Client Name: RASPBERRY TEST   Welligent ID: 5161761   Birth Date: 08-Sep-1980

IBHIS ID (DMH Clients):

Appointment Details

Date of Service:	10-Sep-2020
Scheduled/Start Time:	02:17PM
Appointment Duration or Face to Face:	54 (Minutes)
Date Marked as Complete:	14-Sep-2020 09:55AM
Non-Billable Time:	(Minutes)
Provider:	Cardenas, Jennifer
Other Time (Not Face-to-Face):	11 (Minutes)
Travel Time:	(Minutes)
Status:	Completed
Primary Action:	Individual Therapy - MH
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:	1377101433

Mental Health Notes

➕ Activities/Services	
Goals:	The purpose of this meeting was to support the client with increasing her willingness to follow rules and expectations so that she avoids being incarcerated and/or running away until she is 18.
	Client greeted this clinician in a friendly manner. She reported to be tired and continues to suffer from a cold. She continues to violate the curfew terms of her probation and is engaging in high risk behaviors (staying out past curfew, illicit substance use, high risk sexual behavior).
Interventions:	In order to convey concern for client, this clinician inquired about her well being and recent behavior. As a means to encourage client's participation and support her, this clinician provided her with unconditional positive regard and acceptance. This clinician facilitated discussion with client about her thought processes leading to her choices to violate her probation and prompted her to consider what her behavior is communicating to those who are trying to help her. In response to client's expressed plan to follow the terms of her probation (curfew) for the next 14 days, this clinician facilitated discussion with her aimed toward creating a plan for following through with this goal when she is tempted to break it.

So as to provide client with pro-active support/interventions, this clinician facilitated discussion aimed toward identifying the potential outcomes (juvenile detention, long term elopement to avoid imposed consequences) if she continues to violate her probation and encouraged her to consider and share what might be helpful in terms of supporting her to avoid these negative outcomes. This clinician encouraged client to elicit the help of the friend identified by her as a primary support and source of encouragement to do what is in her best interest.

Response:	Client continues to be very present minded, having difficulty using past behavior and negative consequences/experiences to shape her current or future behavior. She had difficulty identifying any sort of plan for not going with her impulses over the next two weeks as she vows to commit to the terms of her probation. She eventually was able to identify one friend who she believes is a positive influence on her and she agreed to talk to him about encouraging her to make choices that are in her best interest. She was able to independently (with prompting statements by this clinician) recognize that her behavior is incongruent with her goals for herself. Client listened (as evidenced by her nodding her head and change in affect to become more solemn and she became tearful at one point) as this clinician provided information about risks involved in her behavior. She avoided eye contact during this discussion, as well as during this clinician's provision of strength based statements about client, and did not contribute to the conversation.
Progress:	Client is making progress toward treatment goals.
Plan:	This clinician plans to continue to meet with client to work toward increasing her increasing her ability to manage her impulsive and high risk behavior.

Signatures

Electronic Signature/Credentials	September 14, 2020 09:55:44 am
Jennifer Cardenas, LCSW	Date of Signature