

Client Name: RASPBERRY TEST

Welligent ID: 5161761

Birth Date: 08-Sep-1980


IBHIS ID (DMH Clients): \_



**Appointment Details**

Date of Service: 05-Aug-2020  
 Scheduled/Start Time: 12:01PM  
 Appointment Duration or Face to Face: 76 (Minutes)  
 Date Marked as Complete: 14-Sep-2020 09:24AM  
 Non-Billable Time: (Minutes)  
 Provider: Cardenas, Jennifer  
 Other Time (Not Face-to-Face): 13 (Minutes)  
 Travel Time: 27 (Minutes)  
 Status: Completed  
 Primary Action: Family Therapy  
 Reporting Unit: County Mental Health  
 Reporting Unit Address: 555 Main Street, Oakland, CA 94619  
 Reporting Unit ID: SC  
 Place of Service: Home  
 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: 1377066601

**Mental Health Notes**

 <b>Activities/Services</b>	
Goals:	Client and her family struggle to engage in healthy communication in the home. Client's symptoms of impulsivity and lack of follow through on tasks contribute to frustration and conflict in the home. Specific concerns identified by the family include, client using her sibling's belongings without their permission, and not completing her chores during home visits.
Interventions:	This clinician reminded client and family about the family therapy ground rules they have committed to following. In order to give each person the opportunity to feel heard and acknowledged, this clinician prompted all parties to express their hopes for this session. This clinician provided psycho education about different communication styles and the subsequent misunderstandings that can arise between 2 people. This clinician facilitated an experiential activity that aimed to highlight the presence of different communication styles within the family. Clinician gave the family a homework assignment to participate in an activity together during the next home visit, for a minimum of 1 hour. Clinician explained that the purpose of this assignment was to promote client's goal of her and her family increasing positive communication and decreasing verbal conflict in the home. This clinician solicited feedback about potential barriers to completing this assignment and worked with the family to address some of those barriers.
Response:	Client, her 2 younger sisters, older brother, and parents took turns naming the ground rules

	and all parties identified hopes that included the theme of communication. Everyone participated in the experiential activity, but struggled to express value of a communication style that differed from their own. Client and family worked with clinician to identify the day, time, and location in the home in which they will complete their assignment.
--	--

Progress:	Family was able to practice communication skills.
-----------	---

Plan:	During the next family therapy session, I will review how the homework assignment went, and support the family with role playing a segment of their interaction.
-------	--

**Signatures**

Electronic Signature/Credentials

Jennifer Cardenas, LCSW

September 14, 2020 09:24:59 am

Date of Signature