





# Consult Team

## Meeting Agenda

Video Overview: [bit.ly/NMNConsultVideo](https://bit.ly/NMNConsultVideo)

<b>EXAMPLE AGENDA</b>			
Date	Team	Leader	Co-Leader
11/04/2019	Woodburn	Elizabeth P.	Patrick B.
Mindfulness	Team Agreement	Skill of Month	Members Present
Yes, 1 min breath	Dialectical	OA	8/10
Team Member	Topic (Rating and Mins)	Help Type	Challenge Type
Susan H.	Videos (2, 3)	V, PS	PT, T/C
April H.	Patient in crisis (1, 3)	V, H	M, NS
Clinton H.	(4, 0)	--	--
Edward J. Jr	(1, 3)	Update, L	--
Annette J.	Opposite action (2, 10)	A, H	TS, PA
James J.	(3, 2)	update	T/C
Geneva J.	Where/how to enter the participation (1, 5)	PS	PC, E
Joel R. A.	absent	--	--
Stephanie S.	Transitions at home interfering (3, 10)	PS, HO	SS, PT
Alexia S.	absent	--	--
<b>Total Minutes</b>	39	<b>Agenda Success</b>	good
<b>Joy or Success with Skill</b> <i>Ursula used Opposite Action with 9th grade son when she wanted to act on urges related to fear, anger and sadness.</i>			

### Topic Importance

No Topic (4)  
 Can Wait (3)  
 Important (2)  
 Urgent (1)

### Deciding Importance

Avoiding Topic  
 Impacting Care/Services  
 High Risk Behavior  
 Personal Impact

### Help Type

Validation (V)  
 Problem-Solving (PS)  
 Offering Hope (H)  
 Listening (L)  
 Acceptance (A)  
 Hands On (HO)  
 Update (U)  
 Not sure (NS)

### Challenge Type\*

Protected Time (PT)  
 Social Support (SS)  
 Personal Commitment (PC)  
 Motivation (M)  
 Emotions (E)  
 Practice Assignment (PA)  
 Teach or Use a Skill (TS/US)  
 Technical/Computer (T/C)  
 Not sure (NS)