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 their progress. This helps the healthcare provider evaluate the course of treatment that is most appropriate and remain focused on the jointly developed treatment goals.

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

Similar to other healthcare testing, TOP is billed to the patient’s insurance carrier, which in turn determines the patient’s responsibility for any associated fees.

Multi-dimensional 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?

- TOP begins with a questionnaire that is completed by the patient or parent/guardian before a session. 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 patients to answer each and every question openly and honestly to ensure the accuracy of the assessment and to help provide the healthcare provider with a better opportunity to assess treatment progress.
- The completed, confidential questionnaire is directed to the TOP data center (Outcome Referrals Inc.) for processing.
- The resulting report is sent to the PsychBC healthcare provider within 48 hours of the patient’s completion of the questionnaire. This information is reviewed by the provider in preparation for processing with the patient or parent/guardian during a follow-up session.
- The information is maintained electronically within the patient’s medical record. If the patient is seeing more than one PsychBC 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 they may have or issues they 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 personal information and privacy. Every TOP assessment is maintained within the patient’s electronic medical record, with the assurance of complete confidentiality and HIPAA compliance.

**For more information about TOP, contact PsychBC:**

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