

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: **Midad, Cal A.**

MRN: 1000-xx-xxxx

DOB/Age/Gender: 7/23/2016 6 years Male

Progress Notes

BH MHS Family PC/CM PN Service

Date/Time:

Document Status:

Performed By:

Signing Clinician/Date of Signature

BH MHS Family PC/CM PN - Text

7/24/2023 15:14 PDT

Auth (Verified)

Lum LCP, Mark S (7/24/2023 15:16 PDT)

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BH MHS Family PC/CM PN Entered On: 7/24/2023 3:24 PM PDT

Performed On: 7/24/2023 3:14 PM PDT by Lum LCP, Mark S

Mental Health Services Family

Encounter Smart Template : Facility: CYS EAST

FIN: 1000xxxxxxxx

Diagnosis Treated Today :

1. Post-traumatic stress disorder, acute (F43.11)

Purpose of Visit: Problem addressed today: F43.11 - Cal attended family therapy with both mom and dad and older sister. Client and family have difficulty speaking about past events and trauma, and as a result, avoid talking together and get very busy in their work schedules and with computer games and social media.

Intervention PN: Reviewed bilateral movement and psycho-education regarding the traumatized body, the need to differentiate perceived danger from real danger, and the goal of creating a safe place to discuss their concerns. Assisted client in remembering coping tools and bilateral movement techniques and breathing; while educating parents and sibling on trauma body and need to differentiate perceived from real danger and encourage Cal to use his tools to manage his distress level. As family members cooperated and the stress level rose when recounting different aspects of the trauma, therapist assisted family in using tools to reduce stress level in their body and learn to monitor their stress, and understand how they can remain calm and create a safe space within themselves for a perceived stress. Family members initially talked loudly and began raising their voices to try to get other members to hear them, but were able to use tools with guided assistance from therapist to bring stress level down and maintain a safe environment for their concerns.

MHS Family PN Plan: Since Cal, older sister and family did well and seemed to cooperate and felt better about being able to talk about the "elephant in the room", a second family session was scheduled for a week from today, to help them monitor the stress level and continue to use the coping tools to keep the stress level in the family managed. Continue to have family members focus on safe space inside themselves with use of tools and being mindful of keeping it safe for other family members when they feel stressed.

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Billable Services

MH Family Billable Services: Family Psychotherapy w/Patient (50 min) (90847-4)

Service Minutes: 65 minute(s)

Document Minutes: 11 minute(s)

Travel Minutes: 0 minute(s)

Total Minutes: 76 minute(s)

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

Face to Face Minutes Billable: 65 minute(s)

Charge Details Opened?: Yes

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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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