

## Best Practices for Screening

**Directions:** Each person will take turns playing the provider and the client. You can use details that fit your role and agency. Introduce, deliver, and debrief the screening tool with the client. Then switch roles. Remember to incorporate the trauma-informed attitudes and communication skills below.

### Introduce the Screening

- Explain the purpose (why you're giving it)
- Normalize the screening (everyone receives it)
- Give control to client (they have choices)
- Explain confidentiality (your agency's policy)

### Deliver the Screening

- Practice delivering a sample screening tool. You'll have the second part of the two-part PC-PTSD-5 screening tool for trauma reactivity (found on page 2 below).

### Debrief the Screening

- Check in: How did that go for you?
- Explain how the screening/results relates to their care plan
- Provide referrals
- Respond to questions
- Schedule follow up

### Screeener Attitudes & Communication Skills



Supportive



Straightforward



Building  
Rapport



Active  
Listening



Nonverbal  
Expression

The next set of questions is around symptoms that you may have experienced during the last 30 days, related to the event or events referred to in the first part of the screening tool. **In the past month**, have you...

1. Had nightmares about the event(s) or thought about the event(s) when you did not want to?

YES NO

2. Tried hard not to think about the event(s) or gone out of your way to avoid situations that reminded you of the event(s)?

YES NO

3. Been constantly on guard, watchful, or easily startled?

YES NO

4. Felt numb or detached from people, activities, or your surroundings?

YES NO

5. Felt guilty or unable to stop blaming yourself or others for the event(s) or any problems the event(s) may have caused?

YES NO

Thank you for taking the time to complete this screening tool.

### Scoring

Staff: \_\_\_\_\_

Total score of questions, 1 – 5 \_\_\_\_\_

Date: \_\_\_\_\_