

**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: 7/23/2017 5 years Female

MRN: 1000-xx-xxxx

**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  
3/19/2023 15:14 PDT  
Auth (Verified)  
Garza, Carolina (3/19/2023 15:16 PDT)  
Garza, Carolina (3/19/2023 15:16 PDT)

**BH Intensive Home-Based Svs PC/CM PN Entered On: 3/19/2023 3:24 PM**  
**PDT Performed On: 3/19/2023 3:24 PM PDT by Garza, Carolina**

**Intensive Home-Based Services**

Encounter Smart Template : Facility: CYS CEGU

FIN: 1000xxxxxxxx

Diagnosis Treated Today :

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

**Purpose of Visit:** F93.0 Separation Anxiety & F43.11 PTSD - Acute. Adriana refuses to interact with Orangewood cottage peers and she has meltdowns several times a day when cottage staff change shifts. Prior to the session she cried and became very clingy with specific staff refusing to respond and follow directives when Youth Partner arrived for the session.

**Intervention PN:** IHBS provider went to the cottage to meet with client for IHBS session. Client reluctantly joined youth partner in the counseling room. She whined, refused eye contact and began to hyperventilate. I had the client practice the slow breathing exercises that the therapist and the IHBS provider has worked previously with the client on, to replace her hyperventilation, to calm down and self regulate her body. I reframed our session as exercise and stretching instead of talking today. Client was willing to practice the breathing exercise as IHBS modeled the breathing technique. We also practiced stretching and muscle tension/release exercises strategies for "warm-up" for future transitions from going from the cottage to our future IHBS "exercise" session time with the IBHS provider, for the purpose of decreasing future meltdowns and outbursts. Client was willing to do exercises and was able to talk a little while doing the bilateral movements and breathing.

**Intensive Home PN Plan:** Adriana was able to join IHBS provider with the calming and self regulating interventions. Client continues to struggle with her dysregulated body likely from the grief, separation from parents and family and from the traumas that happened to her. IHBS will continue to work with Adriana on improving her ability to calm down as evidenced by her ability to self regulate her body and decrease clinging behaviors and resistance to attending sessions, that will help with stabilization for preparation for transition to foster home placement. Will continue to seek consultation with primary therapist to discuss strategies to help improve client's functioning in Orangewood and preparation for foster placement.

**Billable Services**

Garza, Carolina- 3/19/2023 3:16 PM PDT

Service: Psychosocial Rehab (70899-423)

Service Minutes: 49 minute(s)

Document Minutes: 12 minute(s)

Travel Minutes: 5 minute(s)

Total Minutes: 66 minute(s)

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

Face to Face Minutes Billable: 49 minute(s)

Charge Details Opened ? Yes

Garza, Carolina- 3/19/2023 3:16 PM PDT

Patient: **Luz, Adriana**

MRN: 1000-xx-xxxx

*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.