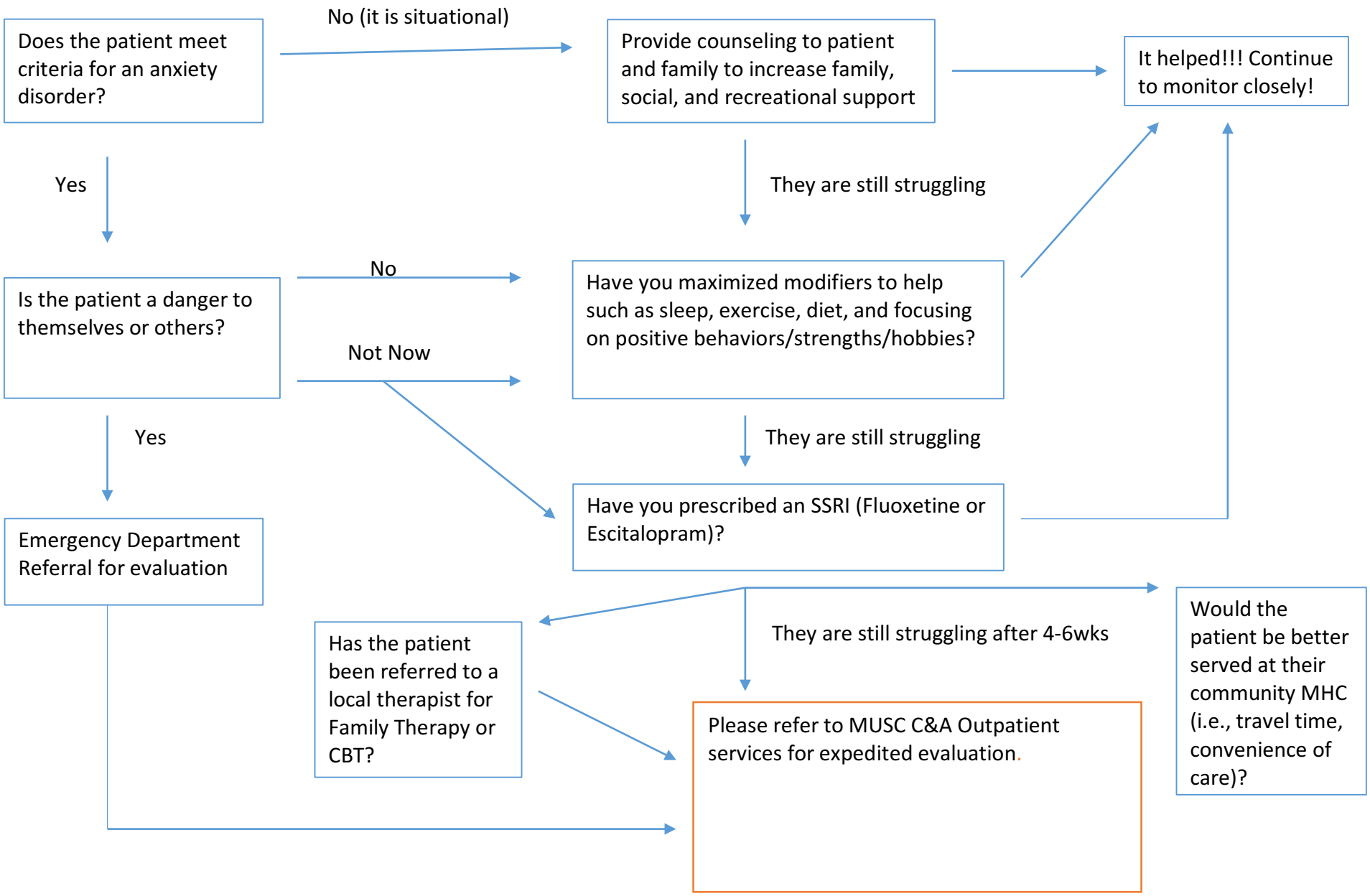
Anxiety


Does the patient meet criteria for an anxiety disorder?
No (it is situational)
Provide counseling to patient and family to increase family, social, and recreational support
It helped!!! Continue to monitor closely!
They are still struggling
Yes
Is the patient a danger to themselves or others?
No
Not Now
Have you maximized modifiers to help such as sleep, exercise, diet, and focusing on positive behaviors/strengths/hobbies?
They are still struggling
Yes
Emergency Department Referral for evaluation
Have you prescribed an SSRI (Fluoxetine or Escitalopram)?
They are still struggling after 4-6wks
Would the patient be better served at their community MHC (i.e., travel time, convenience of care)?
Has the patient been referred to a local therapist for Family Therapy or CBT?
Please refer to MUSC C&A Outpatient services for expedited evaluation.