

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.

DOB/Age/Gender: 7/23/2016

6 years Male

Patient Location: CYS East

MRN: 1000-90-4962

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

4/4/2023 13:10 PST

Auth (Verified)

Lum LCP, Mark S (4/4/2023 13:10 PST)

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BH MHS Individual PC/CM PN Entered On: 4/4/2023 1:50 PM PST

Performed On: 4/4/2023 1:10 PM PST by Lum LCP, Mark S

Mental Health Services Individual

Encounter Smart Template : Facility: CYS East

FIN: 100022284089

Diagnosis Treated Today : F43.11 Post traumatic stress disorder - acute

Purpose of Visit : Problem addressed today: F43.11 - Cal struggles with feeling intense fear at school especially during unsupervised play time at recess or lunch break. He also complains of stomachaches and feeling nauseous at school and often wants to leave school early and has the nurse call his parents to come get him.

Intervention : Utilized individual therapy with Cal to address his distress. Built rapport and establish feeling safe using some relaxation (breathing and muscle tension/release) to show him how to help his body feel less stressed. Used analogy of smoke/fire alarm to demonstrate how our body warns us of danger and how to turn the alarm off if danger is not present. Helped Cal discover where in his body does he feel stress, and how he can relax those areas when the body delivers a false alarm. Cal was cooperative and welcomed the physical interventions that he could do and liked the idea of being in control over his body's on/off switch when stressed. Discussed possible safety strategies the client and therapist can create to help him safer in those situations. Cal shared coping skills that he likes and adults that help him feel safe at school.

After completing the safety strategies, therapist and client wrote them down and met with family to discuss this safety plan with the parents. Client shared his feelings of safety at school and who he feels comfortable with at school. Cal agreed to have his parents share this with the adults at school. Therapist and family discussed how these strategies can be utilized at home as well as other new settings. Answered questions that parents had about the plan and reassured parents that they can help client feel safe.

MHS Individual PN Plan : Good progress made for first therapy session and rapport made. Will continue building on coping and regulation tools and introduce some psycho-education on the body and effects of trauma in next week's session. Clinician to follow up with parents to see if they followed through with talking to adults at school about the safety plan.

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NEW Billable Services

Service : Psychotherapy, 45 Minutes with Patient 90834-4

Service Minutes : 45 minute(s)

Doc Minutes : 10 minute(s)

Travel Minutes : 0 minute(s)

Total Minutes : 55 minute(s)

Face to Face Minutes : 45 minute(s)

Non-Face to Face Time : No

Regular Supplemental Services : Interp. of Psych Results to Fam/Others, 15 Min 90887-4

Mental Health and Recovery Services

Patient: **Midad, Cal A.**

MRN: 1000-xx-xxxx

Progress Notes

Service Minutes : 15 minute(s)

I opened the Charge Details Window : Yes

MHP Modifiers : M61 Age Specific

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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.