

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 Individual PC/CM PN

Service Date/Time:

Document Status:

Performed By:

Signing Clinician/Date of Signature

BH MHS Individual 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 MHS Individual PC/CM PN Entered On: 7/5/2023 3:24 PM
PDT Performed On: 7/5/2023 3:14 PM PDT by Lum LCP, Mark S

Mental Health Services Individual

Encounter Smart Template : Facility: CYS EAST

FIN: 100xxxxxxxxxxx

Diagnosis Treated Today :

1. Post-traumatic stress disorder, acute (F43.11)
2. On Probation (SNOMED) 105509007
3. Fight - assault (SNOMED) 274229005

Purpose of Visit : Problem addressed today: F43.12 Post Traumatic Stress Disorder - chronic; SNOMED codes 105509007 On probation and 274229005 Fight - assault.

Intervention PN : Individual therapist met Cal in the office and utilized psychoeducation on trauma abreaction and worked with patient on understanding how his body still remembers what happened years ago causing his body and mind to coordinate in safety/survival mode and react with either a fight or flight reaction. Assisted client in scanning his body to see where he feels the stress. Introduced distress thermometer to measure stressful feelings especially when relating details to the trauma incident. Cal indicated that his distress on a scale of 0-100 - 100 being overwhelmed by stress, was at an 85 when he thinks about someone beating up their girlfriend. Cal seemed interested that he wasn't just crazy for losing control even though he promised his girlfriend that he would stay out of trouble. He was cooperative with the bilateral movement and seemed to measure decrease in stress as he used the coping skills in session.

MHS Individual PN Plan : Will continue psychoeducation and different regulation tools including tapping, walking, and discuss treatments such as EBP EMDR as ways to help him process and move the trauma to his cortex part of his brain, so he can process and not react to the trauma. Will see next week.

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Billable Services

MH Individual Billable Services: Psychotherapy 53+ min (90837-4)

Service Minutes: 55 minute(s)

Document Minutes: 10 minute(s)

Travel Minutes: 0 minute(s)

Total Minutes: 65 minute(s)

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

Face to Face Minutes Billable: 55 minute(s)

Charge Details Opened?: Yes

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