

CONFIDENTIAL PATIENT INFORMATION

CA W&I Code, Section 5328,
42 CFR Part 2, 45 CFR Parts 160 & 164

County of Orange Health Care Agency
Mental Health and Recovery Services

HCA Custodian of Records
200 W. Santa Ana Blvd, Ste 125, Santa Ana, CA 92701



Patient: **Santos, J.**

MRN: 1000-xx-xxxx

DOB/Age/Gender: 12/23/2013 9 years Male

Progress Notes

BH MHS Individual PC/CM PN

Service Date/Time:

Document Status:

Performed By:

Signing Clinician/Date of Signature

BH MHS Individual PC/CM PN - Text

2/13/2023 15:14 PDT

Auth (Verified)

Ceja, Eduardo A. (2/13/2023 15:16 PDT)

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BH MHS Individual PC/CM PN Entered On: 2/13/2023 3:24 PM PDT

Performed On: 2/13/2023 3:24 PM PDT by Ceja, Eduardo A.

Mental Health Services Individual

Encounter Smart Template : Facility: CYS CCPU

FIN: 100xxxxxxxxxxx

Diagnosis Treated Today :

1. Post-traumatic stress disorder, unspecified (F43.10)

Purpose of Visit: Problem addressed today: F43.10 to process trauma and learn a positive coping skill for grounding.

Intervention PN: Therapist began session with a feeling check in intervention to support client in building his verbal communication of feelings. Therapist introduced client to a coping skill that utilized the senses smell and touch to support in grounding him when having a trauma abreaction. Therapist then finished session with practicing "belly breathing" to support client in practicing regulating his body or grounding himself. Therapist gave client a therapy challenge" to practice one of these skills 2 times before next session. Therapist provided client a feeling check out to process feelings about session and feeling identification. Client was receptive to both interventions provided in session, practiced them and was able to process what feelings coping skills can help with "when i feel angry or scared"

MHS Individual PN Plan: Plan for next session is to use art to draw these two coping skills to serve as a reminder to use them at home, keep a copy in his "coping skill box" and continuing processing with client how coping skills help feelings.

Ceja, Eduardo A.- 2/13/2023 3:16 PM PDT

Billable Services

MH Individual Billable Services: Psychotherapy 38-52 min (90834-4)

Service Minutes: 54 minute(s)

Document Minutes: 16 minute(s)

Travel Minutes: 0 minute(s)

Total Minutes: 70 minute(s)

Billable non-face to face time Y/N: No

Face to Face Minutes Billable: 54 minute(s)

Charge Details Opened?: Yes

Ceja, Eduardo A.- 2/13/2023 3:16 PM PDT

Image 49 - Images currently included in the form version of this document have not been included in the text rendition version of the form.

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