

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: 7/23/2004 18 years Male

Progress Notes

BH MHS Family PC/CM PN Service

Date/Time:

Document Status:

Performed By:

Signing Clinician/Date of Signature

BH MHS Family PC/CM PN - Text

7/24/2023 15:14 PDT

Auth (Verified)

Lum LCP, Mark S (7/24/2023 15:16 PDT)

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BH MHS Family PC/CM PN Entered On: 7/24/2023 3:24 PM PDT

Performed On: 7/24/2023 3:24 PM PDT by Lum, LCP Mark S

Mental Health Services Family

Encounter Smart Template : Facility: CYS YRC

FIN: 1000xxxxxxxx

Diagnosis Treated Today :

1. Post-traumatic stress disorder, chronic (F43.12)
2. Parental role conflict (SNOMED) 129873002
3. Promotion of positive relationship (SNOMED) 710144001

Purpose of Visit: Problem addressed today: F43.12; 129873002 (Parental role conflict); 710155001 Promotion of Positive Relationship- Cal attended family therapy with his girlfriend, Carissa. Client and girlfriend have difficulty speaking about his recent probation violation that resulted in 3 months house arrest and loss of job as a result. As a result, they have had trouble talking about why Cal went back on his promise to stay out of trouble, maintain his job and provide for his 1 year old son and girlfriend. Carissa has had to go out find work, while Cal is on house arrest. The hardship has created difficulty communicating and has caused resentment from Carissa and increased guilt and tension from Cal.

Intervention PN: Family therapist provided psychoeducation on Cal's trauma abreaction and explained how his fight/flight brain and amygdala hijacking occurs causing him to react to past events as if they were happening today. Education helped both Cal and Carissa understand what they were dealing with and what needed to be done to not react to perceived dangers. Reviewed tools of bilateral movement and breathing prior to having conversation to insure that they are communicating with a calm mind and lower stress level. Couple were receptive to information and agreed to having conversation in calm mind. Carissa seemed to understand more about Cal's trauma reaction and felt more empathy toward him with new information.

MHS Family PN Plan: Continue with family therapy to help Cal stabilize relationship with Carissa, who would be a support in his recovery from trauma and management of negative emotions. Will discuss with Certified Peer Support Specialist of also including promotion of positive relationship for the couple by encouraging activities that celebrate small gains in recovery.

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Billable Services

Service: Family Psychotherapy w/Patient (50 min) (90847-4)

Service Minutes: 65 minute(s)

Document Minutes: 11 minute(s)

Travel Minutes: 0 minute(s)

Total Minutes: 76 minute(s)

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

Face to Face Minutes Billable: 65 minute(s)

Charge Details Opened?: Yes

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