

Assessing REACH Engagement Domains

Relationship

- Questions for youth/caregiver:
 - “How well do you think we work together in therapy?”
- Counselor counts or estimates number of
 - personal disclosures from youth/caregiver
 - questions from youth/caregiver
 - times that the youth spontaneously shares good news or interesting things (e.g., good grade, hobby/interest)

Expectancy

- Questions for youth/caregiver:
 - “How effective do you expect therapy to be?”
 - “How optimistic are you that in the end, therapy will help make things better?”
- Counselor counts or estimates number of
 - positive client endorsements about therapy

Attendance

- Questions for youth/caregiver:
 - “How difficult is it for you to attend our therapy sessions?”
 - “What things might get in the way of you attending therapy?”
- Counselor counts or estimates number of
 - sessions youth/caregiver has attended
 - cancellations/no-shows
 - days it takes for caregiver to return phone calls
- Counselor asks about the things that get in the way of therapy

Clarity

- Questions for youth/caregiver:
 - “How well do you understand how to use this skill?”
 - “How well do you understand why this skill will be helpful?”
- Counselor asks the youth to explain the purpose of therapy, rationale for a therapeutic skill, or how to do a therapeutic skill

Homework

- Questions for youth/caregiver:
 - “How easy/difficult was it for you to practice this skill at home?”
- Counselor counts or estimates
 - how much of homework the client completed (e.g., fully, partially, none)
 - number of days youth/caregiver completed homework
 - number of in-session rehearsals in which youth/caregiver participated