

**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 Intensive Home-Based Svs PC/CM PN

Service Date/Time:

Document Status:

Performed By:

Signing Clinician/Date of Signature

BH IHBS PC/CM PN - Text

9/7/2023 15:14 PDT

Auth (Verified)

Lum LCP, Mark S (9/7/2023 15:16 PDT)

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**BH Intensive Home-Based Svs PC/CM PN Entered On: 9/7/2023 3:24 PM PDT**

**Performed On: 9/7/2023 3:14 PM PDT by Lum LCP, Mark S**

**Intensive Home-Based Services**

Encounter Smart Template : Facility: CYS EAST

FIN: 1000xxxxxxx

Diagnosis Treated Today :

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

*Purpose of Visit:* F43.11 - Cal has recently started school again and has begun having more stomach problems and has complained of peers bothering him and looking at him funny. Teacher has indicated that she has not observed any peers picking or bully Cal at any time while at school. As a result of his perceptions of mistreatment by peers, Cal has had more stomach problems and has complained more about not wanting to go to school.

*Intervention PN:* IHBS provider asked Cal what his therapist had taught him about his body and trauma reactions. IHBS provider reviewed coping and relaxation skills that could help Cal relieve the stress in his body and how bilateral movement might help deactivate the alarm in his body if the situation is a false alarm and perceived stress/danger. Practiced with Cal breathing in through the nose, holding the air in for a brief moment and releasing through the mouth slowly to help regulate his breathing and body. Cal was cooperative and was able to recall that the therapist told him that his fight/flight part of his brain automatically reacts quickly to protect him from real dangers. If he thinks it is a real danger, then all the blood moves away from the unimportant places in the body to help him prepare to run or fight to protect himself. Unfortunately, digesting his breakfast or lunch isn't one of those organs that is important to survival, so he is likely to feel somewhat nauseous when all the blood flows to his heart, arms and legs to prepare to fight or run.

*Intensive Home PN Plan:* Cal was able to learn the relaxation coping skills to help him regulate his body and did appear able to connect what his therapist had taught him to the skills we were practicing. Will try to practice these skills in vivo when he is triggered next meeting next week. Continuing working with skills early in school year to ensure that Cal has coping tools to manage anger. Will report to therapist to coordinate efforts in teaching rationale and trauma education with coping skills.

Lum LCP, Mark S - 9/7/2023 3:16 PM PDT

**Billable Services**

Service: Psychosocial Rehab (70899-423)

Service Minutes: 55 minute(s)

Document Minutes: 13 minute(s)

Travel Minutes: 0 minute(s)

Total Minutes: 68 minute(s)

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

Face to Face Minutes Billable: 55 minute(s)

Charge Details Opened?: Yes

Lum LCP, Mark S - 9/7/2023 3:16 PM PDT

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*Progress Notes*

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

**Modifiers List** - Images currently included in the form version of this document have not been included in the text rendition version of the form.