

# BAP Checklist (6-23-24)

Skill	Example	Y	N	Comments
<b>5 Foundational Skills: Making the Plan &amp; Reinforcing the Plan</b>				
<b>Question 1</b> Elicit Personal Goals (Ask)	<i>Is there anything you'd like to do for your health, well-being, (or...) in the next week or two?</i>			
<b>Question 2</b> Elicit and Clarify SMART Plan (Ask)	<i>Would you like to make a specific plan about that? (eg what?when?, how long? how often?...)</i>			
<b>Question 3</b> Elicit a Commitment Statement (Ask)	<i>Could you tell me back the details of the plan to make sure we're on the same page?</i>			
<b>Question 4</b> Scale for Confidence (Ask)	<i>About how confident do you feel about carrying out your plan....on a 0 to 10 scale, where 0 means you are sure you won't be able to do it and 10 means you are quite sure you can complete this plan?</i>			
<b>Question 5</b> Arrange Accountability (Ask)	<i>Would it be helpful to set up a check on how things are going with your plan?</i>			
<b>3 Stepped-Care Skills</b>				
<b>Behavioral Menu</b>				
Ask permission	<i>Would it be OK for me to share some ideas that might be helpful?</i>			
Provide 2-3 ideas and evoke personal choice (Ask)	<i>I wonder if you'd like to make a plan around one of these ideas or perhaps there's something else you'd like to work on?</i>			
	If "yes," continue with Question 2 above.			
<b>Problem-Solve for Confidence &lt;7</b>				
Explain and ask	<i>A confidence level of 5 is great... a lot higher than 3 or 2. It shows lots of confidence and commitment. We know plans with confidence levels of 7 or greater have a higher chance of being carried out. Would you like to work with me to see if we can get your plan to a 7 or higher?</i>			
If "yes," offer suggestions and ask	<i>Some patients can increase confidence by making their plan less ambitious, or by finding someone to help them, OR maybe you have some other idea?</i>			
W/revised plan, re-check confidence	<i>What would you say now about your level of confidence?</i>			
<b>Follow-Up</b>				
Ask	<i>How did it go with your plan?</i>			
Little/no success (Normalize and affirm)	<i>Lots of people have trouble in the beginning. Your Interest in planning shows energy for change.</i>			
Partial/complete success (Affirm)	<i>Good work. Your efforts show initiative and strength.</i>			
Explore preferences (ask)	<i>What would you like to do next?</i>			
<b>MI Spirit (for BAP)</b>	MITI Partnership Scale (1-5)			