

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 Individual PC/CM PN

Service Date/Time:

Document Status:

Performed By:

Signing Clinician/Date of Signature

BH MHS Individual PC/CM PN - Text

5/26/2023 15:14 PDT

Auth (Verified)

Lum LCP, Mark S (5/26/2023 15:16 PDT)

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BH MHS Individual PC/CM PN Entered On: 5/26/2023 3:24 PM PDT

Performed On: 5/26/2023 3:14 PM PDT by Lum LCP, Mark S

Mental Health Services Individual

Encounter Smart Template : Facility: CYS EAST

FIN: 100xxxxxxxxxxx

Diagnosis Treated Today :

1. Post-traumatic stress disorder, acute (F43.11)
2. Educational maladjustment and discord with teachers and classmates (Z55.4)

Purpose of Visit : Problem treated today: F43.11; Z55.4 - Cal continues to struggle with peers and teachers at school and has been having more trauma abreaction as he is required to attend school. Cal has difficulty even talking about his distress in session without having stomachaches and needing to stop discussing school difficulties.

Intervention PN : Provided Individual Therapy and utilized EMDR and psychoeducation of trauma and use of a "Distress thermometer" to help Cal become aware of his stress level in his body and when to use his coping tools. Used EMDR to help Cal lower his stress level and see how the distress level changes as his body feels more calm. Helped him see that he can put words to these feelings when he is in a calm body and that his last distress level reading was much lower than when we started session. Cal was able to discuss what happened at school with the use of the distress model and EMDR.

MHS Individual PN Plan : Will continue to utilize EMDR and use the distress thermometer as well as teach Cal to use the bilateral movements when he is distressed and not in session with the therapist. Will also discuss in the upcoming CFT meeting about considering adding IHBS to help practice these coping skills when he is distressed and outside of the therapy session in his home and school environment.

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Billable Services

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

Service Minutes: 45 minute(s)

Document Minutes: 10 minute(s)

Travel Minutes: 0 minute(s)

Total Minutes: 55 minute(s)

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

Face to Face Minutes Billable: 45 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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