

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**

MRN: 1000-xx-xxxx

DOB/Age/Gender: 12/23/2016 6 years Female

Patient Location: CYS CEGU

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

10/16/2023 23:59 PST

Auth (Verified)

Boxer, Jackie (10/16/2023 23:59 PST)

Boxer, Jackie (10/16/2023 23:59 PST)

BH MHS Individual PC/CM PN Entered On: 10/16/2023 12:58 PM PST**Performed On: 10/16/2023 11:59 PM PST by Boxer, Jackie****Mental Health Services Individual***Encounter Smart Template* : Facility: CYS CEGU

FIN: 100022284089

Diagnosis Treated Today :

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

Purpose of Visit : Adriana presented with sullen mood, pouting as she entered the therapist's office. She was whining, shaking, refusing to enter the office as she held onto cottage staff tightly. she complained and cried out that she wanted her mom, and she did not want to talk to the therapist. this led to client becoming excessively upset and crying hysterically.

Intervention : Therapist attempted to console the client but due to her being upset, client continued to cry and scream and hid her face on the floor. Therapist offered the client some soothing tools including a weighted blanket, use of a stuffed toy as a comfort item and to practice deep breathing when she was ready. Therapist utilized a bubble wand to help client do deep breathing and client continued session with using the blanket as she layed on the floor. Therapist and client spent some time focusing on her breathing and using the stuffed toys to help her create a safe space. Therapist utilized individual therapy due to report from cottage staff that client refused to eat breakfast, get dressed for school and hit and screamed at the staff, who tried to intervene. Therapist asked client about her sleep last night. Client shared that she saw her daddy and mommy when she was sleeping last night. "I'm mad because they did not take me with them! They left me!" Client sobbed and started throwing toys around the room. Therapist focused on working with client on controlling her breathing and teaching her self-calming techniques by demonstrating taking deep breaths and counting down from 5 to 1. Client was able to follow therapist's instructions and breathing instruction for two counts and then burst into tears running to the door and banging on the exit. Therapist continued to help client regulate her body when stressful thoughts, memories or dreams came to mind.

MHS Individual PN Plan : Therapist will continue to work on building rapport and trust with client. Therapist will check in with client later today to monitor and assist her in expressing her feeling of frustration and sadness. Will work with client on strategies to use when she is scared, angry and frustrated with adults and peers. Therapist to monitor client's sleep regimen and continued nightmares and enuresis. Will continue to address client's grief as she mourns multiple losses via death, abandonment and recent separation from the only known relative she had in the U.S.

Boxer, Jackie - 10/16/2023 11:59 PM PST

NEW Billable Services*Service* : Psychotherapy, 60 Minutes with Patient 90837-4*Service Minutes* : 53 minute(s)*Doc Minutes* : 10 minute(s)*Travel Minutes* : 0 minute(s)

Mental Health and Recovery Services

Patient: **Luz, Adriana**

MRN: **1000-xx-xxxx**

Progress Notes

Total Minutes : 63 minute(s)

Face to Face Minutes : 53 minute(s)

Non-Face to Face Time : No

Regular Supplemental Services : Interactive Complexity 90785-4

Service Minutes : 17 minute(s)

I opened the Charge Details Window : Yes

MHP Modifiers : M56 w/ Social Svcs, M61 Age Specific

Boxer, Jackie - 10/16/2023 11:59 PM PST

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