

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: **Luz, Adriana**
DOB/Age/Gender: 12/23/2017 5 years Female

MRN: 1000-xx-xxxx

Progress Notes

BH Crisis Service PC/CM PN Service

Date/Time:

Document Status:

Performed By:

Signing Clinician/Date of Signature

BH Crisis Service PC/CM PN - Text

3/22/2023 15:14 PDT

Auth (Verified)

Rose, Brianna (3/22/2023 15:16 PDT)

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BH Crisis Service PC/CM PN Entered On: 3/23/2023 3:24 PM PDT

Performed On: 3/22/2023 3:24 PM PDT by Rose, Brianna

Crisis Service

Encounter Smart Template : Facility: CYS CEGU

FIN: 1000xxxxxxx

Diagnosis Treated Today :

1. Post-traumatic stress disorder, acute (F43.11)
2. Separation anxiety disorder (F93.0)

Purpose of Visit: Problem Addressed Today - F43.11: F93.0 CEGU on call therapist, undersigned, was contacted by cottage staff who requested emergency evaluation of client to determine whether client may need higher level care due to uncontrollable emotional violent outburst with staff and peers. Staff was concerned that minor is a danger to others due attack against a peer who took her stuffed animal. Minor hit and scratched older peer refusing to follow directives of cottage staff. Client made verbal threat to kill the child who took her stuffed animal.

Intervention PN- The undersigned arrived at the cottage and could hear client crying and screaming in the timeout area. She was scratching on her arms shouting she wanted her mother in Spanish. Therapist focused on obtaining additional information and details from cottage staff on what happened prior to client's meltdown and aggressive behaviors. Therapist attempted to focus on working with client to calm her down by attempting to do reflective listening and work with client on slow and deep breathing to calm her down. Therapist reflected that she could see that client was very upset and missing her mom. Client escalated and cried and screamed that she wanted to go home, and she wanted her mother. Therapist encouraged client by practicing the breathing exercise with the client to help her to calm down and self-soothe. Therapist demonstrated substituting a stress ball by squeezing it instead of scratching her arms. Therapist gently probed and questioned client about what happened that was upsetting client, resulting in hitting and lashing out with peers, staff and scratching on her arms. Client continued to cry and moaned that she wanted her mother. She refused to comply with breathing exercises initially. Therapist attempted to talk with client about her anger and threats toward peer to kill her. Client complained that she wanted to leave Orangewood and that she wanted to go to her mom. Therapist assessed client to determine if she had intent and means to harm the peer and staff she lashed out at. Client continued to mumble that she wanted to beat that kid up. When questioned directly about her verbal threat to kill her peer, client reported that she was not going to harm the girl or hurt anyone. Therapist was able to get client to state that she would talk to an adult if she felt angry toward her peer(s) or staff. She stated she would ask to talk to staff if she felt like she might want to harm anyone.

Rose, Brianna- 3/23/2023 3:16 PM PDT

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MSE was conducted: Appearance - Stated Age; Manner of Dress - Appropriate; Hygiene Level - Normal; Eye Contact- Poor; Attitude and Rapport - Guarded, Evasive and Oppositional. Motor Activity - Agitated, Mood - Anxious and irritable. Affect - Labile. Thought Process/Content/Perceptions - Concrete, mood congruent; no delusions or hallucinations observed or reported; Themes of Preoccupation - missing mother; Somatic - None; Oriented x4; Concentration/Memory; General Fund of Knowledge - Below average; Estimated Intellectual Functioning - Average; Insight- Poor; Judgment - Poor Current Thoughts of Self Harm - Denied; Suicidal Ideation- Denies; Suicide Risk Indicators - NA; Suicide Protective Factors/Consumer Strengths - Positive connection with family (hope of re-unification); Homicidal Ideation - Denies Danger to Others at present. She stated she will not kill anyone. Risk Indicators- Anger, rage, frustration; Danger to Others Protective Factors/Consumer Strengths - Hope about seeing mother/family in the future.

Therapist continued to attempt to engage client in activity to defuse feelings of frustration and taught client words that she can say to staff if she is feeling really sad and upset. Encouraged client to practice the words via role play which client was initially resistant to do. Client initially refused. Therapist role played various scenarios to provide examples for client to try with therapist. Client was agreeable after several attempts. She was calm and agreed to try to talk to a specific staff if she felt upset to the point in which she would want to harm someone else. Therapist told client that she had confidence in client that she can work on using the suggestions that we talked about if she were to start to feel upset. Client appeared to have improved mood and her anger defused.

Diagnosis: F43.11 PTSD - Acute and F93.0 Separation Anxiety - Minor appeared to reacting to being triggered by peer who took a stuffed animal away from her which seems to have triggered some of her unresolved trauma issues, loss and grief due to unplanned separation from parent whom she feels abandoned by in addition to the loss of her father who died due to violence in her former neighborhood. Minor reacts to unresolved trauma by hitting, fighting, threatening and longing for re-unification with parent and/or family.

Crisis Service PN Plan: Client was able to engage in discussion with therapist and was able to talk about her threat to harm her peer today and the anger and sadness she felt when the stuffed animal was taken away. Client was able to work with client on diffusing her anger outbursts, frustration and sadness due to the anticipated loss of the stuffed animal which re-activated her multiple issues of trauma, loss, separation anxiety, exposure to violence and recent sexual assault (molestation) due to unplanned separation from mother. Therapist worked with client on processing and regulating her feelings of anger and sadness. Introduced breathing exercise to regulate emotional outbursts and self-sooth. Client is in process of waiting for foster care home placement. CEGU On Call therapist recommends that client continue with SMHS to stabilize her so she can be placed in a foster care home. Client will be seen for follow up by her CEGU primary therapist tomorrow. Client does not meet criteria for emergency psychiatric hospitalization.

Billable Services

Service: Crisis Psychotherapy (90839-4)

Service Minutes: 76 minute(s)

Document Minutes: 14 minute(s)

Travel Minutes: 0 minute(s)

Total Minutes: 90 minute(s)

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

Face to Face Minutes Billable: 76 minute(s)

Charge Details Opened?: Yes

Rosa, LMFT Brianna - 3/23/2023 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.

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