

Client Name: RASPBERRY TEST

Welligent ID: 5161761

Birth Date: 08-Sep-1980


IBHIS ID (DMH Clients): _



Appointment Details

Date of Service: 14-Aug-2020
 Scheduled/Start Time: 03:33PM
 Appointment Duration or Face to Face: 8 (Minutes)
 Date Marked as Complete: 14-Sep-2020 09:28AM
 Non-Billable Time: (Minutes)
 Provider: Cardenas, Jennifer
 Other Time (Not Face-to-Face): 10 (Minutes)
 Travel Time: (Minutes)
 Status: Completed
 Primary Action: Group Rehab Interventions
 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: 1377067479

Mental Health Notes

 Activities/Services	
Goals:	<p>This group rehab session was facilitated to provide the opportunity for participants to practice using adaptive social skills to effectively respond to peer conflict. Client often experiences significant anxiety in the presence of peers at school, and attempts to avoid distressing feelings by avoiding school. She would like to use the group setting to help her improve her ability to manage social anxiety.</p> <p>This was an 88 minute group with 11 participants = 8 minutes per client billable time</p>
Interventions:	<p>Clinician facilitated the check in process and encouraged clients to utilize the group circle as a forum to learn from, and support each other. Counselor prompted clients to review and commit to the established group values, in order to show respect toward their fellow members. Clinician introduced the group activity, while counselor modeled attentiveness and provided non-verbal encouragement to support clients with using listening skills. Throughout the activity, clinician emphasized the expectation of respecting each other's chosen level of participation. Counselor reminded clients of the activity guidelines when they attempted to rush through the activity. Clinician and counselor worked with clients to identify what they can take from the group activity and apply to real life situations when conflict arises.</p>
Response:	<p>Client was soft spoken and gave minimal verbal responses throughout group. However, she appeared actively engaged, as evidenced by maintaining appropriate eye contact and</p>

	participating in the group activity.
Progress:	Minimal progress made. Will continue group work
Plan:	This clinician will continue to work with client to manage her anxiety during group conflict.

Signatures

Electronic Signature/Credentials

Jennifer Cardenas, LCSW

September 14, 2020 09:28:21 am

Date of Signature