

Client Name: RASPBERRY TEST

Welligent ID: 5161761

Birth Date: 08-Sep-1980


IBHIS ID (DMH Clients): _



Appointment Details

Date of Service: 19-Aug-2020
 Scheduled/Start Time: 10:07AM
 Appointment Duration or Face to Face: 52 (Minutes)
 Date Marked as Complete: 14-Sep-2020 09:51AM
 Non-Billable Time: (Minutes)
 Provider: Cardenas, Jennifer
 Other Time (Not Face-to-Face): 9 (Minutes)
 Travel Time: (Minutes)
 Status: Completed
 Primary Action: Individual 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: 1377073531

Mental Health Notes

 Activities/Services	
Goals:	The purpose of this session was to support client with increasing her ability to regulate her emotions by developing and utilizing coping skills. Client's affect was happy, evidenced by the smile on her face and friendly greeting. Overall, client continues to struggle with regulating her emotions.
Interventions:	In effort to monitor client's moods and emotions, I engaged her in an open ended conversation about her day and how she has been feeling. I praised her for her reported positive day. I inquired on the client's feelings regarding the extra support and safety she is currently receiving. I validated and responded with empathy, encouraging her to express her feelings at our Client Family Team Meeting tomorrow. In effort to support client with developing and coping skills to regulate her emotions, I discussed and reviewed her current coping skills (i.e. reading, listening to music, etc.). I normalized her need to take a nap and reminded her take time outside, per her safety plan.
Response:	Client was verbal and engaged throughout the session. She reported what she was feeling and had a good day. She expressed that she is feeling overwhelmed with all the support and just wants to be alone, stating that she will ask for help when she needs it. Client was open to discussing and reviewing her coping skills.

Progress:	Client continues to make good progress toward treatment goals.
Plan:	I will attempt to meet with client next week for an individual rehabilitation session in effort to support her with developing and utilizing coping skills to regulate her emotions.

Signatures

Electronic Signature/Credentials

Jennifer Cardenas, LCSW

September 14, 2020 09:51:20 am

Date of Signature