), ext. 333, or email [support@psychbc.com](mailto:support@psychbc.com).