

Client Name: RASPBERRY TEST

Welligent ID: 5161761

Birth Date: 08-Sep-1980


IBHIS ID (DMH Clients): \_



**Appointment Details**

Date of Service: 07-Sep-2020  
 Scheduled/Start Time: 11:03AM  
 Appointment Duration or Face to Face: 44 (Minutes)  
 Date Marked as Complete: 14-Sep-2020 09:22AM  
 Non-Billable Time: (Minutes)  
 Provider: Cardenas, Jennifer  
 Other Time (Not Face-to-Face): 6 (Minutes)  
 Travel Time: 0 (Minutes)  
 Status: Completed  
 Primary Action: Collateral with client  
 Reporting Unit: County Mental Health  
 Reporting Unit Address: 555 Main Street, Oakland, CA 94619  
 Reporting Unit ID: SC  
 Place of Service: Office  
 Other Individuals Present: Family: Non-Family:  
 Collateral Visit: No Specify:  
 Service Strategy: 00-No Evidence Based Practice/Service Strategy  
 Evidence Based Practice: 00-No evidence based practice  
 Appointment Internal ID: 1377065963

**Mental Health Notes**

 <b>Activities/Services</b>	
Goals:	The purpose of this service was to support the client's caregivers in managing client's anxiety disorder symptoms.
Interventions:	This clinician provided empathic and validating statements, acknowledging caregiver's frustration and concern. Clinician provided psychoeducation around the various ways that anxiety can manifest behaviorally, especially in adolescents. Clinician discussed common challenges amongst families when there are notable differences in the expression of respect between the generations within household. Clinician solicited feedback from caregivers about whether or not the experience of generational differences resonated with them.
Response:	Client's father and grandmother report that on most days, client closes herself off in her bedroom as soon as she comes home on visits and only leaves her room to meet basic physical needs. Client often responds to family's attempts to interact with her, by rolling her eyes and instructing them to leave her alone in a rude voice tone. Client was visibly uncomfortable in the beginning of the discussion but relaxed over the course of the session.
Progress:	Client's caregivers were forthcoming in expressing their concerns and struggle to understand how to best support client. They were receptive to information about the grief process and expressed willingness to try new approaches with client.
Plan:	This clinician will work with client's father and grandmother in identifying new methods to

\_\_\_\_\_ respond to client's isolative behavior during home visits. \_\_\_\_\_

**Signatures**

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Electronic Signature/Credentials

Jennifer Cardenas, LCSW

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September 14, 2020 09:22:35 am

Date of Signature