## O Sun Life Financial Chair in Adolescent Mental Health

## Mental Health Therapeutic Outcomes Tool (TOT): How to use the TOT

The TOT was developed by Drs. Kutcher and Chehil to provide busy clinicians with a comprehensive, yet practical synthesis of information vital to the assessment and monitoring of mental health treatment outcomes.

Any experienced clinician can use the TOT in their everyday practice and depending on the jurisdiction the TOT may be used as a component of the patient's health record. The TOT is self-explanatory and uses and simple numerical rating system to efficiently create evaluation shorthand for each of the important outcome domains. Each of the observed items rates 0 to 3 with the scoring system clearly outlined on the TOT.

Additionally, in the "Clinical Change Rating" section the clinician should seek the opinion of the patient and responsible family member (if appropriate) to complete the ratings in that section (which use a five point scale that allows for the measurement of the improvement or worsening). Ideally the TOT should be completed at every patient visit. Historical evaluation of one of more of the TOT domains can give the clinician and the patient (including the patient's family) a good longitudinal perspective on treatment outcomes and can assist in joint treatment planning for future interventions.

## Permission

The TOT is available freely for use but may not be sold, copied or otherwise distributed without the express written consent of Dr. Stan Kutcher. or Dr. Sonia Chehil

We appreciate any feedback on the use, outcome or suitability of the TOT from any individual or group who is using it. Feedback can be directed to Dr. Stan Kutcher by email at **skutcher@dal.ca**.

## MENTAL HEALTH THERAPEUTIC OUTCOMES TOOL

IAME:					Tele:					File#				
nformant (name & relation)	:									Tele:				
<b>Ψ</b> Dx:						Med	Dx:							
<b>W</b> Medications:						Med	icati	ons	•					
ΨMEDICATION TARG	FT S	VMP1	ΓΟΜ		* RATING 0-3	U	MED			TARGET SYMPTOMS	* R/	TING	0-3	
(rate over pas				,	Patient Informant	(rate over past week)					Patient		nforn	
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FOR PATIENTS	ON A	١NY	PSY	'CHI	ATRIC MEDICATION	– R/	٩ΤΕ	SID	E E	FFECTS (SE) OVER TI	HE PAS	T W	EEK	(:
* SIDE EFFECT	0	1	2	3	*SIDE EFFECT	0	1	2	3	*SIDE EFFECT	0	1	2	
Headache	Ť	<u> </u>	-		Change in Weight			-		Sleep Problems			_	T
Daytime Drowsiness					Stomachaches					Nightmares				T
Foggy Head/Spaced Out					Dry Mouth					Nervousness / Anxiety				1
Confusion					Diarrhea					↑ Irritability / Crankiness				T
Blurry Vision					Constipation					↑ Mood Swings				
Feeling Unsteady / Dizzy					Sweating					↑ Suicidal Ideation				
Nausea					Skin Rash					Trouble Urinating				
Vomiting					Fatigue / Lethargy					↓ Interest In Sex				
Change in Appetite					Acne					↓ Sexual Function				L
OTHER: FOR PATIENTS * SIDE EFFECT Tremor Stiffness Drooling	ON A	ANTI	PSY 2	/CH( 3	TIC MEDICATION – *SIDE EFFECT Restlessness / Agitation Dystonia Balance Problems	RAT	E SI	DE	EFF 3	ECTS (SE) OVER THE *SIDE EFFECT Slurred Speech Menstrual Problems Breast Enlargement	PAST	WEE 1	2 2	
Slowed Down		<u> </u>			Odd Movements					Nipple Discharge				+
<u>OTHER</u> :													1	
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Poor Compliance					Suicide Ideation					Self Harm Behavior				
Poor Insight		_		_	Suicide Intent					Aggression				_
Substance Use					Suicide Plan					Risk Behavior				
OTHER:					1	1								_

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NOTES:																		L
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SIDE EFFECTS		-2	-1	0	+1	+2	-2	-1	0	+1	+2	-2	-1	0	+1		+	
SCHOOL/WORK FUNC	CTION		-2	-1	0	+1	+2	-2	-1	0	+1	+2	-2	-1	0	+1		+
FAMILY FUNCTION			-2	-1	0	+1	+2	-2	-1	0	+1	+2	-2	-1	0	+1		+
PEER FUNCTION RECREATION FUNCT			-2 -2	-1 -1	0	+1 +1	+2 +2	-2 -2	-1 -1	0	+1 +1	+2+2+2	-2 -2	-1 -1	0	+1		+
SELF CARE			-2 -2	-1	0	+1	+2	- <u>-</u> -2	-1 -1	0	+1	+2	-2	-1	0	+1		+++
SAFETY			-2	-1	0	+1	+2	-2	-1	0	+1	+2	-2	-1	0	+1		+
SUMMARY (since last as		nont)	-2	-1	0	+1	+2	-2	-1	0	+1	+2	-2	-1	0	+1		+
<b>x</b>					-													
OVERALL IMPROVEMENT Since Initiation of Intervention or Mental Health Contact			Patient	Overa	II Ratin	g	Informan				ng		Cliniciar	n Over:	all Ra	ting		
		-2	-1	0	+1	+2	-2	-1	0	+1	+2	-2	-1	0	+1		+	
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