

**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 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

7/5/2023 15:14 PDT

Auth (Verified)

Lum LCP, Mark S (7/5/2023 15:16 PDT)

Lum LCP, Mark S (7/5/2023 15:16 PDT)

**BH Intensive Home-Based Svs PC/CM PN Entered On: 7/5/2023 3:24 PM**  
**PDT Performed On: 7/5/2023 3:24 PM PDT by Lum LCP, Mark S**

**Intensive Home-Based Services**

Encounter Smart Template : Facility: CYS EAST

FIN: 1000xxxxxxx

Diagnosis Treated Today :

1. Post-traumatic stress disorder, acute (F43.11)
2. Alcohol use, unspecified, in remission (F10.91)
3. Cannabis use, unspecified, in remission (F12.91)

*Purpose of Visit:* F43.12; F12.91; F10.91 - Cal continues to struggle with expressing negative emotions in a healthy manner. Although he has been sober for over 3 months, he doesn't always feel good especially now that his past coping mechanism of numbing is no longer available to him.

*Intervention PN:* IHBS provider asked Cal whether or not he has been attending 12 Step Recovery group. Cal indicated that he has no longer used for the past 3 months, but sometimes feels worse especially when he is stressed by something or when his girlfriend is stressed by work and resent Cal not being able to help while on house arrest. Educated Cal that support groups can be helpful in learning how to talk again about one's self and share emotions with others in a safe and non-judgmental environment. Worked with Cal on his relaxation skills when feeling negative emotions, so he can expressed them in a healthy manner. Did some breathing exercises, and then asked Cal what was troubling him. Cal was cooperative and did his breathing skills.

*Intensive Home PN Plan:* Cal has learned how support groups can be beneficial not only for being accountable, but also for practicing talking about one's self and expressing himself to others in a safe environment. He also seemed to benefit from using his relaxation skills prior to dealing with negative and stressful emotions. Will continue to focus on Cal's coping skills and practice them when faced with negative encounters.

Lum LCP, Mark S - 7/5/2023 3:16 PM PDT

**Billable Services**

Services: Psychosocial Rehab (IHBS) (70899-423)

Service Minutes: 55 minute(s)

Document Minutes: 13 minute(s)

Travel Minutes: 0 minute(s)

Total Minutes: 68 minute(s)

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

Face to Face Minutes Billable: 55 minute(s)

Charge Details Opened ? : Yes

Lum LCP, Mark S - 7/5/2023 3:16 PM PDT

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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.

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