

Hector Perez MR SIR2024-12 DOB: 04/24/1968 Male Optum F33.1 Major depressive disorder, Recurrent episode, Moderate,F41.1 Generalized anxiety disorder

Package: full chart

Table of Contents

Facesheet	6
Initial-Treatment-Plan-(OPTIONAL)	9
Clinical-Individualized-Treatment-Plan—Anxiety	12
Clinical-Individualized-Treatment-Plan—Impulsivity	14
Problem-List-	16
Maintain Progress, Monday, Mar 4, 2024	18
Bio-psychosocial-Assessment	19
Activities-Release-and-Waiver-of-Liability-	29
Admission-Orientation-Checklist	32
Assignment-of-Benefits-/-Release-of-Medical-Information-	34
Client-Rights-	36
Confidentiality-Policy-	40
Consent-for-Reporting-Communicable-Diseases-FL-(CUSTOMIZE-STATE)	42
Consent-for-Treatment	46
Coordination-Of-Benefits-and-Pre-existing-Conditions	48
Drug-and-Alcohol-Use-Policy	50
Durable-Power-of-Attorney	52
Group-Confidentiality	55
HIPAA-Notice—Uses-and-Disclosure-of-Health-Information-	57
Liability-Waiver-for-Gym,-Pool,-and-Sporting-Events-	62
Notice-of-Privacy-Practices	63
Program-Rules—CUSTOMIZE	68
Safety-Contract-	70
Transportation-Release-and-Waiver-of-Liability	72
Universal-Precautions-for-HIV-	75
Universal-Precautions-For-Infection-Control-	76

Pre-Admission-Assessment-	78
Life Skills Coaching, Monday, Mar 4, 2024	83
Spiritual-Assessment	84
Initial-Aftercare-Plan-	87
CBT, Tuesday, Mar 5, 2024	88
Process Group, Tuesday, Mar 5, 2024	89
Screen—Pain	90
Screen—Nutritional-	91
Screen—Falls-Assessment-(Detox/Res)-	93
Pain-Re-Assessment	95
Pain-Screen-/-Assessment	96
History-and-Physical-Exam	99
Health-History-Form	101
Initial-Psychiatric-Evaluation-	104
HIV/AIDS/TB/STD-Informational-Fact-Sheet-(Pre-Test-Counseling)-CUSTOMIZE-STATE	108
Specific-Authorization-for-Psychotropic-Medications-	116
Progress-Note	119
Trauma-Assessment	121
Social-Risk-Assessment-	124
Follow-Up-Exam-	126
Self-Harm-Agreement	127
COLUMBIA-SUICIDE-SEVERITY-RATING-SCALE-(C-SSRS)	128
Educational-Learning-Assessment	136
Fagerstrom-Test-for-Nicotine-Dependence	138
Weekly-Progress-Note-	140
Tuberculosis-Skin-Testing-Questionnaire-	141
Intervention-Note	142
Legal-Assessment	143
Discharge-Suicide/Harm-Risk-Assessment-	146

Client-Outcome-Survey—Time-of-Discharge-	148
Client-Satisfaction-Survey	150
Aftercare-Plan/Discharge-Instruction-Form	154
Detox-Discharge-Summary-	156
Nursing-Discharge-Checklist-	157
Discharge-Summary	158
Psychiatric-Discharge-Order-and-Note	160
Release-of-Confidential-Information—Alex-Perez	161
Case-Management-Assessment	163
Case-Management-Treatment-Plan	165
LOCUS-Assessment-with-Scoring-	167
Life Skills Coaching, Tuesday, Mar 5, 2024	169
Maintain Progress, Tuesday, Mar 5, 2024	170
Process Group, Thursday, Mar 7, 2024	171
Life Skills Coaching, Thursday, Mar 7, 2024	172
Maintain Progress, Thursday, Mar 7, 2024	173
CBT, Thursday, Mar 7, 2024	174
Process Group, Friday, Mar 8, 2024	175
Life Skills Coaching, Friday, Mar 8, 2024	176
Maintain Progress, Friday, Mar 8, 2024	177
CBT, Friday, Mar 8, 2024	178
Process Group, Monday, Mar 11, 2024	179
Life Skills Coaching, Monday, Mar 11, 2024	180
Maintain Progress, Monday, Mar 11, 2024	181
CBT, Monday, Mar 11, 2024	182
Process Group, Tuesday, Mar 12, 2024	183
Life Skills Coaching, Tuesday, Mar 12, 2024	184
Maintain Progress, Tuesday, Mar 12, 2024	185
CBT, Tuesday, Mar 12, 2024	186

Process Group, Wednesday, Mar 13, 2024	187
Life Skills Coaching, Wednesday, Mar 13, 2024	188
Process Group, Thursday, Mar 14, 2024	189
Life Skills Coaching, Thursday, Mar 14, 2024	190
Maintain Progress, Thursday, Mar 14, 2024	191
CBT, Thursday, Mar 14, 2024	192
Process Group, Friday, Mar 15, 2024	193
Life Skills Coaching, Friday, Mar 15, 2024	194
Maintain Progress, Friday, Mar 15, 2024	195
CBT, Friday, Mar 15, 2024	196
Process Group, Monday, Mar 18, 2024	197
Life Skills Coaching, Monday, Mar 18, 2024	198
Maintain Progress, Monday, Mar 18, 2024	199
CBT, Monday, Mar 18, 2024	200
Process Group, Tuesday, Mar 19, 2024	201
Life Skills Coaching, Tuesday, Mar 19, 2024	202
Maintain Progress, Tuesday, Mar 19, 2024	203
CBT, Tuesday, Mar 19, 2024	204
Utilization-Review-	205
Process Group, Thursday, Mar 28, 2024	210
Life Skills Coaching, Thursday, Mar 28, 2024	211
Maintain Progress, Thursday, Mar 28, 2024	212
CBT, Thursday, Mar 28, 2024	213
Maintain Progress, Saturday, Mar 30, 2024	214
CBT, Saturday, Mar 30, 2024	215
Manage-Diagnosis-Codes	216
Golden Thread List	217
Insurance-Forms	219
Vitals	220

Glucose 221

Weight 222

Height 223

Orthostatic-Vitals 224

CIWA-AR 225

CIWA-B 226

COWS 227

Medications-Brought-In 228

Rounds 229

MAT-Orders 230

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US & Canada)

Date 1st contact	Rep on intake call	1st contact name	1st contact phone	1st contact relationship
01/21/2024	Crystal Watson	n/a	n/a	n/a

Location: Step Into Recovery Centers INC

Admission Date	Referrer	Contact?	Anticipated Discharge Date
03/04/2024 03:34 PM		No	06/14/2024 12:42 AM
Discharge/Transition Date	Discharge/Transition to		
04/17/2024 07:08 PM			

PARTICIPANT INFORMATION HAS NOT BEEN VALIDATED - PLEASE VALIDATE

participant Information

Hector Perez

Current Address:
6857 Enfield St
Reseda, CA 91335 United States

Phone: 818-450-7304
Email: h_perez@myyahoo.com
Portal Account Email: h_perez@myyahoo.com

Date of Birth: 04/24/1968 SSN: ***-**-3015

Birth Sex: Male

Pronouns:

Preferred Language:

Marital Status: Single

Race: Other not listed
Ethnicity: Mexican American

Occupation	Employer	Employer Phone
Driver	Motion Pictures	

Payment Method

Insurance

Insurance Information

Insurance	Policy No.	Effective Date	Termination Date	Status	Insurance Type/Priority
Optum	M30316462	04/01/2023		Active	
Internal ID / External ID	Group Plan Name	Group ID	Plan Type	Payor Type	Insurance Phone
/		277163M402	PPO		
Rx Name	Rx Group	Rx BIN	Rx PCN	Rx Phone	Plan Period
	RX20CP	004336	ADV		

Claims

Street Address 1		Street Address 2		Claims Fax				
City		State	Relationship of Patient to Subscriber	SSN	ZIP Code	DOB	Country	Gender
Subscriber								
Hector Perez			Self	***-**-3015		04/24/1968		Male
Subscriber Address Street			Subscriber Address Street 2			Subscriber City		
6857 Enfield St						Reseda		
Subscriber Address Zip			Subscriber Address State			Subscriber Address Country		
91335			CA			United States		
Subscriber Employer								
Motion Pictures								

Concurrent Reviews

Start Date	End Date	# of Days	Auth Date	Authorization Number	Status	Managed	Level of Care
03/26/2024	04/24/2024	30	03/28/2024		Approved	Yes	OP
Next Review	Days of Week		Hours per Day	Days per Week	Frequency	LCD	Next LOC Date
04/26/2024						No	
Insurance Name	Insurance Policy No.						
Optum	M30316462						
no auth required for op							

Start Date	End Date	# of Days	Auth Date	Authorization Number	Status	Managed	Level of Care
03/20/2024	03/24/2024	5	03/19/2024	PFG2DT-03	Approved	Yes	MH PHP
Next Review	Days of Week		Hours per Day	Days per Week	Frequency	LCD	Next LOC Date
03/25/2024					Daily	No	
Insurance Name		Insurance Policy No.					
Optum		M30316462					
left clinical v/m 8:26pm for continued stay PHP level of care. waiting for cm response.							

Start Date	End Date	# of Days	Auth Date	Authorization Number	Status	Managed	Level of Care
03/14/2024	03/19/2024	6	03/13/2024	PFG2DT-02	Approved	Yes	MH PHP
Next Review	Days of Week		Hours per Day	Days per Week	Frequency	LCD	Next LOC Next LOC Date
03/19/2024	Sun,Mon,Tue,Wed,Thu,Fri,Sat				Daily	No	
Insurance Name	Insurance Policy No.						
Optum	M30316462						
left clinical c/m for continued stay review 3-13-24 @ 9:25am, waiting on response from cm.							

Start Date	End Date	# of Days	Auth Date	Authorization Number	Status	Managed	Level of Care
03/04/2024	03/13/2024	10	03/05/2024	PFG2DT-01	Approved	Yes	MH PHP
Next Review	Days of Week		Hours per Day	Days per Week	Frequency	LCD	Next LOC Date
03/13/2024					Daily	No	
Insurance Name	Insurance Policy No.						
Optum	M30316462						
Initiated call with primary dx code of F33.1 for MH PHP x7, cm assigned is Lerion S.							

Contacts

Type	Relationship
Emergency	Brother/Sister
Name	Phone
Alex Perez	818-636-4907

Allergies and Food Restrictions

Allergies

No Known Allergies/NKA

Diets

Regular Diet

Lab Testing

Lab Bill To	Lab Guarantor Type	Lab Guarantor	Lab Guardian	Lab Patient Class
Unassigned	Unassigned	Unassigned	Unassigned	Not Applicable
Lab Primary Insurance	Lab Secondary Insurance			
Unassigned	Unassigned			

participant Record Source: 03/04/2024 03:34 PM: Readmit: 109: SIR2024-3: Step Into Recovery: Pre-Admission: Step Into Recovery: 03/04/2024 03:34 PM: : Jennifer Rosa, Administrator

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US & Canada)

Initial Treatment Plan (OPTIONAL) 01/22/2024 09:15 AM

☐ INTENSIVE INPATIENT ☐ RESIDENTIAL ☒ PHP ☐ IOP ☐ OP

Date Established:	01/22/2024 09:15 AM
Date Resolved / Discharge Date	01/29/2024
Status at Discharge:	<input checked="" type="checkbox"/> Resolved <input type="checkbox"/> Improved <input type="checkbox"/> Minimal Progress

PROBLEM: Client is in need of orientation to program.

RELATED TO AND EVIDENCED BY: Client admitted to this facility and lacks education and understanding of facility program.

GOAL: Client will be oriented to facility and develop a therapeutic rapport with therapist, staff, and group peers.

Short Term Goal/Objectives	Intervention/Modality/Plan	Frequency/Duration
A. Client will receive orientation to facility policies, rules and standards.	A. Staff will provide orientation to Client and provide necessary details on date of admission.	24 hours
	Target date01/29/2024	StatusCompleted
		Date/Comment
		ByJR 03/05/2024
B. Client will attend all assessment appointments and follow all recommendations for Client care.	B. Staff will provide recommendations for Client care, medication needs and follow-up care.	2x/wk PRN
	Target date01/29/2024	StatusCompleted
		Date/Comment
		ByJR 03/05/2024
C. Will monitor patient for Post Acute Withdrawal Symptoms.	C. Staff will educate patient in a structured milieu environment on how to increase confidence and ability in remaining clean and sober.	Daily/PRN

	Target date	Status	Date/Comment	By
	01/29/2024	Completed		JR 03/05/2024
D. Client will meet with primary therapist and develop an Individualized Treatment Plan and Problem List.				
		D. Staff will provide 1:1 session for treatment planning purposes.		1:1 session/1 hr
	Target date	Status	Date/Comment	By
	01/29/2024	Completed		JR 03/05/2024
E. Client will have a physical examination within 3 days of admission unless provided within 30 days of treatment.				
		E. Physician/ARNP/PA will conduct or review previous physical examination.		1:1 session/30 mins
	Target date	Status	Date/Comment	By
	01/29/2024	Completed		JR 03/05/2024
F. A standardized outcomes measure assessment will be completed on date of admission.				
		F. Staff will administer the assessment to client.		Once/30 mins
	Target date	Status	Date/Comment	By
	01/29/2024	Completed		JR 03/05/2024

Additional items

	Target date	Status	Date/Comment	By
CRITERIA FOR DISCHARGE AND DISCHARGE PLANNING: Client to complete treatment by gaining insight into substance abuse; needing to continue treatment in less restrictive treatment modality; having secured stable housing. Client to gain insight for need to continue self-help programs in the community. Discharge planning will include housing, continued treatment, medication compliance and need for follow-up and aftercare.				

Client Statement: I have participated in the development and review of this treatment plan, have received a copy of this treatment plan and I agree to participate in this part of my treatment to the best of my ability.

© 2012-2021 Kipu Systems LLC

HP

Hector Perez (participant), 03/05/2024 09:19 AM

Staff present: Jennifer Rosa, Administrator



Jamila Charles Cometa, LMFT (Staff), 04/08/2024 05:19 PM

Reviewed by



Jamila Charles Cometa, LMFT (Review), 04/08/2024 05:20 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968
Allergies: No Known Allergies/NKA
Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US & Canada)

Clinical Individualized Treatment Plan - Anxiety 01/22/2024 09:21 AM

Date Established: 01/22/2024 09:21 AM

Problem (in patient's own words):

ANXIETY

Modality: Clinical
Problem: Anxiety

Goal 1

Resolve the core conflict that is the source of anxiety.

Objective 1

Describe the history of anxiety symptoms.

Plan 1

Assess the client's frequency, intensity, duration, and history of panic symptoms, fear, and avoidance (e.g., the Anxiety Disorders Interview Schedule-Adult Version) (or assign "Anxiety Triggers and Warning Signs" in the Addiction Treatment Homework Planner by Finley and Lenz).

Plan 2

Develop a level of trust with the client toward creating a good working alliance; provide support and empathy to encourage the client to feel safe in expressing his/her experiences with anxiety.

Client Statement: I have participated in the development and review of this treatment plan, have received a copy of this treatment plan and I agree to participate in this part of my treatment to the best of my ability.

© 2012-2021 Kipu Systems LLC



Hector Perez (participant), 03/05/2024 09:23 AM

Staff present: Jennifer Rosa, Administrator



Jamila Charles Cometa, LMFT (Staff), 04/08/2024 05:19 PM

Reviewed by



Jamila Charles Cometa, LMFT (Review), 04/08/2024 05:19 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Clinical Individualized Treatment Plan - Impulsivity 01/22/2024 09:23 AM

Date Established: 01/22/2024 09:23 AM

Problem (in patient's own words):

IMPULSIVE

Modality: Clinical

Problem: Impulsivity

Goal 1

Maintain a program of recovery, free from impulsive behavior and addiction.

Objective 1

Identify the thoughts that trigger impulsive behavior, and then replace each thought with a thought that is more accurate.

Plan 1

Help the client to develop a list of positive, accurate, self-enhancing thoughts to read to himself/herself each day, particularly when feeling upset, anxious, or uncomfortable (or assign "Positive Self-Talk" in the Adult Psychotherapy Homework Planner by Jongsma).

Plan 2

Help the client to uncover dysfunctional thoughts that lead to impulsivity; assist him/her in replacing each dysfunctional thought with a thought that is more accurate, positive, self-enhancing, and adaptive (or assign "Journal and Replace Self-Defeating Thoughts" in the Adult Psychotherapy Homework Planner by Jongsma).

Client Statement: I have participated in the development and review of this treatment plan, have received a copy of this treatment plan and I agree to participate in this part of my treatment to the best of my ability.

© 2012-2021 Kipu Systems LLC



Hector Perez (participant), 03/05/2024 09:24 AM

Staff present: Jennifer Rosa, Administrator



Jamila Charles Cometa, LMFT (Staff), 04/08/2024 05:19 PM

Reviewed by



Jamila Charles Cometa, LMFT (Review), 04/08/2024 05:20 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Problem List 01/29/2024 09:15 AM

Date of Service: 01/29/2024 09:15 AM

Problem List: Total Problems: 12

Problem	Status	Behavioral Definition/As evidenced by
Anxiety	Active	<ul style="list-style-type: none">Abuses substances in an attempt to control anxiety symptoms.Autonomic hyperactivity (e.g., palpitations, shortness of breath, dry mouth, trouble swallowing, nausea, diarrhea).Demonstrates excessive worry regarding several life circumstances that has no factual or logical basis.
Impulsivity	Active	<ul style="list-style-type: none">Demonstrates difficulty with patience, particularly while waiting for someone or waiting in line.
Adult-Child-Of-An-Alcoholic (ACA) Traits	Active	<ul style="list-style-type: none">Demonstrates an overconcern with the welfare of other people.
Childhood Trauma	Active	<ul style="list-style-type: none">Demonstrates inability to trust others, bond in relationships, communicate effectively, and maintain healthy interpersonal relationships because of early childhood neglect or abuse.
Borderline Traits	Active	<ul style="list-style-type: none">Analyzes most issues in simple terms of right and wrong (black/white, trustworthy/deceitful) without regard for extenuating circumstances or complex situations.
Chronic Pain	Active	<ul style="list-style-type: none">Complains of chronic neck or back pain.
Grief/Loss Unresolved	Active	<ul style="list-style-type: none">Demonstrates vegetative symptoms of depression (e.g., lack of appetite, weight loss, sleep disturbance, anhedonia, lack of energy).
Legal Problems	Active	<ul style="list-style-type: none">Chemical dependency has resulted in several arrests.
Living Environment Deficiency	Active	<ul style="list-style-type: none">Associates with peer group members who are regular users/abusers of alcohol and/or drugs.
Relapse Proneness	Active	<ul style="list-style-type: none">Describes interpersonal conflicts, which increase the risk for relapse.

Self-Harm	Active	<ul style="list-style-type: none">Continues self-harm despite knowledge of experiencing persistent physical, legal, financial, vocational, social, and/or relationship problems that are caused by self-harming behavior.
Social Anxiety	Active	<ul style="list-style-type: none">Avoidance of situations that require a degree of interpersonal contact.

© 2012-2021 Kipu Systems LLC



Jennifer Rosa, Administrator (Staff), 03/05/2024 09:16 AM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Completed Group Sessions

Monday, Mar 4, 2024

Maintain Progress 01:00 PM PST by Jennifer Rosa, Administrator

Status: attended Start: 03/04/2024 01:00 PM PST - End: 03/04/2024 02:30 PM Duration: 01:30
PST

Attendees: 2 Absent: 0

Topic
Maintain health Life Sytle
Individual Assessment/Intervention
expressed himself a little seemed interested
Group Description
Several key areas of your lifestyle are considered dimensions of overall Wellness. They include: social connectedness, exercise, nutrition, sleep and mindfulness. Each one has an impact on your physical and mental health.



Jennifer Rosa, Administrator (Staff), 03/05/2024 12:44 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Bio-psychosocial Assessment

Date/Time:

I. SOCIAL AREA

A. Family of Origin

1. Where were you raised and by whom?

Raised by both parents in Reseda

2. Do you have any
siblings?

	Name	Age	Grew Up Together?
	Alex	54	Y
	Rosa	51	Y
	Oswaldo	48	Y

3. How were the relationships between family members in the immediate family/in the household?

Closest to brother

4. Who do you feel closest to in the family and why?

Alex, my brother. We are closer in age

5. Is there any history of the following:

Mother: None

Father: None

Step-Parent: None

Siblings: None

Other: None

If YES to any of the above,
elaborate: No to All

B. Family of Choice

1. Are you involved in a significant relationship? No

If YES, are you satisfied with relationship with partner? No relationship

2. Marriage History: ☒ None

3. Do you have any children? ☒ None

4. Are you satisfied with your relationship with your children? ☐ Yes ☐ No ☒ N/A

5. Is there any history of the following:

Partner: None

Past Partner: None

Children: None

If YES to any of the above, elaborate: No to All

C. Cultural Influences

1. Were you raised in any specific culture? No

2. Do you identify with any specific cultural group? No

3. Do you currently practice any specific cultural rituals? No

D. Spirituality/Religious Assessment

1. Is religion or spirituality important in your life?

yes

2. Do you use prayer/meditation?

prayer

3. How does your faith help you cope with problems in your life?

I don't feel like it helps I just pray because it's what I was raised to do.

II. LEGAL HISTORY

1. Is Client currently involved in the Criminal Justice No

System?

2. Have you ever been incarcerated? ☐ Yes ☒ No

If YES, list incarceration history, most recent first: ☒ None

3. Do you currently owe any restitution? No

4. How much will your legal situation influence your progress in treatment: N/A

5. What is the urgency of your legal situation? N/A

6. Is the legal situation related to your current issues with substance use or mental illness? N/A

III. EDUCATIONAL / VOCATIONAL / MILITARY ISSUES

A. Educational History

1. What is the highest grade completed / degree or certificate obtained?

12

2. Are you currently enrolled and attending school? No

3. Do you have any future educational goals? No

B. Employment History

1. Has Client ever been employed? ☒ Yes ☐ No

If YES, list employment history (most recent first):

Job/Position	Employment Dates	Reason for Leaving	Salary
Driver	present		

2. Do you need/want any specific vocational training? No

3. Have you ever received any vocational training? No

C. Military Service

1. Have you ever served in the Military? ☒ Yes ☐ No

If YES:

	Branch	Length of Service	Type of Discharge	Benefits Received
	armed forcs	1yr	honorable	yes

Additional information / comments concerning Educational / Vocational Issues: None

IV. SEXUAL / ABUSE / TRAUMA HISTORY

Describe your present sexual orientation:

cis

Check all that apply:

For all checked, describe below.

- Always had the same sexual orientation?
- None

If YES, was it alcohol/drug related? ☐ Yes ☐ No ☒ N/A

Explain any checked items above: None

Are you currently in or have you ever been involved in an abusive relationship?

no

TRAUMA ASSESSMENT:

Have you ever experienced any of the following types of trauma?

Significant death of a family member or friend: ☐ Yes ☒ No

Witnessing an Accident: ☐ Yes ☒ No

Community Violence: ☐ Yes ☒ No

Domestic Violence: ☒ Yes ☐ No

Childhood Trauma: ☒ Yes ☐ No

Natural Disaster: ☐ Yes ☒ No

Family Violence: ☐ Yes ☒ No

Neglect: ☐ Yes ☒ No

Any type of physical, sexual or emotional abuse: ☐ Yes ☒ No

School Violence: ☐ Yes ☒ No

Do you have a history of past or current types of trauma listed above, or sexual, psychological or physical abuse or any other type of abuse, and/or neglect, trauma or exploitation explain below: None

Do you feel that this trauma may interfere with treatment and/or has led to past relapses? None

Do you have a history of sexual, psychological or physical abuse or any other type of abuse, neglect, trauma or exploitation – Is the facility going to provide Trauma Therapy:

- **YES.** If YES, a Trauma Assessment is to be conducted by a Licensed Individual & added to the Problem List with a Treatment Plan

V. LEISURE/RECREATIONAL ACTIVITIES

List any hobbies, recreational interests, sports, games or other leisure activities you enjoy:

n/a

What effect has your substance use had on your leisure time?

I don't do anything

No interest

VI. CURRENT SOCIAL ENVIRONMENT

Current Social Situation/Environment (present living arrangement & environment, identify significant relationships with family members, support systems, current social / peer groups and community resources):

with parents

VII. CURRENT FINANCIAL STATUS

Current Financial Status & How did you pay for Drug/Alcohol Addiction?

n/a

VIII. CONSEQUENCES OF ADDICTION

1. Describe client's consequences of addiction:

Impairment to basic speech, movement.	Physical
Unable to connect emotionally to others.	Emotional
n/a	Spiritual
n/a	Value System
n/a	Legal

n/a

Financial

n/a

Social

n/a

Mental

n/a

Behavioral

Flat, aloof to surrounding environment

IV. SUBSTANCE USE HISTORY & ASSESSMENT

Substance
History:

	First Used	Last Used	Frequency/Duration	Amount	Method	Pattern of Use (Episodic, Experimental, Binge, Continued, Mental/Behavioral)
Alcohol	none	none				
Marijuana	none	none				
Cocaine (Powder)						
Crack Cocaine						
Crystal Meth						
Heroin						
Suboxone/Zubsolv						
Oxycontin						
Methadone						
Other Opiates						
Benzodiazepines						
Hallucinogens						
Amphetamines						
Inhalants						
Ketamine (Special K)						
Triple C's						
Codeine						
Ecstasy						
Bath Salts						
Flakka						
MDMA/Molly						
Steroids						
K2/Spice						
Kratom						

Kava						
Other OTC Drugs						

Other Drugs
Used: ☒ None

Assessment for Other Addictive Disorders

History of Other Addictive Behaviors:

Eating Disorders? Denied

Have you ever received treatment for an Eating Disorder? ☐ Yes ☒ No

Is Eating Disorder still an issue for you? ☐ Yes ☐ No ☒ N/A

Do you have a history of Gambling? None

Do you feel that gambling is an issue for you? ☐ Yes ☐ No ☒ N/A

Are there other addictive behaviors (work, nicotine, sex, caffeine, shopping, and/or exercising) that the you have a problem with? None

Are there any other addictive disorders that will need to be addressed in treatment? None

List Drugs of Choice:

Preference	Class	Substance(s)
Primary	Opiates/Opioids	
Secondary	Alcohol	
Tertiary		

Drug Craving: (Range 0-10, 10 being highest)

7

Treatment History

Number of
Times:

0

Previous Treatment: ☒ None

Describe your treatment and relapse history, including AA experiences and attempts at abstinence/recovery:

Client states he never attempted to stop substance abuse as he's never looked into getting treatment. Does not want to

burden other people with his problems.

What precipitating events lead to relapse (i.e. triggers)?

Client states his depression and thinking about being alone but mostly his PTSD.

X. TREATMENT ACCEPTANCE / RESISTANCE DIMENSION

1. Describe your external motivation for Treatment?

Wanting to be happy

2. Describe your internal motivation for Treatment?

Feeling depressed all the time

3. Relapse/Continued Use Potential

Client's Strengths: Willingness to comply with treatment , Ability to benefit from treatment

Client's Weaknesses:

Lacks coping skills , Poor impulse control , Inability to form relationships , Low self esteem , Poor motivation , Low ability to benefit from treatment

Barriers to Treatment: Financial

XI. RECOVERY ENVIRONMENT

1. Do you have an existing positive support system? Yes

2. Is your current living environment conducive to progress in therapy? Yes

3. Are you currently engaged in any substance-free leisure activities or hobbies?

NO interest

4. What strengths do you have that will assist you in regards to recovery?

Willingness

5. Additional information / comments concerning recovery environment issues: None

XV. INTERVIEW WITH SIGNIFICANT FAMILY MEMBER

(When available in person or by phone)

1. Does family member / significant other view Client's behavior and/or usage as a problem? No

2. Has any family member / significant other attempted to address/intervene in Client's ☐ Yes ☒ No

behavior and/or usage?

Why or Why Not?

Didn't know how to.

3. Has family member / significant other noticed any changes in Client's behavior? No

4. Have there been any traumatic events in the family or specific to the Client?

childhood trauma

5. Is family member / significant other willing to participate in Client's treatment? Yes

CLINICAL IMPRESSIONS:

Include the impact of spirituality on the ability of the individual to receive care/services/determination of any barriers to treatment and/or affiliation with certain types of self-help groups, and if any further assessments are needed.

Client understands that spirituality is part of recovery process.

XII. ASSESSMENT OF MENTAL STATUS DURING INTERVIEW

APPEARANCE: Disheveled/Unkempt

AFFECT: Flat

MOOD: Depressed , Anxious

BEHAVIOR: Cooperative

ORIENTATION: None

INSIGHT: Good , Fair

JUDGMENT: Immature

LEVELS OF IMPAIRMENT / SEVERITY RATINGS

RATE CLIENT'S LEVEL OF IMPAIRMENT & SEVERITY:

RATING/SEVERITY SCALE:

- 0 – Not at all
- 1 – Slightly
- 2 – Moderately
- 3 – Considerably
- 4 – Extremely

PROBLEMS: 4 – Extremely (4)

MEDICAL: 3 – Considerably (3)

EMPLOYMENT: 4 – Extremely (4)

PEER SUPPORT: 4 – Extremely (4)

DRUG/ALCOHOL USAGE: 4 – Extremely (4)

LEGAL: 0 – Not at all (0)

FAMILY/SOCIAL: 3 – Considerably (3)

PSYCHIATRIC - MENTAL HEALTH: 3 – Considerably (3)

TOTAL SCORE: (25)

OVERALL LEVEL OF IMPAIRMENT & SEVERITY

0	Not at all impaired
1-7	Slightly impaired
8-15	Moderately impaired
16-23	Considerably impaired
24 & OVER	Extremely impaired

RATIONALE FOR TREATMENT AT THIS LEVEL OF CARE:

Recommend treatment at this time.

REASON FOR TREATMENT AT THIS TIME / GOAL FOR TREATMENT:

Client being recommended for treatment. Client's PTSD heavily contributes to further depression.

INTEGRATED DIAGNOSTIC SUMMARY/CLINICAL IMPRESSION:

Pending.

Diagnosis:

Diagnoses

F33.1 Major depressive disorder, Recurrent episode, Moderate,F41.1 Generalized anxiety disorder

List Problems Identified in Bio-Psychosocial:

Problem List Empty

If a problem is identified, but not to be treated in treatment, add to Problem List and check to either Defer or Refer.

© 2012-2021 Kipu Systems LLC

4. Have there been any traumatic events in the family or specific to the Client?

yes, childhood trauma

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Step Into Recovery Activities Release and Waiver of Liability

Notice: This form contains a release and waiver of liability and when signed is a contract between the undersigned participant and Step Into Recovery with legal consequences. Please read this Agreement, consisting of one (1) pages in its entirety, carefully before signing your name at the bottom of the page. This form must be signed in the presence of one (1) witness who should sign as a witness.

Date of Execution of Release and Waiver of Liability:

The undersigned agrees that this "Activities Release and Waiver of Liability" form agreement is valid from the date of execution through the date of discharge.

Acknowledgments and Representations by Client:

The undersigned is currently a client of Step Into Recovery. The undersigned has voluntarily consented to participate in voluntary sports activities or voluntary physical activities such as volleyball, aerobics, and other such types of voluntary sports or physical activities, which may not be specifically identified herein while being a client at such facility. The undersigned acknowledges and represents that their participation in such sports activities and physical activities is not a mandatory requirement of Step Into Recovery, and that any participation by the undersigned in any and all sports-related activities and physical activities, is purely voluntary and of the undersigned's own free will. The undersigned acknowledges and represents that there has been no coercion or force on the part of Step Into Recovery for the undersigned to execute this release and waiver of liability agreement. The undersigned has knowingly, freely, and voluntarily consented to execute this release and waiver of liability agreement. The undersigned acknowledges and understands that it is the undersigned's sole decision to participate in such voluntary activities. The undersigned acknowledges and represents that he has been informed that he has an absolute right to refuse to participate in any and all sports-related activities or physical activities.

To Step Into Recovery, Inc.: In consideration of the opportunity afforded to me, by Step Into Recovery, to participate in voluntary sports activities or voluntary physical activities such as volleyball, aerobics, and any other similar types of voluntary sports or physical activities which may not be specifically identified herein, the undersigned client freely agrees to make the following contractual representations and agreements with Step Into Recovery.

The undersigned client, does hereby knowingly, freely, and voluntarily assume all liability for any damage or injury that may

occur as a result of my (or my dependent/ward) participation in the activities described herein and agree to release, waive, discharge, and covenant not to sue Step Into Recovery, its officers, agents, employees, and volunteers from any and all liability or claims that may be sustained by me or a third party directly or indirectly in connection with, or arising out of participation in the activities described herein, whether caused in whole or in part by the negligence of Step Into Recovery, or otherwise.

The undersigned client, has read this form, fully understand its terms, and understand that, I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of any and all liability to the greatest extent allowed by law, and I agree that if any portion of this contract is held to be invalid the balance notwithstanding, shall continue in full legal force and effect.

I also agree, that the rules provided to me by the Step Into Recovery, will be followed during the course of my voluntary participation in the activities described herein. Otherwise, my privilege of participating in such activities will be revoked immediately. Each client must sign a release and waiver of liability form in order to participate in the voluntary activities described herein. I acknowledge that due to the nature of the activities described herein, Step Into Recovery staff will not be able to prevent injuries from occurring during the course of such activities; therefore, I am choosing to participate in such activities at my own risk and agree to assume all risks associated therewith.

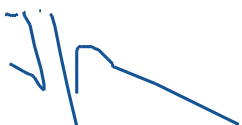
Indemnification of Step Into Recovery: The undersigned client shall at all times hereafter indemnify, hold harmless and, at Step Into Recovery Attorney's option, defend or pay for an attorney selected by Step Into Recovery to defend Step Into Recovery, its officers, agents, servants, and employees against any and all claims, losses, liabilities, and expenditures of any kind, including attorney fees, court costs, and expenses, caused by negligent act or omission of the client, other clients, Step Into Recovery, its employees, agents, servants, or officers, or accruing, resulting from, or related to the undersigned client engaging in any voluntary sports activities or voluntary physical activities such as volleyball, aerobics, and any other similar types of voluntary sports or physical activities which may not be specifically identified herein, including, without limitation, any and all claims, demands, or causes of action of any nature whatsoever resulting from injuries or damages sustained by any person or property. The provisions of this section shall survive the expiration or earlier termination of this Agreement or the discharge of the client from the residential/outpatient facility operated by Step Into Recovery.

Venue: This Agreement shall be interpreted and constructed in accordance with and governed by the laws of the State of California Venue for litigation concerning this Agreement shall be in County.

© 2012-2021 Kipu Systems LLC



Hector Perez (participant), 01/23/2024 03:18 PM
Staff present: Crystal Watson



Jennifer Rosa, Administrator (Staff), 02/15/2024 03:29 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Step Into Recovery
Admission Orientation Checklist
Name: Hector Perez MR#: SIR2024-3 DOB: 04/24/1968

Upon admission, I have been oriented and understand the following as indicated by a checkmark next to each requirement and my signature below.

- ☐ A description of services to be provided
- ☐ Consent for treatment
- ☐ A copy of the fee schedule, financial responsibility policy, and applicable fees
- ☐ Advanced Directives used at the facility
- ☐ A copy of individual rights
- ☐ A copy of the grievance process and procedure
- ☐ Program rules
- ☐ Group Confidentiality, Confidentiality and limitations of confidentiality
- ☐ Infection control procedures
- ☐ Therapist Assignment
- ☐ Treatment Schedule
- ☐ Fire exits and emergency evacuations procedures
- ☐ Emergency Services
- ☐ Responsibilities for participation in treatment
- ☐ A summary of the facility's admission and discharge criteria

My signature confirms that I have engaged in an orientation process with Step Into Recovery staff member. It further confirms that I was given the opportunity to ask questions for clarification purposes and that I understand the aspects of the program listed above.



Hector Perez (participant), 01/23/2024 03:19 PM
Staff present: Crystal Watson



Jennifer Rosa, Administrator (Staff), 02/15/2024 03:30 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Step Into Recovery

Assignment of Benefits / Release of Medical Information

I hereby authorize and request that payment of benefits by my Insurance Company(s), Anthem, be made directly to Step Into Recovery for services furnished to me or my dependent. I understand that my Insurance Company may only cover a portion of the total bill. I further understand that I may be responsible for all charges not covered by this assignment.

In addition, I authorize Step Into Recovery to disclose any and all written information from the above named to my above named Insurance Company and/or its designated representatives, or other financially responsible parties; at the determination of Step Into Recovery. Such disclosure shall be for reimbursement purposes for those services received.

I hereby release Step Into Recovery and its officers, agents, employees, and any clinician associated with my case from all liability that may arise as a result of the disclosure of information to the above named Insurance Company(s) or their designated representatives.

By signing this Assignment of Benefits and Release of Information, I acknowledge:

- I am aware and understand that this authorization will not be used unless the above-named Insurance Company(s) or their designated representatives request records of information for reimbursement purposes, or seek to take action for the referred payment for treatment services.
- I agree to participate and assist Step Into Recovery or its designated representatives with any appeal process necessary to collect payment for the services rendered.
- I am aware and have been advised of the provisions of Federal and State Statutes, rules, and regulations that provide for my right to the confidentiality of these records.
- I understand that this assignment and authorization is subject to revocation at any time except to the extent that action has been taken in reliance thereon. In any event, this authorization will expire once reimbursement for services rendered is complete.
- Step Into Recovery is acting in filing for insurance benefits assigned to Step Into Recovery and it can assume no responsibility for guaranteeing payment of any charges from the Insurance Company(s).
- Billing may be done by a firm contracted by Step Into Recovery for billing and collection purposes.
- Step Into Recovery is appointed by me to act as my representative and on my behalf in any proceeding that may be necessary to seek payment from my insurance carrier.
- Should an overpayment take place, a refund check will be mailed to the authorized party that is due the overpayment.
- Step Into Recovery shall be entitled to the full amount of its charges without offset.

I acknowledge receipt of a completed and signed copy of this assignment and release form:

© 2012-2021 Kipu Systems LLC



Hector Perez (participant), 02/15/2024 01:44 PM
Staff present: Jennifer Rosa, Administrator



Jennifer Rosa, Administrator (Staff), 02/15/2024 01:44 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Step Into Recovery Client Rights

All individuals who apply for services, regardless of sex, race, age, color, creed, financial status, or national origin, are assured that their lawful rights as Clients shall be guaranteed and protected. While being served, you the Client are assured and guaranteed the following rights:

1. To be treated with respect and dignity.
2. To receive timely treatment by qualified professionals.
 - a. Every effort will be made to use the least restrictive, most appropriate treatment available, based on Client needs.
 - b. Each Client shall be afforded the opportunity to participate in activities designed to enhance self-image.
 - c. An individualized treatment plan shall be developed for each Client in accordance with the provisions established for each program component.
3. To receive quality treatment that is best suited to his/her needs and shall include appropriate services, whether they be medical, vocational, social, educational, and/or rehabilitative services.
4. To express by signature an informed consent of the right to release information for communication purposes with other agencies.
5. To receive communication and correspondence from individuals.
6. To privacy for interview/counseling sessions.
7. To practice your religious practices.
8. To be provided humane care and protection from harm.
9. To contract and consult with legal counsel and private practitioners of your choice at your expense.
10. To exercise your constitutional, statutory, and civil rights.
11. To be free of physical restraint or seclusion.
12. To be informed of the nature of treatment or rehabilitation, the known effects of receiving the treatment or rehabilitation, and alternative treatment or rehabilitation programs.
13. To be provided with information on an ongoing basis regarding your treatment or rehabilitation.

14. To be provided services in accordance with standards of practice, appropriate to your needs, and designed to afford you a reasonable opportunity to improve your condition.

15. To confidentiality of the Client being in treatment and of the Client's records. The Federal rules restrict any use of information to criminally investigate or prosecute any alcohol or drug abuse Client. Federal regulations state any person who violates any provision of the law shall be fined not more than \$500.00 in the case of the first offense and not more than \$5,000.00 in the case of each subsequent offense, except where noted in the Federal Law of Confidentiality, 42 CFR, Part 2, Section 2.22, which includes the following:

- a. The limited circumstances of release of Client information include, crimes on program premises or against program personnel, medical emergencies, mandated reports of child abuse or neglect, elderly abuse, threats to harm self or others, research, audit, and evaluations, or court orders.

16. To receive full information regarding the treatment process.

17. To refuse treatment.

18. To all other constitutional and legal rights, including the right to personal clothing and effects.

19. To be informed of the Client grievance procedure upon request.

Confidentiality of Alcohol and Drug Abuse Patient Records/Limits to Confidentiality

The confidentiality of alcohol and drug abuse Client records maintained by this program are protected by Federal law and regulations. Generally, the program may not say to a person outside the program that the Client attends the program or disclose any information identifying a client as an alcohol or drug abuser unless:

1. The Client consents in writing
2. The disclosure is allowed by a court order; or
3. The disclosure is made to medical personnel
4. The disclosure to a qualified person for research, audit, or program evaluation; or
5. The disclosure is made to protect self or others or a crime has been committed; or
6. The disclosure in the event of threats of harm to self or others (Duty To Warn).

Violation of the Federal law and regulations by a program is a crime. Suspected violations may be reported to appropriate authorities in accordance with Federal regulations.

Federal law and regulations do not protect any information about a crime committed by the Client either at the program or against any person who works for the program or about any threat to commit such a crime.

Federal laws and regulations do not protect any information about elderly abuse, suspected child abuse or neglect, threats to harm to self or others from being protected. These may be released under State law to appropriate State or local authorities beyond Federal CFR42-Regulations.

(See 42 U.S.C. 290dd-3 and 42 U.S.C. 290ee-3 for Federal laws and 42 CFR Part 2 for Federal regulations.)

Grievance Procedure:

1. Any person(s) who believes that their rights have been violated or has a complaint or grievance may file a complaint pursuant to the procedures set forth below, on their behalf or on the behalf of another person. All persons are encouraged to file a grievance. By filing a complaint the individual will not subject themselves to any form of adverse action, reprimand, retaliation, or otherwise negative treatment by Step Into Recovery. The client shall have immediate access to the grievance form; a posting of the grievance procedure will be within the facility with the levels of appeals, and in the Patient Handbook.
 2. The processing procedures for grievances and complaints are as follows:
 - a. The Client is encouraged to discuss any problems with their therapist. The Client and therapist will try to find a resolution. The therapist will correspond with the Clinical Director on the grievance and/or complaint and any resolution.
 - b. All grievances shall first be filed with the Clinical Director by completing a "Client Grievance" form. The Human Resources Director and/or Designee shall give the Client a receipt of the filed grievance and log the grievance. The Director will conduct an internal investigation and render an initial determination and resolution within 2 days of receipt of the complaint in writing.
 - c. If the complaint is not satisfied or if the complaint is not resolved with the results achieved in Step 2, the complaint may file an appeal and/or the grievance shall be forwarded to the Executive Director and this meeting shall be held within five working days of the date it is requested.
 - d. The Client shall be presented with a resolution and response to their grievance in writing.
 - e. In the event that the Client does not feel a resolution has been reached they may contact the state regulatory department and the applicable client advocacy institution.
 3. The Clinical Director and the Executive Director shall take steps to ensure an appropriate investigation of each complaint to determine its validity. These rules contemplate informally, but thorough, investigations affording all interested persons and their representatives, if any, an opportunity to submit evidence relevant to the complaint.
 4. Any allegations of physical or sexual abuse by a therapist shall immediately be brought to the attention of the Clinical Director and the police shall be notified. The Client will be afforded the opportunity to contact the Police, state Abuse Hotline, the state department of family services, and the state disability rights department where applicable. The telephone numbers of the hotlines are posted within the facility.
-

I, Hector Perez, hereby acknowledge receipt of and understand the "Client Rights" statement.

© 2012-2021 Kipu Systems LLC



Hector Perez (participant), 01/23/2024 03:19 PM
Staff present: Crystal Watson



Jennifer Rosa, Administrator (Staff), 02/15/2024 03:30 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Step Into Recovery Confidentiality Policy

The following information is provided to assist you in your counseling experience at Step Into Recovery.

Counseling and treatment is a personal and confidential relationship between a clinician and individual, group, or family.

We work from a team approach at Step Into Recovery. Therefore, there may be times when it is necessary for us to consult with other professional staff either individually or at our clinical team meetings in an effort to provide you with the highest consideration and quality. Our clinicians are all Mastered prepared and professionally licensed, graduate student interns, or clinicians working toward certification in substance abuse counseling.

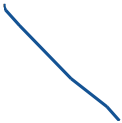
No information will be released from Step Into Recovery regarding counseling or consultation sessions without your expressed written consent. If you wish for information to be released to anyone, it will be necessary for you to complete a Release of Information form, stipulating the professional to whom the information is being sent. The law stipulates that in the event of imminent danger to yourself or others, we **must** breach confidentiality. We must also act in accordance with any applicable state laws regarding mandatory disclosure of child, elder, or other abuse.

I have read the above policies and procedures and understand them.

© 2012-2021 Kipu Systems LLC



Hector Perez (participant), 01/23/2024 03:19 PM
Staff present: Crystal Watson



Jennifer Rosa, Administrator (Staff), 02/15/2024 03:31 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Step Into Recovery
Consent for Reporting Communicable Diseases

I hereby give my permission to release to the California Public Health Department, Disease Control Division any information regarding the below:

California Statutes provide that any attending practitioner licensed in Florida to practice medicine who diagnoses or suspects the existence of a communicable disease among humans or from animals to humans shall immediately report that fact to the Department of Public Health.

The Public Health Unit serves as the department's representative in this reporting requirement.

Modifiable diseases or conditions which are to be reported**immediately** to the County Health unit are listed below:

- Outbreaks of any disease, any case, cluster of cases, or exposure to an infectious or non-infectious disease, condition, or agent found in the general community or any defined setting (e.g., hospital, school, other institution) not listed that is of urgent public health significance

- Anthrax
- Amebic encephalitis
- Arboviral diseases not otherwise listed
- Botulism, foodborne, wound, and unspecified
- Brucellosis
- Chikungunya fever, locally acquired
- Cholera (*Vibrio cholerae* type O1)
- Dengue fever
- Diphtheria
- Glanders
- *Haemophilus influenzae* invasive disease in children <5 years old
- Hantavirus infection
- Hemolytic uremic syndrome (HUS)
- Hepatitis A
- Herpes B virus, possible exposure
- Influenza A, novel or pandemic strains
- Influenza-associated pediatric mortality in children <18 years old
- Listeriosis
- Measles (rubeola)
- Melioidosis
- Meningococcal disease
- Neurotoxic shellfish poisoning
- Paratyphoid fever (*Salmonella* serotypes Paratyphi A, Paratyphi B, and Paratyphi C)
- Pertussis
- Plague
- Poliomyelitis
- Rabies, animal or human
- Rabies, possible exposure
- Ricin toxin poisoning
- Rubella
- Severe acute respiratory disease syndrome (SARS) associated with coronavirus infection
- Smallpox
- Staphylococcal enterotoxin B poisoning
- *Staphylococcus aureus* infection, intermediate or full resistance to vancomycin (VISA, VRSA)
- Syphilis in pregnant women and neonates
- Tularemia
- Typhoid fever (*Salmonella* serotype Typhi)
- Typhus fever, epidemic
- Vaccinia disease
- Venezuelan equine encephalitis
- Viral hemorrhagic fevers
- Yellow fever
- Zika fever

Other: n/a

Modifiable diseases or conditions which are to be reported within **48 hours** to the County Health unit are listed below:

- Acquired immune deficiency syndrome (AIDS)
- Arsenic poisoning
- Babesiosis
- Botulism, infant
- California serogroup virus disease
- Campylobacteriosis
- Cancer, excluding non-melanoma skin cancer and including benign and borderline intracranial and CNS tumors
- Carbon monoxide poisoning
- Chancroid
- Chikungunya fever
- Chlamydia
- Ciguatera fish poisoning
- Congenital anomalies
- Conjunctivitis in neonates <14 days old
- Creutzfeldt-Jakob disease (CJD)
- Cryptosporidiosis
- Cyclosporiasis
- Eastern equine encephalitis
- Ehrlichiosis/anaplasmosis
- *Escherichia coli* infection, Shiga toxin-producing
- Giardiasis, acute

- Gonorrhea
- Granuloma inguinale
- Hansen's disease (leprosy)
- Hepatitis B, C, D, E, and G
- Hepatitis B surface antigen in pregnant women and children <2 years old
- Herpes simplex virus (HSV) in infants <60 days old with disseminated infection and liver involvement; encephalitis; and infections limited to skin, eyes, and mouth; anogenital HSV in children <12 years old
- Human immunodeficiency virus (HIV) infection
- HIV-exposed infants <18 months old born to an HIV-infected woman
- Human papillomavirus (HPV)-associated laryngeal papillomas or recurrent respiratory papillomatosis in children <6 years old; anogenital papillomas in children ≤12 years old
- Lead poisoning (blood lead level ≥5 µg/dL)
- Legionellosis
- Leptospirosis
- Lyme disease

- Lymphogranuloma venereum (LGV)
- Malaria
- Meningitis, bacterial or mycotic
- Mercury poisoning
- Mumps
- Neonatal abstinence syndrome (NAS)
- Pesticide-related illness and injury, acute
- Psittacosis (ornithosis)
- Q Fever
- Rocky Mountain spotted fever and other spotted fever rickettsioses
- St. Louis encephalitis
- Salmonellosis
- Saxitoxin poisoning (paralytic shellfish poisoning)
- Shigellosis
- *Streptococcus pneumoniae* invasive disease in children <6 years old
- Syphilis
- Tetanus
- Trichinellosis (trichinosis)
- Tuberculosis (TB)
- Varicella (chickenpox)
- Vibriosis (infections of *Vibrio* species and closely related organisms, excluding *Vibrio cholerae* type O1)
- West Nile virus disease

Other: n/a



© 2012-2021 Kipu Systems LLC

Hector Perez (participant), 01/23/2024 03:20 PM
Staff present: Crystal Watson

Jennifer Rosa, Administrator (Staff), 02/15/2024 03:31 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Step Into Recovery Consent for Treatment

I authorize Step Into Recovery to perform all clinical services deemed necessary in the evaluation of program/client appropriateness.

I have been advised and understand that Step Into Recovery adheres to all Federal Laws of confidentiality and any suspected violations of the law must and will be reported.

I give my consent for the duration of my treatment and 90 days after discharge for Step Into Recovery to release information regarding my progress and location in treatment to Referring Agencies, Probation, and Officers of the Court for the purpose of assuring my compliance with an order for treatment (if requested).

I agree to submit a urine/take an alcohol test, if requested, for drug testing. I understand that failure to do so could result in negative termination. Urine/alcohol results may be utilized as treatment interventions or may be completed as determined by external requirements.

I understand that I am responsible for all fees for the duration of my program.

I understand that if I fail to follow any communicable-disease-related referrals, Step Into Recovery will need to report such to the County Health Department.

In case of a severe medical emergency, I have listed an emergency medical contact on a release form and do authorize Step Into Recovery to contact that party should such an emergency occur.

© 2012-2021 Kipu Systems LLC



Hector Perez (participant), 01/23/2024 03:20 PM
Staff present: Crystal Watson



Jennifer Rosa, Administrator (Staff), 02/15/2024 03:31 PM

This form expires on 01/22/2025 03:20 PM.

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Step Into Recovery Coordination of Benefits and Pre-existing Conditions

Date of Admission: 01/22/2024

This will confirm that upon admission to Step Into Recovery, I, Hector Perez:

- ☐ Have been employed for the past eighteen months and do not have Cobra coverage;
- ☐ Am presently unemployed, but did not work within the past eighteen months for the company identified below, but do not have Cobra coverage;
- ☐ Am presently employed with n/a (employer), but DO NOT have any hospital/medical/health insurance coverage;
- ☐ The only benefits available to me during my stay at Step Into Recovery is from n/a , (Name of Insurance);
- ☐ I have never been treated for this condition prior to my admission to Step Into Recovery;
- ☐ Enrolled as a dependent of n/a , who is my n/a (Relationship).

IN WITNESS WHEREOF I have here executed this agreement as dated below.

© 2012-2021 Kipu Systems LLC



Hector Perez (participant), 02/15/2024 01:45 PM
Staff present: Jennifer Rosa, Administrator



Jennifer Rosa, Administrator (Staff), 02/15/2024 01:45 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Step Into Recovery Drug and Alcohol Use Policy

I, Hector Perez hereby agree to participate fully in all aspects of my treatment while at Step Into Recovery.

I understand that while I am in treatment at Step Into Recovery, I am expected to:

Please initial the following statements:

- HP I understand that if I am prescribed any medication by any provider, I am expected to inform my attending clinician immediately.
- HP Abstain from the use of all illegal/non-prescribed substances and alcohol.
- HP I understand that frequent and random urinalysis and random breathalyzers are part of substance abuse treatment.
- HP I agree to provide a urine sample and/or breathalyzer upon request.
- HP I understand the refusal to provide a urinalysis or a breathalyzer when requested will be considered positive and may lead to discharge from the program.
- HP I understand that absolutely no alcohol, drugs, or drug paraphernalia is permitted on the premises. I understand that anyone suspected of being under the influence of drugs or alcohol or who possesses any illicit drugs or alcohol may be required to leave the program immediately.
- HP I understand that I cannot wear any clothing that glorifies or endorses the use of alcohol or drugs.

The above conditions have been explained to me and I fully understand my obligations while in treatment at Step Into Recovery and agree to abide by the conditions stated above.

© 2012-2021 Kipu Systems LLC



Hector Perez (participant), 01/23/2024 03:21 PM
Staff present: Crystal Watson



Jennifer Rosa, Administrator (Staff), 02/15/2024 03:31 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Step Into Recovery
Durable Power Of Attorney

KNOW ALL MEN BY THESE PRESENTS; this power of attorney is intended to constitute a Durable Power of Attorney under California statutes,

THAT I (the "PRINCIPAL"), having an address at:

6857 Enfield St
Reseda, CA 91335
United States,

Hereby make, Constitute and appoint each and all of One Stop Billing and Step Into Recovery my true and lawful attorney-in-fact TO ACT SEVERALLY in my name, place and stead to do and perform all and every act and thing whatsoever requisite and necessary in any way which I could or might do, if personally present, with respect to obtaining payment and/or reimbursement for hospital, medical, chemical dependency treatment, and other health care services rendered to the Principal by:

Step Into Recovery

And any of its affiliates, including, but not limited to obtaining insurance, making of claims against insurers, or other third-party payers. Instituting and prosecuting and/or defending litigation, arbitration and/or other dispute resolution proceedings, compromise and/or statement of claims and/or disputes, obtaining and/or releasing records, reports, and statements, including but not limited to any and/or medical reports from prior treatments providers, subject to complying with federal confidentiality rules under 42-CFR Part 2, as well as all other acts which may be helpful and appropriate to the accomplishments of such purposes, for the ultimate objective of Step Into Recovery collection of such services.

Such additional acts shall include, without limitation, endorsing any draft, check or other negotiable instruments representing insurance or to other third party benefits received by or on behalf of the capital principal mailing addresses temporarily changed, the filing of all documents and forms which may be necessary or appropriate to maintain, continued or extended health care insurance, including but not limited to continuation of coverage pursuant to the Consolidated Omnibus Budget Reconciliation Act of 1986 ("COBRA"), 29 U.S.C. Section 1161.Et.seq.

Each of my said attorneys shall have full and unqualified authority to my attorney(s)-in fact to delegate any and all of the foregoing powers to any person or persons whom my attorney(s)-in-fact-shall select, to the maximum extent from time not

forbidden by law.

This Durable Power of Attorney shall not be affected by the subsequent disability, incapacity, or incompetence of the Principal except as provided in California Statutes, and other specifically applicable law.

To induce any third party to act hereunder, I agree that, as against third party, I will not question the sufficiency of any other document executed by my attorney(s) - in-fact pursuant to his Power of Attorney. Any third party receiving a duly executed copy or facsimile of this Power of Attorney may act in reliance hereon, and that revocation or termination hereof shall be ineffective as to such third party unless and until receipt of actual notice of knowledge thereof, and I, for myself and my heirs, executors, legal representative and assigned, agree to indemnify and hold such third party harmless from and against any and all claims that may arise by reason of reliance upon the Durable Power of Attorney. By signing this document, I confirm that I have read and understand all terms of this document which is been initiated without duress.

IN WITNESS WHEREOF, I, the PRINCIPAL, Hector Perez have executed this Durable Power of Attorney on this date n/a in the presence of the witness signing below my signature.

WITNESS Printed Name

WITNESS Signature

Affirmed and subscribed before me by _____

who is PRINCIPAL Signature personally known to me or has produced the following identification: n/a on this n/a day of n/a, 20 n/a.

Notary Signature

NOTARY STAMP

© 2012-2021 Kipu Systems LLC



Hector Perez (participant), 02/15/2024 01:45 PM
Staff present: Jennifer Rosa, Administrator



Jennifer Rosa, Administrator (Staff), 02/15/2024 01:45 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Step Into Recovery Group Confidentiality

To reinforce the feelings of closeness and willingness to share with others your feelings, thoughts, and consequences of your dependency, confidentiality is a must in group therapy. Use this as your golden rule: **What is said in Group, stays in Group**
To break this rule violates the trust of the total group and the effectiveness of group therapy is lost.

The following guidelines will help you maintain this rule:

1. Group issues are not discussed with others outside your group.
2. Do not discuss group issues with your roommate unless he/she is in your group.
3. Do not discuss at any outside meetings or places where others may overhear you.

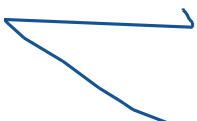
Your group therapists have the same responsibilities for group confidentiality as you, with the exception that your therapists share group issues and your participation in the group process with other staff members. This is a vital part of the staff team's approach to assist you in your recovery.

The staff values your confidentiality so highly that anyone who breaks confidentiality - whether to another patient of Step Into Recovery or to family, significant others, etc., may be subject to discharge from this program.

© 2012-2021 Kipu Systems LLC



Hector Perez (participant), 01/23/2024 03:21 PM
Staff present: Crystal Watson



Jennifer Rosa, Administrator (Staff), 02/15/2024 03:31 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Step Into Recovery Uses and Disclosure of Health Information

**THIS NOTICE DESCRIBES HOW MEDICAL INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED
AND HOW YOU CAN GET ACCESS TO THIS INFORMATION.**

PLEASE REVIEW IT CAREFULLY

This notice is effective as of April 15, 2003

USES AND DISCLOSURE OF HEALTH INFORMATION

Step Into Recovery is committed to protecting the privacy of the personal and health information we collect or create as part of providing health care services to our clients, known as "Protected Health Information" or "PHI". PHI typically includes your name, address, date of birth, billing arrangements, care, and other information that relates to your health, health care provided to you, or payment for the health care provided to you. PHI DOES NOT include information that is de-identified or cannot be linked to you.

This notice of Health Information Privacy Practices (the "Notice") describes Step Into Recovery's duties with respect to the privacy of PHI, Step Into Recovery's use of and disclosure of PHI, client rights, and contact information for comments, questions, and complaints.

Step Into Recovery'S PRIVACY PROCEDURES AND LEGAL OBLIGATIONS

Step Into Recovery obtains most of its PHI directly from you, through care applications, assessments, and direct questions. We may collect additional personal information depending upon the nature of your needs and consent to make additional referrals and inquiries. We may also obtain PHI from community health care agencies, other governmental agencies, or health care providers as we set up your service arrangements.

Step Into Recovery is required by law to provide you with this notice and to abide by the terms of the Notice currently in effect. Step Into Recovery reserves the right to amend this Notice at any time to reflect changes in our privacy practices. Any such

changes will be applicable to and effective for all PHI that we maintain including PHI we created or received prior to the effective date of the revised notice. Any revised notice will be mailed to you or provided upon request.

Step Into Recovery is required by law to maintain the privacy of PHI. Step Into Recovery will comply with federal law and will comply with any state law that further limits or restricts the uses and disclosures discussed below. In order to comply with these state and federal laws, Step Into Recovery has adopted policies and procedures that require its employees to obtain, maintain, use and disclose PHI in a manner that protects client privacy.

USES AND DISCLOSURES WITH YOUR AUTHORIZATION

Except as outlined below, Step Into Recovery will not use or disclose your PHI without your written authorization. The authorization form is available from Step Into Recovery (at the address and phone number below). You have the right to revoke your authorization at any time, except to the extent that Step Into Recovery has taken action in reliance on the authorization.

The law permits Step Into Recovery to use and disclose your PHI for the following reasons without your authorization:

For Your Treatment: We may use or disclose your PHI to physicians, psychologists, nurses and other authorized healthcare professionals who need your PHI in order to conduct an examination, prescribe medication, or otherwise provide health care services to you.

To Obtain Payment: We may use or disclose your PHI to insurance companies, government agencies, or health plans to assist us in getting paid for our services. For example, we may release information such as dates of treatment to an insurance company in order to obtain payment.

For Our Health Care Operations: We may use or disclose your PHI in the course of activities necessary to support our health care operations such as performing quality checks on your employee services. We may also disclose PHI to other persons not in Step Into Recovery's workforce or to companies who help us perform our health services (referred to as "Business Associates") we require these business associates to appropriately protect the privacy of your information.

As Permitted or Required By The Law: In some cases, we are required by law to disclose PHI. Such as disclosers may be required by statute, regulation court order, government agency, we reasonably believe an individual to be a victim of abuse, neglect, or domestic violence: for judicial and administrative proceedings and enforcement purposes.

For Public Health Activities: We may disclose your PHI for public health purposes such as reporting communicable disease results to public health departments as required by law or when required for law enforcement purposes.

For Health Oversight Activities: We may disclose your PHI in connection with governmental oversight, such as for licensure, auditing, and the administration of government benefits.

To Avert Serious Threat to Health and Safety: We may disclose PHI if we believe in good faith that doing so will prevent or lessen a serious or imminent threat to the health and safety of a person or the public.

Disclosures of Health-Related Benefits or Services: Sometimes we may want to contact you regarding service reminders, health-related products or services that may be of interest to you, such as health care providers or settings of care or to tell you about other health-related products or services offered at Step Into Recovery. You have the right not to accept such information.

Incidental Uses and Disclosures: Incidental uses and disclosures of PHI are those that cannot be reasonably prevented are limited in nature and that occur as a by-product of a permitted use or disclosure. Such incidental uses and disclosures are permitted as long as Step Into Recovery use reasonable safeguards and use or disclose only the minimum amount of PHI necessary.

To Personal Representatives: We may disclose PHI to a person designated by you to act on your behalf and make decisions about your care in accordance with state law. We will act according to your written instructions in your chart and our ability to verify the identity of anyone claiming to be your personal representative.

To Family and Friends: We may disclose PHI to persons that you indicate are involved in your care or the payment of care. These disclosures may occur when you are not present, as long as you agree and do not express an objection. These disclosures may also occur if you are unavailable, incapacitated, or facing an emergency medical situation and we determine that a limited disclosure may be in your best interest. We may also disclose limited PHI to a public or private entity that is authorized to assist in disaster relief efforts in order for that entity to locate a family member or other person that may be involved in caring for you. You have the right to limit or stop these disclosures.

YOUR RIGHTS CONCERNING PRIVACY

Access to Certain Records: You have the right to inspect and copy your PHI in a designated record set except where State law may prohibit client access. A designated record set contains medical and billing and case management information. If we do not have your PHI recordset but know who does, we will inform you how to get it. If our PHI is a copy of the information maintained by another health care provider, we may direct you to request the PHI from them. If Step Into Recovery produces copies for you, we may charge you up to \$1.00 per page up to a maximum fee of \$50.00. Should we deny your request for access to the information contained in your designated record set, you have the right to ask for the denial to be reviewed by another healthcare professional designated by Step Into Recovery.

Amendments to Certain Records: You have the right to request certain amendments to your PHI if, for example, you believe a mistake has been made or a vital piece of information is missing. Step Into Recovery is not required to make the requested

amendments and will inform you in writing of our response to your request.

Accounting of Disclosures: You have the right to receive an accounting of disclosures of your PHI that were made by Step Into Recovery for a period of six (6) years prior to the date of your written request. This accounting does not include for purposes of treatment, payment, health care operations, or certain other excluded purposes, but includes other types of disclosures, including disclosures for public health purposes or in response to a subpoena or court order.

Restrictions: You have the right to request that we agree to restrictions on certain uses and disclosures of your PHI, but we are not required to agree to your request. You cannot place limits on uses and disclosures that we are legally required or allowed to make.

Revoke Authorizations: You have the right to revoke any authorizations you have provided, except to the extent that Step Into Recovery has already relied upon the prior authorization.

Delivery by Alternate Means or Alternate Address: You have the right to request that we send your PHI by alternate means or to an alternate address.

Complaints & How to contact us: If you believe your privacy rights have been violated, you have the right to file a complaint by contacting Step Into Recovery at the address and/or phone number indicated below. You also have the right to file a complaint with the Secretary of the United States Department of Health and Human Services in Washington, D.C. Step Into Recovery will not retaliate against you for filing a complaint.

If you believe your privacy rights have been violated, you may make a complaint by contacting [REDACTED], HIPAA Privacy Officer at () - or the Secretary for the Department of Health and Human Services. No individual will be retaliated against for filing a complaint.

The U.S.Department of Health and Human Services
200 Independence Avenue, S.W.
Washington, D.C. 20201
Toll-Free: 1-877-696-6775

RESTRICTION REQUEST:

I request a restriction on the Use or Disclosure of my following information:

n/a

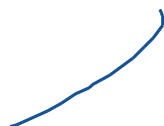
CLIENT TO BE GIVEN A COPY ALONG WITH A COPY TO FILED IN CLIENT CHART

I acknowledge that I have received a copy of this notice regarding the use and disclosure of my health information.

© 2012-2021 Kipu Systems LLC



Hector Perez (participant), 01/23/2024 03:23 PM
Staff present: Crystal Watson



Jennifer Rosa, Administrator (Staff), 02/15/2024 03:32 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Step Into Recovery
Liability Waiver for Gym, Pool, and Sporting Events

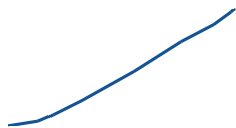
The undersigned and the undersigned's heirs, executors, and administrators hereby waive and forever release and discharge Step Into Recovery, its owners, staff, and sponsors of and from any and all claims, suits, or rights for damages for personal property damage and/or physical injury which may be sustained or which occurs during participation in physical and/or recreational activities at either the gym or the pool utilized by or at Step Into Recovery that may occur to or from the physical and/or recreational activity, whether or not such injury or property damage or loss is caused by, is connected to, or arises out of any acts or omissions or the negligence of Step Into Recovery, its owners, staff, and sponsors.

According to Federal Regulations for Client Confidentiality and Protected Health Information, I agree not to disclose to any and all persons while at the gym that I am a client of Step Into Recovery, about my own or others' purpose for being at and/or participating in any and all activities.

© 2012-2021 Kipu Systems LLC



Hector Perez (participant), 01/23/2024 03:22 PM
Staff present: Crystal Watson



Jennifer Rosa, Administrator (Staff), 02/15/2024 03:32 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Step Into Recovery Notice of Privacy Practices

Your Information. Your Rights. Our Responsibilities.

This notice describes how medical information about you may be used and disclosed and how you can get access to this information. Please review it carefully.

Your Rights

When it comes to your health information, you have certain rights. This section explains your rights and some of our responsibilities to help you.

Get an electronic or paper copy of your medical record

- You can ask to see or get an electronic or paper copy of your medical record and other health information we have about you. Ask us how to do this.
- We will provide a copy or a summary of your health information, usually within 30 days of your request. We may charge a reasonable, cost-based fee.

Ask us to correct your medical record

- You can ask us to correct health information about you that you think is incorrect or incomplete. Ask us how to do this.
- We may say “no” to your request, but we’ll tell you why in writing within 60 days.

Request confidential communications

- You can ask us to contact you in a specific way (for example, home or office phone) or to send mail to a different address.
- We will say “yes” to all reasonable requests.

Ask us to limit what we use or share

- You can ask us **not** to use or share certain health information for treatment, payment, or our operations.
 - We are not required to agree to your request, and we may say “no” if it would affect your care.
- If you pay for a service or health care item out-of-pocket in full, you can ask us not to share that information for the

purpose of payment or our operations with your health insurer.

- We will say “yes” unless a law requires us to share that information.

Get a list of those with whom we've shared information

- You can ask for a list (accounting) of the times we've shared your health information for six years prior to the date you ask, who we shared it with, and why.
- We will include all the disclosures except for those about treatment, payment, and health care operations, and certain other disclosures (such as any you asked us to make). We'll provide one accounting a year for free but will charge a reasonable, cost-based fee if you ask for another one within 12 months.

Get a copy of this privacy notice

- You can ask for a paper copy of this notice at any time, even if you have agreed to receive the notice electronically. We will provide you with a paper copy promptly.

Choose someone to act for you

- If you have given someone medical power of attorney or if someone is your legal guardian, that person can exercise your rights and make choices about your health information.
- We will make sure the person has this authority and can act for you before we take any action.

File a complaint if you feel your rights are violated

- You can complain if you feel we have violated your rights by contacting us using the information on page 1.
- You can file a complaint with the U.S. Department of Health and Human Services Office for Civil Rights by sending a letter to 200 Independence Avenue, S.W., Washington, D.C. 20201, calling 1-877-696-6775, or visiting www.hhs.gov/ocr/privacy/hipaa/complaints/.
- We will not retaliate against you for filing a complaint.

Your Choices

For certain health information, you can tell us your choices about what we share. If you have a clear preference for how we share your information in the situations described below, talk to us. Tell us what you want us to do, and we will follow your instructions.

In these cases, you have both the right and choice to tell us to:

- Share information with your family, close friends, or others involved in your care
- Share information in a disaster relief situation
- Include your information in a hospital directory
- Contact you for fundraising efforts

If you are not able to tell us your preference, for example, if you are unconscious, we may go ahead and share your information if we believe it is in your best interest. We may also share your information when needed to lessen a serious and imminent threat to health or safety.

In these cases we *never* share your information unless you give us written permission:

- Marketing purposes
- Sale of your information

- Most sharing of psychotherapy notes

In the case of fundraising:

- We may contact you for fundraising efforts, but you can tell us not to contact you again.

Our Uses and Disclosures

How do we typically use or share your health information? We typically use or share your health information in the following ways.

Treat you

- We can use your health information and share it with other professionals who are treating you.

Example: A doctor treating you for an injury asks another doctor about your overall health condition.

Run our organization

- We can use and share your health information to run our practice, improve your care, and contact you when necessary.

Example: We use health information about you to manage your treatment and services.

Bill for your services

- We can use and share your health information to bill and get payment from health plans or other entities.

Example: We give information about you to your health insurance plan so it will pay for your services.

How else can we use or share your health information? We are allowed or required to share your information in other ways – usually in ways that contribute to the public good, such as public health and research. We have to meet many conditions in the law before we can share your information for these purposes.

For more information see www.hhs.gov/ocr/privacy/hipaa/understanding/consumers/index.html.

Help with public health and safety issues

- We can share health information about you for certain situations such as:
 - Preventing disease
 - Helping with product recalls
 - Reporting adverse reactions to medications
 - Reporting suspected abuse, neglect, or domestic violence
 - Preventing or reducing a serious threat to anyone's health or safety

Do research

- We can use or share your information for health research.

Comply with the law

- We will share information about you if state or federal laws require it, including with the Department of Health and Human Services if it wants to see that we're complying with federal privacy law.

Respond to organ and tissue donation requests

- We can share health information about you with organ procurement organizations.

Work with a medical examiner or funeral director

- We can share health information with a coroner, medical examiner, or funeral director when an individual dies.

Address workers' compensation, law enforcement, and other government requests

- We can use or share health information about you:
 - For workers' compensation claims
 - For law enforcement purposes or with a law enforcement official
 - With health oversight agencies for activities authorized by law
 - For special government functions such as military, national security, and presidential protective services

Respond to lawsuits and legal actions

- We can share health information about you in response to a court or administrative order, or in response to a subpoena.

Our Responsibilities

- We are required by law to maintain the privacy and security of your protected health information.
- We will let you know promptly if a breach occurs that may have compromised the privacy or security of your information.
- We must follow the duties and privacy practices described in this notice and give you a copy of it.
- We will not use or share your information other than as described here unless you tell us we can in writing. If you tell us we can, you may change your mind at any time. Let us know in writing if you change your mind.

For more information see www.hhs.gov/ocr/privacy/hipaa/understanding/consumers/noticepp.html.

Changes to the Terms of This Notice

We can change the terms of this notice, and the changes will apply to all information we have about you. The new notice will be available upon request, in our office, and on our web site.

Effective Date: October 11, 2013

This Notice of Privacy Practices applies to the following organizations.

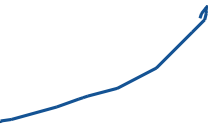
Step Into Recovery

© 2012-2021 Kipu Systems LLC



✓ ✓

Hector Perez (participant), 01/23/2024 03:22 PM
Staff present: Crystal Watson



Jennifer Rosa, Administrator (Staff), 02/15/2024 03:32 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Step Into Recovery Program Rules

1. The use of alcohol or other drugs is grounds for immediate discharge from the program.
2. Possession of weapons, sharp objects, acts of violence, or threats of violence are grounds for immediate discharge.
3. Smoking, vaping, or the use of smokeless tobacco products are allowed in designated outside areas only.
4. All Clients must sign out and in whenever they leave or return, as well as their destination.
5. Clients must attend all treatment activities unless excused by staff.
6. If you drive your car to the facility, keys must be turned into and kept by staff at all times. The use of your vehicle is by staff permission only.
7. Negative contracts involving major rule violations not reported to staff will result in consequences or discharge.
8. Clients will respect the personal property of other Clients and staff. Clients will not borrow the property of others.
9. Clients are responsible for their behavior and are expected to communicate, cooperate, and show respect to other Clients and staff.
10. Failure to abide by the rules may result in the restriction of privileges. In more serious cases, repeated violations, or disregard for program rules will result in an administrative discharge.
11. Being on time for all scheduled activities is required.
12. All treatment assignments are to be completed in a timely manner.
13. All assigned work responsibilities must be completed.
14. When you do not know what to do, do not assume.....ask the staff.
15. No profanity or verbal abuse of staff or other Clients is allowed.
16. Gambling is not permitted.
17. Logos on clothing that are explicit, gang, or drug-related are not permitted.
18. No tank tops, halter-tops, backless or low-cut clothing. No short shorts or other tight clothing is permitted.
19. Undergarments must be worn at all times.
20. No cameras, tape recorders, or other recording devices are permitted.
21. No material other than recovery related material.
22. Knowledge and awareness of all rules are expected.
23. All passes and clinical visits must be approved by the clinical staff and the Clinical Director.
24. All pass requests must be turned in weekly to the designated staff member each week.
25. No perfumes or any glass bottles are permitted.
26. No straight edge razors are permitted, electric razors are permitted.

27. No alcohol-based hand sanitizers are permitted.
28. No stuffed animals are permitted.
29. No safety pins or knives are permitted.
30. No mouthwash with alcohol is permitted.
31. I understand that if I am suspected of using alcohol/drugs, I will be asked to undergo a blood and/or urine test. If the results are positive, I may be asked to leave the program with an appropriate referral.
32. I am aware that regular attendance is a requirement of the program; I understand that breaking this rule can result in discharge from the program.
33. I understand that information discussed in groups is confidential and should not be discussed outside of the program.


Behavior that undermines treatment rules and expectations will not be tolerated. Violation of these rules will result in consequences and may result in dismissal from the program. Illegal activity is subject to criminal prosecution.

Step Into Recovery rules have been explained to me so that I understand them and I have received a copy of these rules.

© 2012-2021 Kipu Systems LLC



Hector Perez (participant), 01/23/2024 03:22 PM
Staff present: Crystal Watson



Jennifer Rosa, Administrator (Staff), 02/15/2024 03:32 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Step Into Recovery
Safety Contract

I, Hector Perez, understand and agree to comply with the following recommendations. I understand that this contract has been created for my safety and well-being. By signing this contract, I agree to the following:

- I will take my medication as prescribed.
- I will inform an appropriate professional to call 911 (or transport me to the hospital) if I am in crisis.
- I will go to an appropriate professional to discuss any dangerous thoughts or feelings; such as suicidal ideations or thoughts of self-harm.
- At this time, I do not have any suicidal or homicidal thoughts or plans and my safety needs are being met.
- I am committed to leading a healthy lifestyle and recognize that I am a valuable and worthwhile person.
- I am committing myself to honor this contract for the remainder of my time in this program.
- I understand that my emergency contact will be called in the event that I need to be safely transitioned to a facility that is more appropriate to handle my mental health needs.

I understand that if I do not comply with these requirements, I will be referred to a facility that will appropriately meet my mental health needs.

© 2012-2021 Kipu Systems LLC

Hector Perez (participant), 01/23/2024 03:23 PM
Staff present: Crystal Watson

Jennifer Rosa, Administrator (Staff), 02/15/2024 03:32 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Step Into Recovery Transportation Release and Waiver of Liability

Notice: This form contains a release and waiver of liability and when signed is a contract between the undersigned Client and Step Into Recovery with legal consequences. Please read this agreement in its entirety carefully before signing your name. This form must be signed in the presence of a witness who will sign as a witness.

Client's Information:

Activities: This includes, but is not limited to Transportation to the facility from the Client's residence, from the facility to the Client's residence, medication pick-up, and transportation to the nearest mental health Receiving Facility.

Date of execution of Release and Waiver of Liability: n/a. The undersigned agrees that this Release and Waiver of Liability Agreement is valid from the date of execution through the date of discharge from Step Into Recovery.

Name of Facility: Step Into Recovery

Client's Full Name: Hector Perez

Parent/Guardian's Full Name: n/a

Client/Parent/Guardian Phone Number: n/a

Name and telephone number of emergency contact: n/a

Acknowledgments and Representations by Client:

The undersigned Client, Hector Perez, is currently a client at the Partial Hospitalization or Intensive Outpatient Program operated by Step Into Recovery. This Client will be participating in the Transportation Services provided by Step Into Recovery. This includes, but is not limited to Transportation to the facility from the Client's residence, from the facility to the Client's residence, medication pick-up, emergency medical care, and transportation to the nearest mental health Receiving

Facility.

The undersigned client, Hector Perez (or parent/guardian of the individual named herein), does knowingly, freely, and voluntarily assume all liability for any and all damage or injury that may occur as a result of his/her (or his/her dependent's/ward's) participation in the activities described herein and agrees to **release, waive, discharge, and covenant not to bring suit against Step Into Recovery**, its officers, agents, employees, and volunteers from/for any and all liability or claims that may be sustained by me or by a third party, directly or indirectly, in connection with or arising out of his/her (or his/her dependent's/ward's) participation in the activities described herein, **whether caused in whole or in part by the negligence of Step Into Recovery or otherwise.**

The undersigned Client, Hector Perez, (or parent/guardian of the individual named herein), has read the form, fully understands its terms, and understand that he/she (or his/her dependent/ward) has given up substantial rights by signing it and has signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of any and all liability to the greatest extent allowed by law and agree that if any portion of this contract is held to be invalid, the balance notwithstanding shall continue in full legal force and effect.

Indemnification of Step Into Recovery: The undersigned Client (or his/her parent/guardian) shall at all times hereafter indemnify, hold harmless and, at Step Into Recovery's Attorney's option, defend or pay for an attorney selected by the Board to defend Step Into Recovery, its officers, agents, servants, and employees against any and all claims, losses, liabilities, and expenditures of any kind, including attorney fees, court costs, and expenses, caused by negligent act or omission of the Client, other clients, Step Into Recovery, its employees, agents, servants, or officers, or accruing, resulting from, or related to the undersigned Client in the following situations including, but not limited to, Transportation to the facility from the Client's residence, from the facility to the Client's residence, medication pick-up, medical emergency, and transportation to the nearest mental health Receiving Facility, including, without limitation, any and all claims, demands, or causes of action of any nature whatsoever resulting from injuries or damages sustained by any person or property. The provisions of this section shall survive the expiration or earlier termination of this agreement or the discharge of the client from Step Into Recovery.

Venue: This Agreement shall be interpreted and constructed in accordance with and governed by the laws of the State of n/a. Venue for litigation concerning this agreement shall be in County.

I, Hector Perez, have read and fully understand the contents herein.

Executed this 01/23/2024.

© 2012-2021 Kipu Systems LLC



Hector Perez (participant), 01/23/2024 03:23 PM
Staff present: Crystal Watson



Jennifer Rosa, Administrator (Staff), 02/20/2024 06:49 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Step Into Recovery
Universal Precautions for HIV

Universal Precautions refer to the usual and ordinary steps we need to take in order to reduce the risk of infection with HIV, the virus that causes AIDS. These measures are intended to prevent transmission of HIV.

The prevention of the transmission of HIV is based on the avoidance of skin and mucous membrane contact with blood and body fluids.

Protecting yourself from HIV

- Avoid risky behavior
- Protect yourself from sharp injuries
- Wear gloves when in contact with body fluids, if possible
- Wear mask and eye protection when splash injuries are possible
- Call on trained individuals to clean up blood spills

© 2012-2021 Kipu Systems LLC



Hector Perez (participant), 01/23/2024 03:24 PM

Staff present: Crystal Watson



Jennifer Rosa, Administrator (Staff), 02/20/2024 06:49 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Step Into Recovery Universal Precautions for Infection Control

Universal Precautions refer to the usual and ordinary steps you need to take in order to reduce the risk of infectious diseases such as HIV or Hepatitis C.

The prevention of transmission of infectious diseases is based on the avoidance of skin and mucous membrane contact with blood and other body fluids.

AVOID UNNECESSARY RISKS

- If a fellow patient or client needs assistance, please call a staff member immediately.
- When avoidable, don't expose yourself to another person's blood or body fluids.
- Never share needles, razors, or any other *personal* sharp objects.
- Always call on trained individuals to clean up blood or other body fluid spills.

PROTECT YOURSELF

- Use barrier protection to prevent skin and mucous membrane contact with blood and other body fluids.
- Wear face protection if blood or body fluid droplets may be generated during a procedure.
- Wear protective clothing if blood or body fluids may be splashed during a procedure.
- Wash hands and skin immediately and thoroughly if contaminated with blood or body fluids.
- Wash hands immediately after gloves are removed.
- Use care when handling sharp instruments and needles. Place used sharps in labeled, puncture-resistant containers.
- If you have sustained an exposure or puncture wound, immediately flush the exposed area and notify a staff member.

© 2012-2021 Kipu Systems LLC



Hector Perez (participant), 01/23/2024 03:24 PM
Staff present: Crystal Watson



Jennifer Rosa, Administrator (Staff), 02/20/2024 06:49 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Pre-Admission Assessment 03/04/2024 03:36 PM

Date/Time of Assessment: 03/04/2024 03:36 PM

Race: Hispanic

Marital Status: Single

Number of Marriages:

0

Living Arrangements

With whom does the patient live:

Brother

Does the patient wish to return to current living situation? ☐ Yes ☒ No

Does the client have children? No children

Are you pregnant? Denied

Are you employed? No

Does your employer know you are here? No

If yes, when are you supposed to return to work? N/A

Do you have any mobility issues/concerns? Denied

Are you ambulatory? No

Presenting Problem/Crisis/Precipitating Events leading to seeking treatment at this time:

The CT has historically experienced severe depression and anxiety related to his opioid and alcohol abuse, the CT has repeatedly experienced these symptoms throughout the years of substance abuse he has engaged in. The CT has had at least one overdose when his wife located him passed out in the shower due to a combination of alcohol and opioid abuse.”

Contributing Factors Leading to Seeking Treatment:

- Inability to Maintain Employment
- Financial Problems

Outpatient Providers

	Name of Treating Providers	Phone Numbers and/or Locations	Last Visit (Month/Year)
Psychiatrist	Na		
Therapist/Counselor	NA		
PCP/Other Specialist	NA		

Previous Substance Abuse/Psychiatric Treatments

Treatment History: ☒ None

Medical History

Current Medical Conditions: None

Current Medications: ☒ None

Allergies:

Allergen	Allergy Type	Reaction	Reaction Type	Onset	Treatment	Status Type	Source
----------	--------------	----------	---------------	-------	-----------	-------------	--------

Psychiatric Conditions: None

Substance Abuse History

Substance History:

	First Used	Last Used	Frequency/Duration	Amount	Method	Pattern of Use (Episodic, Experimental, Binge, Continued)
Alcohol	12 years old	1/22/24	daily	2 pints	oral	continued
Marijuana	11 years old	1/22/24	daily	8th	smoke	continued

Cocaine (Powder)						
Crack Cocaine						
Crystal Meth						
Heroin						
Suboxone/Zubsolv						
Oxycontin						
Methadone						
Other Opiates						
Benzodiazepines						
Hallucinagens						
Amphetamines						
Inhalants						
Ketamine (Special K)						
Triple C's						
Codeine						
Ecstasy						
Bath Salts						
Flakka						
MDMA/Molly						
Steroids						
K2Spice						
Kratom						
Kava						
Other OTC drugs						
Other						

Current Signs and Symptoms of Withdrawal

Tremors , Sweats , Irritability , Loss of
Appetite

History of High Risk/Severe Withdrawal Symptoms:

- Blackouts:

Neurovegetative Signs and Symptoms

Sleep Patterns: Good Fair Poor
 ☒ ☐ ☐

Hours per Night:

4

Sleep Night
Interruptions: Sweats

Appetite: Good Fair Poor
 ☐ ☒ ☐

Unanticipated weight gain? No

Unanticipated weight loss? No

Loss or gain over the following time Yes No
period? ☐ ☒

Suicidal/Homicidal Lethality Risk Assessment

Suicidal Ideation: None

How long has the client had these n/a
thoughts?

Does the Client have a No
plan?

Past history of suicide No
attempts?

How was the attempt No attempt
made?

Homicidal Ideation? None

History of Violent Behavior None
(describe)

Self Abuse History

Does patient have a history of self No
mutilation?

How and where does client typically disfigure Denies
him/herself?

Eating Disorders: None

Preadmission Mental Status

Speech: Normal

Judgment:Good

Insight: Rationalization

Thought Process: Organized

Memory: Recent
Impaired

Attention: Confused

Affect: Anxious

Family History

Father: None

Mother: None

Siblings: Alcoholism

Spouse: None

Children: None

Other: None

Rationale for Treatment Admission:

NA

© 2012-2021 Kipu Systems LLC



Jennifer Rosa, Administrator (Staff), 03/04/2024 03:36 PM

Reviewed by



Jennifer Rosa, Administrator (Review), 03/04/2024 03:37 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Completed Group Sessions

Monday, Mar 4, 2024

Life Skills Coaching 06:00 PM PST by Jennifer Rosa, Administrator

Status: attended Start: 03/04/2024 06:00 PM PST - End: 03/04/2024 07:30 PM PST Duration: 01:30

Attendees: 4 Absent: 0

Topic
Developing Life Skills
Individual Assessment/Intervention
Focusing on self control communicating
Group Description
Life skills aims to developclients' abilities and motivations to make use of all types of information. The approach interactive, using role plays, games, puzzles, group discussions, and a variety of other couching techniques to encourage clients to utilize all resources.



Jennifer Rosa, Administrator (Staff), 03/05/2024 01:15 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Spiritual Assessment 03/05/2024

Date: 03/05/2024

Note: The following assessment is to be used for informational purposes only. It is not intended to reflect anything else other than the client's spiritual inclination.

A. SOURCES OF HOPE

1. What are your sources of hope and strength?

God hearing my prayers

2. What do you hold on to during difficult times?

Praying to God

3. What sustains you and keeps you going?

My family.

B. RELIGIOUS BACKGROUND AND BELIEFS

1. Did you practice any religion when you were growing up? ☒ Yes ☐ No

2. Do you practice a religion currently?

- Christianity/Catholic

3. Do you believe in God or a Higher Power? ☒ Yes ☐ No

4. How would you describe God/Higher Power? Personal or impersonal? Loving or stern?

- Impersonal

C. SPIRITUAL MEANING AND VALUES

1. Do you follow any spiritual path or practice?

Catholicism

2. What significant spiritual experiences have you had?

None

D. PRAYER/MEDITATE EXPERIENCES

1. Do you pray or meditate? ☒ Yes ☐ No

2. When do you pray or meditate?

- Other:: randomly

E. FAITH AND BELIEFS

1. Do you consider yourself spiritual or religious? ☐ Yes ☒ No

2. What are your spiritual or religious beliefs?

Just follow what I was raised as a catholic

3. What things do you believe in that give meaning to your life?

God saving people

F. IMPORTANCE AND INFLUENCE

1. Is religion/spirituality important in your life? ☐ Yes ☒ No

2. How have your religion/spirituality influenced your behavior and mood during your recovery?

No

G. COMMUNITY

1. Are you part of a spiritual or religious community? ☐ Yes ☒ No

Explain:

Raised catholic only

Spiritual Assesment Summary

Client was raised catholic but does not actively attend church. He prays when he remembers but does not consider himself religious.

© 2012-2021 Kipu Systems LLC



Jamila Charles Cometa, LMFT (Staff), 03/06/2024 01:11 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Initial Aftercare Plan 03/05/2024

Date: 03/05/2024

**1) After treatment I
will**

- Return home

**2) After treatment I
will**

- Attend an intensive outpatient or outpatient program
- See a therapist
- See a psychiatrist

**3) I want to develop _____ in
treatment**

- Budget
- Daily Schedule
- Sober Fun Plan
- Goal List

**4) I need help
with**

- Employment

5) Therapeutic Resources

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Completed Group Sessions

Tuesday, Mar 5, 2024

CBT 02:30 PM PST by Jennifer Rosa, Administrator

Status: attended Start: 03/05/2024 02:30 PM PST - End: 03/05/2024 04:00 PM Duration: 01:30
PST

Attendees: 5 Absent: 0

Topic
CBT

Individual Assessment/Intervention
Upon arrival to group client appeared (attitude). Throughout the group client (behavior). While group was in process client (Interaction}. Client (was/was not) able to (assess/interact/ admit/understand etc.) (group topic). (identify what client expressed there struggle was.) (Express the plan of action and clients goal)

Group Description
The therapist helps you within a group system to identify negative thought patterns that are impacting your behaviors and emotions. CBT groups empower you to reshape your experience by getting to the root of the thought It can be used to treat a variety of conditions including but not limited to emotional trauma, anxiety, depression, post-traumatic stress disorder (PTSD), and attention deficit hyperactivity disorder



Jennifer Rosa, Administrator (Staff), 03/15/2024 07:26 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Completed Group Sessions

Tuesday, Mar 5, 2024

Process Group 04:30 PM PST by Jennifer Rosa, Administrator

Status: attended Start: 03/05/2024 04:30 PM PST - End: 03/05/2024 06:00 PM Duration: 01:30
PST

Attendees: 5 Absent: 0

Topic
Process Group
Individual Assessment/Intervention
Upon arrival to group client appeared (attitude). Throughout the group client (behavior). While group was in process client (Interaction}. Client (was/was not) able to (assess/interact/ admit/understand etc.) (group topic). (identify what client expressed there struggle was.) (Express the plan of action and clients goal)
Group Description
Clients are given the opportunity to work together to communicate the functionality of daily life and the occurrences of events and triggers that may interfere with treatment. Clients give communication with peer on the step and importance of setting and striving to reach goals and encourage peers as well as encouraging others and sharing resources



Jennifer Rosa, Administrator (Staff), 03/08/2024 04:36 AM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Screen - Pain 03/05/2024 04:59 PM

Evaluation Date: 03/05/2024 04:59 PM

PAIN SCREEN

- 1. Do you currently have any physical pain?
- 2. Within the past two weeks, have you taken any medications or treatments to control pain?
- 3. Have you had any significant, reoccurring, or chronic physical pain in the last six months that has not been resolved?

If client responds to "Yes" to any of the three questions, continue with Pain Assessment form.

© 2012-2021 Kipu Systems LLC

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Screen - Nutritional 03/05/2024 04:59 PM

Evaluation Date: 03/05/2024

What have you had to eat in the past 24 hours?

Weight (of ≥5% over past 30 days): ☐ Stable ☐ Loss ☐ Gain

Is there any history of an eating disorder?

Allergies:

No Known Allergies/NKA

Please select the appropriate response to each item:

- Eats fewer than 2 meals per day: ()
- Eats few fruits, vegetables, or milk products: ()
- Has tooth or mouth problems that make it hard to eat: ()
- Eats alone most of the time: ()
- Complains of being thirsty all the time: ()

Gastrointestinal Problems:

- Chronic Diarrhea: ()
- Constipation: ()
- Nausea/Vomiting: ()
- Frequent Reflux/Indigestion: ()

Hx. Non-Compliance with Therapeutic Diet: ()

Current Eating Disorder: ()

Knowledge Deficit of Therapeutic Diet and/or Needs, or Patient requires further nutritional education: ()

Appetite: ()

TOTAL SCORE: ()

Score:

- 0's & 1's only = No further action.
- Any 2's = Refer to nutritionist or to physician for further evaluation.

Document referral in Progress Notes.

Referral to Nutritionist or Physician:

© 2012-2021 Kipu Systems LLC

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Screen - Falls Assessment (Detox/Res) 03/05/2024 04:59 PM

Evaluation Date: 03/05/2024 04:59 PM

Modified Schmid Fall Risk Assessment Tool

Mobility: ()

Mentation: ()

Medication: ()

Elimination: ()

Medical: ()

Prior Fall History: ()

-> If prior fall during this admission, date of fall:

Acute Intoxication: ()

Impaired Hearing: ()

Impaired Vision: ()

Language Difficulty: ()

Inability or Unwillingness to Follow Instruction: ()

Acute Pain: ()

Distinct Negative Change in Mental Status: ()

Total Score: ()

3 or greater = fall risk prevention plan to be indicated and initiate treatment plan.

Risk Score Assessment:

Hector Perez MR SIR2024-12 DOB: 04/24/1968 Male Optum F33.1 Major depressive disorder, Recurrent episode, Moderate,F41.1
Generalized anxiety disorder

0: None

☐

1-2: Low

☐

3-5: Moderate

☐

Over 5: Severe

☐

Comments:

Precautions Taken:

© 2012-2021 Kipu Systems LLC

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Pain Re-Assessment 03/05/2024 04:59 PM

PAIN RE-ASSESSMENT

Date of Re-assessment: 03/05/2024 04:59 PM

Pain level has

Current Pain Level:

0	1	2	3	4	5	6	7	8	9	10
No pain					Moderate					Severe
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Has the quality of the pain changed? ☐ Yes ☐ No

If the quality of pain has changed, describe current quality.
Check all that apply.

Current Duration: ☐ Always ☐ Comes and goes
there

Current
Triggers:

Current Effects on Daily Life
Check all that apply.

Are the current medication(s) and/or treatment beneficial? ☐ Yes ☐ No

Do you feel you need additional treatment for your pain? ☐ Yes ☐ No

Pain Goal:

Referral:

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Pain Screen / Assessment 03/05/2024 04:59 PM

Evaluation Date: 03/05/2024

PAIN SCREEN

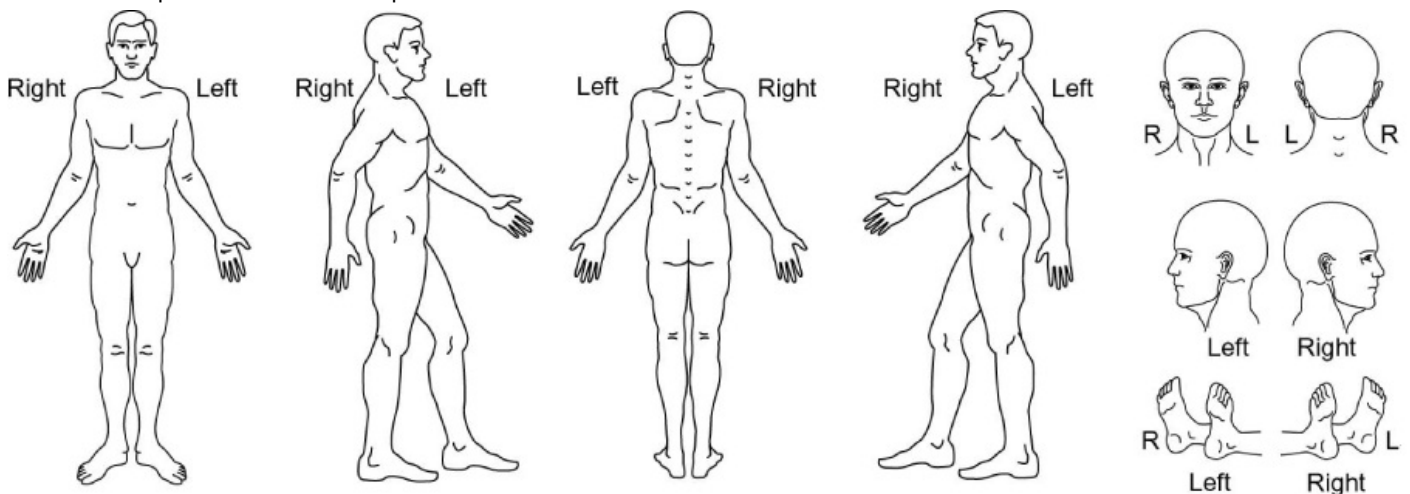
1. Do you currently have any physical pain?
2. Within the past two weeks, have you taken any medications or treatments to control pain?
3. Have you had any significant, reoccurring, or chronic physical pain in the last six months that has not been resolved?

Do not complete the following questions if the client answered "No" to all above three (3) questions.

PAIN ASSESSMENT

Where is the Pain (Type/Location)?

Have Client put an "X" where the pain is.



Ask Client to describe the pain:

Does it travel anywhere else in
your body?

When did it start?

How long have you had the
pain?

What triggers your pain?

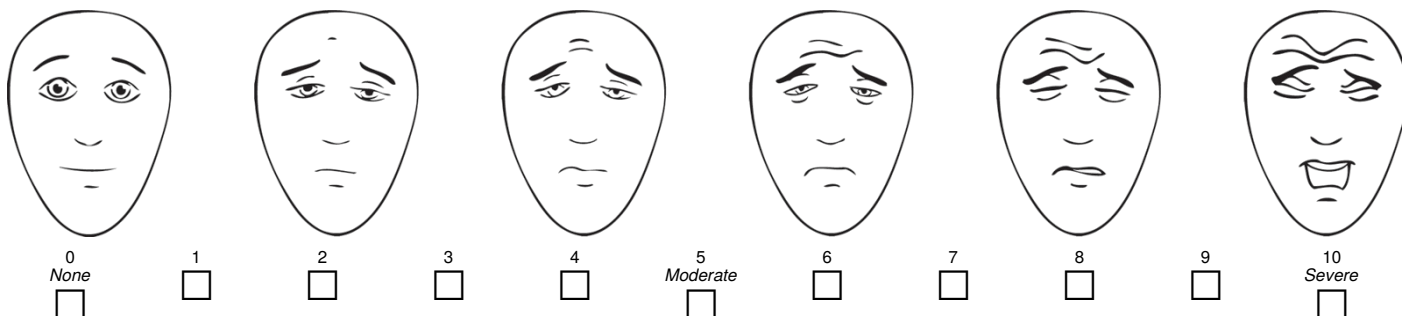
Does it ever go away or is it
constant?

Are you receiving any treatment
for your pain now?

What do you usually take for your
pain?

Does it work?

Pain Score:



0-4 - Low Risk. ***DO NOT complete the following questions, if pain score is 0-4 Low Risk.

5-10 - High Risk. Refer client to a physician.

How does pain affect your daily life and/or
your quality of life?

How does pain affect sleeping?

How does pain affect eating/drinking?

How does pain affect your mood?

How does pain affect your relationships with
your parents/friends/family?

How does pain affect school?

How does pain affect a drug/alcohol

addiction?

Pain Goal:

If patient responds “Yes” to any of the above questions, and they are not currently being treated for their pain. The client shall be referred to outside agency/physician/chiropractors, and/other type of appropriate individual for pain assessment & pain management.

© 2012-2021 Kipu Systems LLC

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US & Canada)

History and Physical Exam 03/05/2024 04:59 PM

Date of	Start time	End time
Exam:	03/05/2024	
	04:59 PM	

Chief Complaint(s):

Previous Treatment: *include Mental Health, Substance Abuse, Outpatient Psychiatry, Therapy or Detox.*

	Date	Provider	Treatment	Duration/Frequency	Outcome

***Outcome Codes: 1=Successful Completion 2= AMA/APA 3=Discharged / Non-Compliant 4=Other

Past Medical History:

Surgical History:

Family History:

Social History:

Marital Status: Single

Children:

Work:

Cigarettes/Vape:

Medications:

Medications below include all current active orders logged via Doctor's Orders. These may include medications self-reported by the patient that were logged, medication orders entered at the facility, and medications brought to the facility by the patient ordered to be continued upon admission. If the patient is not being treated in a residential/inpatient setting, this list may not be inclusive of all medications taken by the patient outside of the facility.

Current as of 03/05/2024 04:59 PM:

Allergies:

No Known Allergies/NKA

Review of Systems

Physical Exam Vitals:	Blood Pressure (systolic/diastolic)	Temperature	Pulse	Respirations	O2 Saturation
	- / -	-	-	-	-
Comments					
-					
Height/Weight: Height: (n/a) Weight: n/a BMI: n/a					
Skin:					
HEENT:					
Neck:					
Respiratory:					
Cardiovascular:					
Abdominal:					
Extremities:					
GU/Rectal:					
Neurological:					
Musculoskeletal:					

Mental Status:

Assessment/Plan:

I hereby certify that the services are medically necessary and appropriate to the patient's diagnosis and treatment needs.

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Health History Form 03/05/2024 04:59 PM

Today's Date: 03/05/2024

Date of Last Physical Exam:

Physician's Name:

Age:

Sex:

Height:

Weight:

Check if you are experiencing any of the following:

Headaches:

Shakes/Tremors:

Diarrhea:

Fatigue:

Diabetes:

STD's:

Eye Problems:

Allergies:

Liver Problems:

High Blood Pressure:

Constipation:

Epilepsy:

Loss of Appetite:

Blood Disorders:

Skin Problems:

Breathing Problems:

Tuberculosis:

Nausea/Vomiting:

Frequent Colds:

Insomnia:

Heart Problems:

Weight Problems:

Dental Problems:

Walking Problems:

Menstrual Problems:

Other:

Explain any checked
answers:

List all prior
hospitalizations:

	Date	Hospital	Condition	Outcome

List ALL medications you are currently
taking:

Associated diagnosis for medications
listed:

Have you ever been treated for psychiatric/mental health
issues/substance abuse (including eating disorder):

If yes, please
explain:

Do you have any health problems that may interfere with any
recommended treatment?

If yes, please
explain:

Physical Exam is
required?

Capable of self-
preservation?

© 2012-2021 Kipu Systems LLC

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US & Canada)

Initial Psychiatric Evaluation 03/05/2024 04:59 PM

Start and End Time:	Start time	End time
	03/05/2024	
	04:59 PM	

I. Identifying Information:

Admit Date/Time: 03/04/2024 03:34 PM

Admission Type: Voluntary ☐ Involuntary ☐

Marital Status: Single

Allergies/Drug Reactions:

No Known Allergies/NKA

Current Medications:

Medications below include all current active orders logged via Doctor's Orders. These may include medications self-reported by the patient that were logged, medication orders entered at the facility, and medications brought to the facility by the patient ordered to be continued upon admission. If the patient is not being treated in a residential/inpatient setting, this list may not be inclusive of all medications taken by the patient outside of the facility.

Current as of 03/05/2024 04:59 PM:

II. Chief Complaint:

III. History of Present Illness:

(Include a history of present illness, including onset, precipitating factors and reason for the current admission, signs and symptoms, course, and the results of any treatment received.)

IV. Past Psychiatric & Substance Treatment History:

V. Pertinent Past Psychiatric History: (check all that apply)

VI. Background & Social History:

(Include family, educational, vocational,occupational and social history)

VII. Medical/Surgical History:

VIII. Seizure History:

IX. Head/Trauma History:

X. Trauma/Abuse History:

XI. Psychosocial/Development/Family History Overview:

XII. Previous History Suicidal/Homicidal Ideation/Plan:

XIII. Current Suicidal/Homicidal Ideation/Plan:

XIV. Mental Status Exam:

(Check All Symptoms Present)

A. Appearance:

B. Speech:

C. Behavior:

D. Attitude:

E. Mood:

F. Affect:

G. Self and/or Others Aggressive/Destructive Thoughts and Behaviors:

Suicidal Ideation:

Homicidal Ideation:

Self Destructive Behaviors:

H. Thought Process:

I. Thought Content:

J. Vegetative Signs:

XV. Cognitive Assessment:

A. Orientation:

B. Last Five Presidents.
Able to Recall:

C. Learn Three Objects
*(e.g. 3 feathers, 11
envelopes, 29th Avenue):*

D. Digit Span *(e.g. 9 6 4 6 1 7)* Number forward Correctly Number backward Correctly

:

E. Repeat Three Objects
(See “C”):

F. Intelligence Estimate:

G. Memory:

1. Immediate Recall:

2. Short Term:

3. Long Term:

4. Concentration:

5. Attention:

H. Impulse Control:

I. Introspection:

J. Judgement:

XVI. Strengths & Assets: *(check all that apply)*

XVII. Liabilities/Barriers to Recovery:

XVIII. Diagnostic Impressions/Diagnosis:

DSM 5 Diagnosis:

Diagnoses

F33.1 Major depressive disorder, Recurrent episode, Moderate,F41.1 Generalized anxiety disorder

Medical Conditions:

Psychosocial
Stressors:

Need for Suicide
Precautions:

XIX. The patient has been fully informed by the psychiatrist about the possible risks and probable benefits of their treatment. The patient has expressed to the psychiatrist an understanding of the explanations that were provided by the psychiatrist.

XX. Justification for Detox, Intensive Inpatient, Residential Treatment or PHP Treatment:

XXI. Treatment Recommendations:

XXII. Psychopharmacologic Interventions:

**Risks, benefits, side effects, and dosage
schedule explained to patient:**

Client verbalized understanding of teaching:

Follow-up:

**On this examination, the patient demonstrated signs suggestive of Tardive
Dyskinesia. The potential risks and long term consequences of this disorder,
and treatment alternatives, were discussed and understood by the
patient/guardian.**

XXIII. Physician Certification of Need for Admission:

As a physician duly licensed to practice medicine, I hereby certify that treatment is medically necessary. I certify that treatment could not be effectively provided at a lesser intensive level of care and that the patient is able to participate in all aspects of the treatment program. All treatment services will be provided to the patient under my direction and under a written plan of care. Having completed this Physician Initial Certification of Need for Admission, I do authorize and order the patient's admission.

© 2012-2021 Kipu Systems LLC

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Step Into Recovery HIV/AIDS/TB/STD Informational Fact Sheet (Pre-Test Counseling)

Here are some facts about HIV/AIDS/TB/STDs. Please read carefully. Your counselor will review the information with you and answer any questions or clarify any areas that may not be clear. This handout is yours to take with you. You may wish to share this information with your sexual partner or other significant individuals.

WHAT IS IT?

AIDS (Acquired Immune Deficiency Syndrome) is a disease caused by a virus called HIV (Human Immunodeficiency Virus).

- When a person is infected with HIV, the virus infects and can kill certain cells in the immune system called T- helper cells. This weakens the immune system so that other opportunistic infections can occur. The HIV-infected person is said to have AIDS when they become sick with other specific infections or when the number of T-helper cells has dropped below 200.
- There is no cure for HIV. Although people do not die from HIV, most people who become infected with HIV will eventually develop AIDS. You can have HIV for several years without showing any signs. That means you can have HIV and not even know it. You can also spread HIV during that time to other people. As of 1996, about half of everybody that got HIV would develop AIDS within ten years. Now, with the help of new drug treatments, the time between infection of HIV and the time it takes to develop AIDS can be even longer.

WHO CAN GET HIV/AIDS?

People of any sex, age, and race can get HIV/AIDS. As a matter of fact, it is the ninth leading cause of death among people between the ages of 15-19 and the fifth leading cause of death between the ages of 20-24. HIV/AIDS is the leading cause of death for both black males and females between the age of 25-44. Florida has the third-highest rate of AIDS cases in the country, with estimates as high as 1 in 50 people.

PEOPLE WITH THE HIGHEST RISK OF AIDS AND HIV INFECTIONS ARE:

- People who share needles
- Men who have sex with other men
- Babies born to mothers who have HIV infections
- People who receive blood transfusions or blood products before 1985

- Anyone who has sex with anyone who has or is at risk for AIDS or HIV infection

HOW IS HIV SPREAD?

HIV is spread through bodily fluids like blood, pus, semen, menstrual blood, vaginal secretions, and breast milk. If your blood comes into contact with any body fluids of an infected person, you may become infected with HIV. You may expose yourself to HIV if you do any of the following with a person who has HIV.

- Have unprotected sex (sex without a condom)

You can get HIV from oral, anal, or vaginal sex, or from sharing sex toys with a person who is infected.

- Share a needle or a syringe with someone who is infected.

This could be sharing a needle to inject drugs, to make tattoos, or to pierce your ear.

- Get infected blood into an open cut or mucous membrane.

This is rare and usually occurs with healthcare workers when it does happen.

- From a mother to a baby.

This can occur before, during birth, or by breast-feeding.

SYMPTOMS

Certain symptoms and conditions may be associated with HIV/AIDS

These symptoms and conditions may include: fever, weight loss, swollen lymph glands in the neck, underarms, or groin, white patches in the mouth (thrush), certain cancers (Kaposi's sarcoma, certain lymphomas, certain invasive cervical cancers), and infections (Pneumocystis pneumonia, certain types of meningitis, toxoplasmosis, certain blood infections, TB, etc...)

TESTING

A blood test may tell if you have HIV infection or AIDS.

You can get an HIV blood test at your doctor's office or at Counseling and Testing Sites throughout Florida. Getting tested is easier than ever and can be done confidentially or anonymously which means no one else will even know your name. They may take a blood sample OR they may simply take a sample of your saliva with a swab. Test results take about 2 weeks to come back and then you can find out the results. Knowing can give you peace of mind and protect other people that are important to you.

Remember, anyone can get HIV/AIDS. Take care of yourself. Protect yourself.

WHAT DOES THE TEST MEAN?

This test detects antibodies to HIV, not the virus itself. Antibodies are the body's reaction to the virus.

A **POSITIVE** test means that a person is infected with HIV and can pass it to others. By itself, a positive test does not mean that a person has AIDS, which is the most advanced stage of HIV infection.

A **NEGATIVE** test means that antibodies to HIV were not detected. This usually means that the person is not infected with HIV. In some cases, however, the infection may have happened too recently for the test to turn positive. The Blood test usually turns positive within 1 month after infection and in almost all cases within 3 months. Therefore, if you were infected very recently, a negative test result could be wrong.

FALSE RESULTS (a negative test in someone who is infected, or a positive test in someone who is not infected) are rare. Indeterminate results (when it is unclear whether the test is positive or negative) also are rare. When a test result does not seem to make sense, a repeat test or special confirmatory tests may help to determine whether a person is or is not infected.

BENEFITS OF BEING TESTED- There are substantial benefits to being tested. Most infected persons may benefit from medications that delay or prevent AIDS and other serious infections. Test results also can help people make choices about contraception or pregnancy. Therefore, all infected persons should have a complete medical checkup, including tests of the immune system; to help their health care providers recommend the best health care. There are other reasons to be tested. Even though everyone should follow safer sex guidelines whether or not they are infected with HIV, many persons find that knowing their test results helps them to protect their partners and themselves. Some persons want to know their test results before beginning a new sexual relationship or becoming pregnant. Others will be reassured by learning that they are not infected.

RISKS AND DISADVANTAGES of BEING TESTED- Many persons with positive or indeterminate test results will experience stress, anxiety, or depression. Some persons with negative tests may continue or increase unsafe behaviors, which would increase the risk of HIV infection. Some persons are afraid that their test results will get into the wrong hands, and that discrimination might result. For these reasons, you should consider your social supports (such as family and friends) and your insurance needs before you are tested.

HOW DO I PROTECT MYSELF?

The best way to protect yourself is to abstain from sex and do not inject drugs.

Here are some ways of limiting your risk of becoming infected with HIV:

- Practice safer sex -(Remember THERE IS NO RISK-FREE SEX!)
 - Have sex with one uninfected partner who only has sex with you.
 - ALWAYS use a barrier for protection.
 - A condom is the most protective prevention strategy. A condom will NOT GUARANTEE that you will not be exposed to HIV but aside from not having sex at all, a condom is your best defense. Be sure to use a condom for oral sex too!
- Use a water-based lubricant such as KY Jelly, Astroglide, or Wet. Don't use an oil-based lubricant (Vaseline, Crisco,

chocolate syrup, etc.). Oil-based lubricants will cause the condom to break down making holes in the condom that HIV can get through.

- Don't use 2 condoms at the same time.
 - Use latex gloves for hand sex and never use these more than once. When you are done with them throw them in the trash.
 - Don't share needles, razors, or toothbrushes. Something to think about:

When you have sex with someone, you could be exposing yourself to everyone that person has had sex with for at least the past 10 years and everyone those people have had sex with as well.

Don't use drugs (especially drugs you have to inject)

- Using drugs weakens your immune system and makes your body less able to protect itself from becoming infected with HIV.
 - Using drugs can affect your ability to make good decisions and you might be more likely to get yourself involved in behavior that will put you at risk.
 - If you decide to still use despite these dangers, do not share needles. If you aren't sure if the needles you are using are safe and you decide to use anyway, washing your paraphernalia (works) in a solution of bleach and then rinse it with water very well 3 times MAY help reduce your chances of contracting HIV. You may want to consider getting treatment for your drug use.

When cleaning up blood or other bodily fluids:

- Practices called Universal Precaution and Standard Precautions, such as the use of:
 - Wearing gowns gloves and goggles and always wash your hands thoroughly after contact.
 - Always disinfect any areas that may have had blood or other bodily fluids on them thoroughly.

WHAT IF I'M PREGNANT? If you are pregnant see a doctor. If you have HIV, you can pass it on to your baby before birth, during birth, or through breastfeeding. But there are medications that can make the chances you will infect your baby much smaller. Talk to a doctor and get tested for HIV as soon as possible if you think you are pregnant or if you want to get pregnant.

WAYS I WON'T GET HIV:

- Shaking hands.
- Eating in a restaurant.
- Using restrooms.
- Donating blood.
- Being bitten by a mosquito or other bug.
- Dry kissing.
- Casual contact like living in the same household, or working with a person who carries HIV. Unless you are exposed to body fluids, you are not at risk for HIV infection.

- In 2003, 6,654 HIV cases were reported in Florida.
- Males account for 64% of the cumulative reported HIV cases, and females account for 36%. The male-to female ratio is 1.8:1.
 - Of the cumulative number of HIV cases, 55% are among blacks, 28% are among whites, and 17% are among Hispanics.
 - In 2003, there were 301,461 HIV tests performed by county public health departments, with 2.2% of the tests being positive.
 - Approximately 100,000 persons, or roughly 11% of the national total, are currently living with infection in Florida.

Tuberculosis

Tuberculosis (TB) is a disease caused by a bacterium called *Mycobacterium Tuberculosis-Tuberculosis* (TB) is a disease that is spread from person to person through the air. TB usually affects the lungs. The bacteria is put into the air when a person with TB of the lung coughs, sneezes, laughs, or sings. TB can also affect other parts of the body, such as the brain, the kidney, or the spine. Tuberculosis is a disease that can be cured if treated properly.

TB can affect anyone of any age-Anyone can get TB, but some people are at higher risk. Those at higher risk include:

- Infants and small children
- People who share the same breathing space (such as family members, friends, coworkers) with someone who has TB disease
- People with low income who live in crowded conditions, have poor nutrition and have poor health care
- Homeless people
 - People born in countries where a lot of people have TB
 - Nursing home residents
 - Prisoners
 - Alcoholics and injection drug users
 - People with medical conditions such as diabetes, kidney failure, and those with weakened immune systems (such as HIV or AIDS)

The symptoms of TB disease may include:

Feeling weak or sick, rapid weight loss (over a few weeks or months), fever, or night sweats. Symptoms of TB of the lungs may include: cough, chest pain, or coughing up blood. Other symptoms depend on the particular part of the body that is affected.

TB infection is different than TB disease:

People with TB disease are sick from bacteria that are active in their body. They usually have one or more of the symptoms of TB. These people are often capable of giving the infection to others. Medications can cure TB disease; usually three or more medications are given to treat TB disease. People with TB infection (without disease) have the bacteria that cause TB in their body. They are not sick because the germ lies inactive in the body. They cannot spread the germ to others. Medications are often prescribed for these people to prevent them from developing TB disease in the future. **A skin test can tell if you have TB infection:**

You can get a TB skin test from a doctor or local health department. A negative test usually means the person is not infected. However, the test may be falsely negative in a person who has been recently infected (it usually takes 2 to 10 weeks after exposure to a person with TB disease for the skin test to be positive). The test may also be falsely negative if the person's immune system is not working properly.

A positive skin test reaction usually means that the person has been infected with TB. It does not necessarily mean that the person has TB disease. Other tests, such as an x-ray or sputum sample, are needed to see if the person has TB disease.

If you have TB infection or disease:

- Do all the required tests that your doctor orders.
- Stay at home until your doctor tells you it is okay to return to work or school. Do not have visitors (especially children) until your doctor says it is okay.
- Keep all your medical appointments.
- Take all your TB medications as prescribed. In Maryland, the local health department works with doctors to treat almost all people with TB disease. The local health department will provide the correct antibiotics and make sure they are taken correctly. Medications must be taken for long periods of time (6 months or more).

STD Frequently Asked Questions

All of these diseases are passed on by having unprotected sex (any kind of sex) with someone who is infected. You cannot tell someone is infected by his or her looks!! Remember, STDs including HIV (the virus which causes AIDS) are passed on by having unprotected sex.

Primary Syphilis

- *Infectious agent is the spirochete Treponema pallidum.*
 - *Symptoms -non-painful sore on the genital area (outside or inside) or on the lip or inside the mouth, caused by sexual contact with someone who has a primary syphilis sore.*

- *Frequently asked questions -*

- *Do I always know I have it? No, the sore may be where you can't see it (inside the vagina, for example).*
- *Does the sore last a long time? No, the sore is only present for one or two weeks, then no symptoms until the next stage, secondary syphilis.*
- *Can a pregnant woman pass syphilis on to her unborn baby? Yes, a pregnant woman with syphilis who is not treated early enough can pass syphilis on to her baby, who can be born critically ill.*

Secondary Syphilis

- Infectious agent is the same as primary syphilis above.
- Symptoms -non-painful, non-itchy rash typically on palms of hands, soles of feet, may be anywhere on body. Rash is often spots that are darker than the normal skin color.
- Frequently asked questions -
 - Is the rash contagious? Yes, the rash is very contagious.
 - Is syphilis curable? Yes, it is easily curable with the right type and amount of penicillin.
 - What if I am allergic to penicillin? Another type of antibiotic may be used.

Herpes

- Infectious agent is the herpes simplex virus.
- Symptoms -painful blisters on the genital area can come and go. Some persons have sores that are so mildly painful that they do not know they have them. Others also can have sores in areas that are not seen, again like in the vagina, or mouth.
- Frequently asked questions -
 - Can I get herpes or pass it on even if there are no sores present? Yes, it may be possible to get it or pass it on even if no sores are present.
 - How long does the infection last? It will remain in your body for the remainder of your life.

You can be infectious to others at periodic times for many years.

Chlamydia

- Infectious agent is Chlamydia trachomatis, bacteria.
- Symptoms -yellow or mucous-like discharge from the vagina or penis. Usually, the discharge is of a small amount. Most persons do not have any symptoms.
- Frequently asked questions -
 - Can Chlamydia cause me to become sterile? Yes, untreated Chlamydia can cause infertility or long-term pelvic pain.
 - Can I have it and not know I have it? Yes, you may not have any symptoms but be infected for several years.

Gonorrhea

- Infectious agent is Neisseria gonorrhea, bacteria.
 - Symptoms -yellow or greenish or mucous-like discharge. A female may have burning on urination or pelvic pain. A male often may have burning with urination and may notice a stain in his underwear.
- Frequently asked questions -
 - Can a male have gonorrhea and not know they have it? Yes, it is possible to not have any symptoms. It is more likely that a female would have milder symptoms, or not have any symptoms than for a male.

Genital warts

- Infectious agent is the human papilloma virus (HPV).
 - Symptoms - cauliflower-like warty growths that may be on the genital area, outside or inside.
- Frequently asked questions -
 - Why do I have these warts and my partner doesn't? It is possible for one person to have genital warts and their partner to be free of warts.
 - I was told that I have an abnormal Pap smear caused by this virus, why didn't I have warts?

There are several types of HPV, some of which cause genital warts and some cause abnormal Pap smears.

- I have heard warts cause cancer, is this true? Yes, some types of HPV do cause cervical

cancers in women and penile cancer in men.

Remember: If you know you have an STD like Herpes or HPV (genital warts) or HIV, you must protect your future partners from infection. You must tell them before having sex and use condoms if you do have sex.

© 2012-2021 Kipu Systems LLC

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Step Into Recovery
Specific Authorization for Psychotropic Medications

Name: Hector Perez MR#: SIR2024-13 DOB: 04/24/1968

Discussion of psychotropic medication should occur within the context of the patient(s) medical history and current overall medication regimen.

I, **Hector Perez**, hereby authorize the professional staff to administer treatment, limited to the mental health medications indicated below. Other medications may be suggested and discussed:

Antipsychotics:

- | | |
|---|---|
| <input type="checkbox"/> Abilify 7.5mg-30mg | <input type="checkbox"/> Clozaril 12.5mg-900mg |
| <input type="checkbox"/> Geodon 20mg-160mg | <input type="checkbox"/> Haldol 0.5mg-80mg PO/IM |
| <input type="checkbox"/> Haldol Dec. 25-300mg IM | <input type="checkbox"/> Loxitane 5mg-250mgPO/IM |
| <input type="checkbox"/> Mellaril 10mg-1000mg | <input type="checkbox"/> Moban 10mg-225mg |
| <input type="checkbox"/> Navane 1mg-60mg | <input type="checkbox"/> Prolixin 0.5mg-75mg IM |
| <input type="checkbox"/> Prolixin Dec. 12.5mg-75mg IM | <input type="checkbox"/> Risperdal 0.25mg-6mg |
| <input type="checkbox"/> Serentil 10mg-400mg | <input type="checkbox"/> Seroquel 12.5mg-900mg |
| <input type="checkbox"/> Stelazine 1mg-40mg PO/IM | <input type="checkbox"/> Thorazine 10mg-2000mgPO/IM |
| <input type="checkbox"/> Trilafon 2mg-24mg PO/IM | <input type="checkbox"/> Zyprexa 2.5mg-40mg |

Anxiolytics:

- | | |
|--|--|
| <input type="checkbox"/> Ativan 0.5mg-12mg PO/IM | <input type="checkbox"/> Buspar 5mg-60mg |
| <input type="checkbox"/> Klonopin 0.5mg-20mg | <input type="checkbox"/> Librium 5mg-300mg PO/IM |
| <input type="checkbox"/> Serax 10mg-120mg | <input type="checkbox"/> Tranxene 3.75mg-90mg |
| <input type="checkbox"/> Valium 2mg-40mg PO/IM | <input type="checkbox"/> Xanax 0.125mg-10mg |

Anti-Depressants:

- | | |
|---|---|
| <input type="checkbox"/> Anafranil 25mg-250mg | <input type="checkbox"/> Asendin 25mg-600mg |
| <input type="checkbox"/> Celexa 10mg-80mg | <input type="checkbox"/> Cymbalta 40mg-60mg |
| <input type="checkbox"/> Effexor 25mg-600mg | <input type="checkbox"/> Lexapro 5mg-30mg |
| <input type="checkbox"/> Luvox 25mg-300mg | <input type="checkbox"/> Nardil 15mg-90mg |
| <input type="checkbox"/> Pamelor 10mg-200mg | <input type="checkbox"/> Parnate 10mg-50mg |
| <input type="checkbox"/> Paxil 10mg-50mg | <input type="checkbox"/> Paxil CR 12.5mg-62.5mg |
| <input type="checkbox"/> Prozac 10mg-80mg | <input type="checkbox"/> Norpramin 10mg-300mg |
| <input type="checkbox"/> Remeron 7.5mg-60mg | <input type="checkbox"/> Serzone 25mg-600mg |
| <input type="checkbox"/> Sinequan 10mg-300mg | <input type="checkbox"/> Tofranil 10mg-300mg |
| <input type="checkbox"/> Trazadone 25mg-600mg | <input type="checkbox"/> Zoloft 25mg-200mg |
| <input type="checkbox"/> Wellbutrin SR 75mg-450mg | |

CNS Stimulants/ADHD Meds:

- | | |
|--|---|
| <input type="checkbox"/> Adderal/XR 5mg-30mg | <input type="checkbox"/> Provigil 100mg-400mg |
| <input type="checkbox"/> Ritalin/SR 5mg-60mg | <input type="checkbox"/> Strattera 18mg-100mg |

Hypnotics:

- | | |
|---|--|
| <input type="checkbox"/> Chloral hydrate 250mg-2000mg | <input type="checkbox"/> Restoril 7.5mg-60mg |
|---|--|

Mood Stabilizers:

- | | |
|---|---|
| <input type="checkbox"/> Depakene 125mg-3000mg | <input type="checkbox"/> Depakote 125mg-3000mg |
| <input type="checkbox"/> Gabitril 2mg-56mg | <input type="checkbox"/> Lamictal 25mg-500mg |
| <input type="checkbox"/> Lithium 150mg-2400mg | <input type="checkbox"/> Tegretol 100mg-1200mg |
| <input type="checkbox"/> Topamax 25mg-400mg | <input type="checkbox"/> Trileptal 300mg-2400mg |
| <input type="checkbox"/> Neurontin 100mg-3600mg | |

Anti-histamines:

- | | |
|--|---|
| <input type="checkbox"/> Benadryl 25mg-200mg PO/IM | <input type="checkbox"/> Periactin 2mg-20mg |
| <input type="checkbox"/> Vistaril 25mg-300mg PO/IM | |

Anti-cholinergic:

- | | |
|--|--|
| <input type="checkbox"/> Artane 1mg-15mg | <input type="checkbox"/> Cogentin 0.5mg-8mg
PO/IM |
| <input type="checkbox"/> Symmetrel 100mg-
300mg | |

Antidotes:

- | | |
|---|---|
| <input type="checkbox"/> Antabuse 125-500mg | <input type="checkbox"/> Revia 25mg-
150mg |
| <input type="checkbox"/> Campral 333mg-
1998mg | |

Each subject below has been explained to me in detail, and I have had the opportunity to ask questions and receive answers about treatment:

- The nature of my mental health condition, the purpose of the treatment, and the approximate length of care.
- The reasons for prescribing the medication(s), including the likelihood of my condition improving or not improving with the medication.
- The proposed medications, dosages, and frequency.
- Common short and long-term side effects (including awareness of risks of Tardive Dyskinesia) of the proposed medication, including contraindications and clinically significant interactions with other medications.
- Alternative medications.
- The off-label use of medication.
- I was also given specific written information about the recommended medication(s). I understand that this is only a partial listing of information, and I should discuss all medical problems and medication(s) that I take with my physician.

I can refuse to take the medication(s) at any time if I tell any member of the medical staff.

☐ **I DO** consent to the use of the above medication(s). I give consent voluntarily and understand that this may be revoked orally or in writing at any time.

☐ **I DO NOT** consent to the use of any of the above medication(s).

© 2012-2021 Kipu Systems LLC

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Progress Note 03/05/2024 05:00 PM

Date of	Start time	End time	Duration
Service:	03/05/2024	03/05/2024	60
	05:00 PM	06:00 PM	Minutes

☐ DETOX

☐ INTENSIVE INPATIENT

☒ RESIDENTIAL

☐ PHP

☐ IOP

☐ OP

Progress Note:

Note:

The client presented with observable signs of depression and anxiety, aligning with their primary diagnosis of Major Depressive Disorder (F33.1) and secondary diagnosis of Generalized Anxiety Disorder (F41.1). Physically, the client appeared unkempt, exhibiting behaviors such as fidgeting, blank staring, and a slouched posture. Verbally, the client was under-responsive and hesitant, indicating possible difficulties in communication and social interaction. Despite these signs, it is important to note that since our last session, the client does not present a risk to self or others. The client's mood was predominantly anxious, depressed, and sad, with an overall aloof and withdrawn affect. The client stated, he doesn't feel that depressive symptoms have subsided, indicating a lack of progress in managing depressive symptoms.

The client's presentation during this session suggests a continuation of moderate depressive symptoms and generalized anxiety. The physical and verbal signs observed are consistent with the client's stated feelings of persistent depression. The client's behavior, such as appearing inferior and being under-responsive, may suggest a low self-esteem or self-perception, potentially as a result of their condition. The client's mood of being anxious, depressed, and sad, combined with a guarded affect, reinforces the ongoing struggle with depression and anxiety. Despite the client's ongoing symptoms, there is no current risk to self or others, which is a positive sign in terms of safety. However, the client's overall engagement during the session was only slight, and they appeared preoccupied, which may hinder therapeutic progress.

Given the client's ongoing depressive symptoms and anxiety, it is recommended to continue the current treatment plan and potentially explore additional therapeutic interventions. The client's hesitance and under-responsiveness could be addressed by integrating communication and social interaction strategies into the therapy. The client's self-perception could also be improved by incorporating cognitive restructuring techniques, with a focus on improving self-esteem. It is essential to monitor the client's depressive symptoms closely and reassess the treatment plan if they do not show signs of improvement. Encouraging the client to be more engaged and less preoccupied during sessions would also be beneficial for therapeutic progress. The client's safety should continue to be monitored, despite the current lack of risk to self or others.

© 2012-2021 Kipu Systems LLC

Jamila Charles Cometa, LMFT (Staff), 03/06/2024 12:57 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Trauma Assessment 03/05/2024 05:00 PM

Date/Time: 03/05/2024 05:00 PM

This test is to help determine your symptoms of trauma. *Please answer True or False for each of the following.*

1. Have you experienced or been exposed to a traumatic event?

0 False (0)
- Please list your traumas:

There have been no traumatic events in my life.
2. During the traumatic event, did you experience or witness serious injury or death, or the threat of injury or death?

0 False (0)
3. During the traumatic event did you feel intense fear, helplessness, and/or horror?

1 True (1)
4. Do you regularly experience intrusive thoughts or images about the traumatic event?

1 True (1)
5. Do you sometimes feel like you are re-living the event or that it is happening all over again?

0 False (0)
6. Do you have recurrent nightmares or distressing dreams about the traumatic event?

1 True (1)
7. Do you feel intense distress when something reminds you of the traumatic event, whether it's something you think about or something you see?

1 True (1)
8. Do you try to avoid thoughts, feelings, or conversations that remind you of the traumatic event?

0 False (0)
9. Do you try to avoid activities, people, or places that remind you of the traumatic event?

0 False (0)
10. Are you unable to remember something important about the traumatic event?

0 False (0)
11. Since the trauma took place, do you feel less interested in activities or hobbies that you once enjoyed?

0 False (0)
12. Since the trauma took place, do you feel distant from other people or have difficulty trusting them?

1 True (1)

13. Since the trauma took place, do you have difficulty experiencing or showing emotions?	1 True (1)
14. Do you feel that your future will not be "normal" -- that you won't have a career, marriage, children, or a normal life span?	0 False (0)
15. Since the traumatic event, have you had difficulty falling or staying asleep?	1 True (1)
16. Have you felt irritable or have you had outbursts of anger?	1 True (1)
17. Have you had difficulty concentrating, since the trauma?	1 True (1)
18. Do you feel guilty because others died or were hurt during the traumatic event but you survived it?	0 False (0)
19. Do you often feel jumpy or startle easily?	0 False (0)
20. Do you often feel hypervigilant, that is, are you constantly feeling and acting ready for any kind of threat?	1 True (1)
21. Have you been experiencing symptoms for more than one month?	1 True (1)
22. Do your symptoms interfere with normal routines, work or school, or social activities?	1 True (1)
23. Do your symptoms interfere with ability to stay sober/clean?	1 True (1)

Score: (13)

1 - 3	Mild Symptoms
4 - 9	Moderate Symptoms
10 - 23	Severe Symptoms

Clinical Assessment

This section to be completed by a Licensed Professional - (Include: Recommendations, Actions, Treatment plan, and/or Referral to be made and/or addressed during treatment & how symptoms may or may not effect treatment, treatment outcome and recovery)

Problem 1: Severe Depression and Anxiety with Substance Abuse

The client is experiencing severe depression and anxiety, which is being treated through the abuse of opioids and alcohol. This substance abuse is impacting the client's ability to maintain employment and support themselves and their family.

Goal: The client will achieve and maintain sobriety for a minimum of six months to enhance their ability to maintain employment and support their family. **Diagnosis**: Major depressive disorder, recurrent, moderate (F33.1)

1. **Objective A1**: Client will develop and utilize coping strategies to manage triggers for substance abuse within the next three months.

* **Intervention A1-1**: Self-Monitoring: The client will be instructed to keep a daily log of their thoughts, emotions, and situations that precede urges to use substances. This will help the client to identify patterns and triggers related to their

substance abuse.

* **Intervention A1-2**:

 Relaxation Techniques: The client will be taught relaxation techniques such as deep breathing and progressive muscle relaxation to be used during times of high stress or when experiencing cravings, to help manage anxiety and reduce the likelihood of substance use.

* **Intervention A1-3**:

 Behavioral Activation: The client will be encouraged to identify and participate in at least two positive activities per week that they find enjoyable or fulfilling, to reduce the time and desire for substance use and to improve mood.

1. **Objective A2**:

 Client will improve sleep quality and establish a regular sleep pattern within the next two months.

* * **Intervention A2-1**:

 Sleep Hygiene: The client will be educated on sleep hygiene practices, including establishing a regular sleep schedule, creating a restful environment, and avoiding stimulants before bedtime.

* **Intervention A2-2**:

 Journaling: The client will be encouraged to journal about their thoughts and feelings before bedtime to process their day and reduce rumination that may interfere with sleep.

* **Intervention A2-3**:

 Goal Setting: The client will set a SMART goal related to sleep, such as "I will go to bed and wake up at the same time every day for the next month," and progress will be reviewed weekly in therapy sessions.

1. **Objective A3**:

 Client will increase their knowledge about depression, anxiety, and substance abuse and their interconnections within the next month.

* * **Intervention A3-1**:

 Psychoeducation: The client will be provided with educational materials and resources about the nature of depression, anxiety, and the impact of substance abuse on mental health and will discuss these topics in therapy sessions to enhance understanding.

* **Intervention A3-2**:

 Cognitive Processing Therapy (CPT) Elements: Although typically used for PTSD, elements of CPT will be adapted to help the client identify and challenge negative thoughts related to their depression, anxiety, and substance use.

* **Intervention A3-3**:

 Goal Setting: The client will set a SMART goal to engage in one educational activity per week, such as reading an article or watching a video about managing depression and anxiety, to increase their knowledge and self-efficacy in managing their conditions.

© 2012-2021 Kipu Systems LLC

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Social Risk Assessment 03/05/2024 05:00 PM

Evaluation Date: 03/05/2024 05:00 PM

Instructions: Ask the Client the following questions and indicate below with a check on the Yes or No box.

1. Have you ever taken drugs using a needle?

☐ Yes ☒ No
2. Are you the sex partner of a person diagnosed with HIV/AIDS?

☐ Yes ☒ No
3. Have you ever had sex while using non-injecting drugs?

☐ Yes ☒ No
4. Have you ever had sex in exchange for money, drugs, etc?

☐ Yes ☒ No
5. Do you currently have a sexually transmitted disease (STD)?

☐ Yes ☒ No
6. Have you ever been diagnosed with an STD?

☐ Yes ☒ No
7. Are you the child of a woman who has HIV/AIDS?

☐ Yes ☒ No
8. Did you receive any blood or blood products between 1977 and 1985?

☐ Yes ☒ No
9. Have you been exposed to HIV/AIDS through the Health Care Industry?

☐ Yes ☒ No
10. Have you had sex with more than one person in the past year?

☐ Yes ☒ No
11. Are you a survivor of a sexual assault?

☐ Yes ☒ No
12. Have you ever had sexual relations with an injection drug user?

☐ Yes ☒ No
13. Have you ever had sex with a man you know had sex with another man in the past?

☐ Yes ☒ No
14. Have you ever had sex with a person who would be considered at risk for HIV/AIDS?

☐ Yes ☒ No
15. Have you ever been tested for HIV/AIDS?

☐ Yes ☒ No
16. Have you tested positive for HIV/AIDS?

☐ Yes ☒ No

If Yes, give date: N/A

17. Have you ever shared needles or “works”?

☐ Yes ☒ No
18. Have you ever experienced blackouts when under the influence of a drug and/or alcohol?

☒ Yes ☐ No
19. Have you ever had Herpes, Hepatitis B, Syphilis, Gonorrhea, Chlamydia or Genital Sores (sores on the sex organs)?

☐ Yes ☒ No
20. Would you like to be referred for HIV testing?

☐ Yes ☒ No

If the Client answers Yes to Question #20, the Client must be referred for HIV testing.

If the Client answers Yes to 5 or more questions, they may be at high risk for HIV – Encourage the Client to be referred for testing.

Location of Referral:

n/a

Date of Referral:

HIV pre and post counseling will be provided by this facility:

☐ Yes ☒ No

© 2012-2021 Kipu Systems LLC



Jennifer Rosa, Administrator (Staff), 04/04/2024 06:00 AM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Follow-Up Exam 03/05/2024 05:00 PM

Date: 03/05/2024 05:00 PM

Type of Visit: ☐ Weekly ☐ Bi-Monthly ☐ Monthly ☐ Restart ☐ Phone Consult ☐ Other

Results of Urine
Drug Screen:

Injections

B-12:

B-CPX:

FOLIC:

ATIVAN:

DIAZPM:

Medications:

Medications below include all current active orders logged via Doctor's Orders. These may include medications self-reported by the patient that were logged, medication orders entered at the facility, and medications brought to the facility by the patient ordered to be continued upon admission. If the patient is not being treated in a residential/inpatient setting, this list may not be inclusive of all medications taken by the patient outside of the facility.

Current as of 03/05/2024 05:00 PM:

Notes:

Physical/Clinical Findings/ Supportive Counseling:

Follow-Up Appt: Clinician: Date:

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Step Into Recovery
Self Harm-Agreement

Client Name: Hector Perez MR #: SIR2024-13 DOB: 04/24/1968

I agree to refrain from harming, injuring, and/or endangering myself in any way including attempting suicide while I remain in treatment at Step Into Recovery.

I agree to seek the assistance of a staff member immediately if and when I have any thoughts of self-harm and/or harm to others, regardless of the time of day or night.

© 2012-2021 Kipu Systems LLC

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

COLUMBIA-SUICIDE SEVERITY RATING SCALE (C-SSRS) 03/05/2024 05:00 PM

Date: 03/05/2024

Columbia-Suicide Severity Rating Scale (C-SSRS)

The **Columbia-Suicide Severity Rating Scale (C-SSRS)** is a questionnaire used for suicide assessment developed by multiple institutions, including Columbia University, with NIMH support. The scale is evidence-supported and is part of a national and international public health initiative involving the assessment of suicidality. Available in 103 different languages, the scale has been successfully implemented across many settings, including schools, college campuses, military, fire departments, the justice system, primary care and for scientific research.

Several versions of the C-CCRS have been developed for clinical practice. The **Risk Assessment** version is three pages long, with the initial page focusing on a checklist of all risk and protective factors that may apply. This page is designed to be completed following the client (caller) interview. The next two pages make up the formal assessment. The C-SSRS Risk Assessment is intended to help establish a person's immediate risk of suicide and is used in acute care settings.

In order to make the C-SSRS Risk Assessment available to all Lifeline centers, the Lifeline collaborated with Kelly Posner, Ph.D., Director at the Center for Suicide Risk Assessment at Columbia University/New York State Psychiatric Institute to slightly adjust the first checklist page to meet the Lifeline's Risk Assessment Standards. The following components were added: helplessness, feeling trapped, and engaged with phone worker.

The approved version of the C-SSRS Risk Assessment follows This is one recommended option to consider as a risk assessment tool for your center. If applied, it is intended to be followed exactly according to the instructions and cannot be altered.

Training is available and recommended (though not required for clinical or center practice) before administering the C-SSRS. Training can be administered through a 30-minute interactive slide presentation followed by a question-answer session or using a DVD of the presentation. Those completing the training are then certified to administer the C-SSRS and can receive a certificate, which is valid for two years.

To complete the C-SSRS Training for Clinical Practice, visit <http://c-ssrs.trainingcampus.net/>

For more general information, go to<http://cssrs.columbia.edu/>

Any other related questions, contact Gillian Murphy atgmmurphy@mhaofnyc.org.

COLUMBIA-SUICIDE SEVERITY RATING SCALE
(C-SSRS)

Posner, Brent, Lucas, Gould, Stanley, Brown, Fisher, Zelazny, Burke, Oquendo, & Mann
© 2008 The Research Foundation for Mental Hygiene, Inc.

RISK ASSESSMENT VERSION

(* elements added with permission for Lifeline centers)

Instructions: Check all risk and protective factors that apply. To be completed following the patient interview, review of medical record(s) and/or consultation with family members and/or other professionals.

Suicidal and Self-Injury Behavior (Past week)

Suicide Ideation (Most Severe in Past Week)

Activating Events (Recent)

Treatment History

Other Risk Factors

Clinical Status (Recent)

Protective Factors (Recent)

Other Protective Factors

Describe any suicidal, self-injury or aggressive behavior (include dates):

Suicidal Ideation

Ask questions 1 & 2. If both are negative, proceed to “Suicidal Behavior” section. If the answer to question 2 is “yes,” ask questions 3, 4, and 5. If the answer to question 1 and/or 2 is “yes,” complete “Intensity of Ideation” section below.

1. Wish to be Dead

Subject endorses thoughts about a wish to be dead or not alive anymore, or wish to fall asleep and not wake up.

Have you wished you were dead or wished you could go to sleep and not wake up?

Lifetime: Time He/She Felt Most Suicidal

Past 1 Month

2. Non-Specific Active Suicidal Thoughts

General non-specific thoughts of wanting to end one’s life/commit suicide (e.g. *“I’ve thought about killing myself”*) without thoughts of ways to kill oneself/associated methods, intent, or plan during the assessment period.

Have you actually had any thoughts of killing yourself?

Lifetime: Time He/She Felt Most Suicidal

Past 1 Month

3. Active Suicidal Ideation with Any Methods (Not Plan) without Intent to Act

Subject endorses thoughts of suicide and has thought of at least one method during the assessment period. This is different than a specific plan with time, place or method details worked out (e.g. thought of method to kill self but not a specific plan). Includes person who would say, *“I thought about taking an overdose but I never made a specific plan as to when, where or how I would actually do it...and I would never go through with it.”*

Have you been thinking about how you might do this?

Lifetime: Time He/She Felt Most Suicidal

Past 1 Month

4. Active Suicidal Ideation with Some Intent to Act, without Specific Plan

Active suicidal thoughts of killing oneself and subject reports having some intent to act on such thoughts as opposed to *“I have the thoughts but I definitely will not do anything about them.”*

Have you had these thoughts and had some intention of acting on them?

Lifetime: Time He/She Felt Most Suicidal

Past 1 Month

5. Active Suicidal Ideation with Specific Plan and Intent

Thoughts of killing oneself with details of plan fully or partially worked out and subject has some intent to carry it out.

Have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan?

Lifetime: Time He/She Felt Most Suicidal

Past 1 Month

Intensity of Ideation

The following features should be rated with respect to the most sever type of ideation (i.e. 1-5 from above, with 1 being the least severe and 5 being the most severe). Ask about the time he/she was feeling the most suicidal.

Lifetime – Most Severe Ideation

Description of
Ideation

Recent – Most Severe Ideation

Description of
Ideation

Frequency

How many times have you had these thoughts?

- (1) Less than once a week
- (2) Once a week
- (3) 2-5 times in week
- (4) Daily or almost daily
- (5) Many times each day

Duration

When you have the thoughts how long do they last?

- (1) Fleeting – a few seconds or minutes
- (2) Less than 1 hour/some of the time
- (3) 1-4 hours/a lot of time
- (4) 4-8 hours/most of day
- (5) More than 8 hours/persistent or continuous

Controllability

Could/can you stop thinking about killing yourself or wanting to die if you want to?

- (1) Easily able to control thoughts
- (2) Can control thoughts with little difficulty
- (3) Can control thoughts with some difficulty
- (4) Can control thoughts with a lot of difficulty

- (5) Unable to control thoughts
 - (0) Does not attempt to control thoughts
-

Deterrents

Are there things – anyone or anything (e.g. family, religion, pain of death) – that stopped you from wanting to die or acting on thoughts of committing suicide?

- (1) Deterrents definitely stopped you from attempting suicide
 - (2) Deterrents probably stopped you
 - (3) Uncertain that deterrents stopped you
 - (4) Deterrents most likely did not stop you
 - (5) Deterrents definitely did not stop you
 - (0) Does not apply
-

Reasons for Ideation

What sort of reasons did you have for thinking about wanting to die or killing yourself? Was it to end the pain or stop the way you were feeling (in other words you couldn't go on living with this pain or how you were feeling) or was it to get attention, revenge or a reaction from others? Or both?

- (1) Completely to get attention, revenge or a reaction from others
 - (2) Mostly to get attention, revenge, or a reaction from others
 - (3) Equally to get attention revenge, or a reaction from others and to end/stop the pain
 - (4) Mostly to end/stop the pain (you couldn't go on living with the pain or how you were feeling)
 - (5) Completely to end or stop the pain (you couldn't go on living with the pain or how you were feeling)
 - (0) Does not apply
-

Suicidal Behavior

(Check all that apply, so long as these are separate events; must ask about all types)

Actual Attempt:

A potentially self-injurious act committed with at least some wish to die,as a result of act. Behavior was in part thought of as method to kill oneself. Intent does not have to be 100%. If there is **any** intent/desire to die associated with the act, then it can be considered an actual suicide attempt. **There does not have to be any injury or harm**, just the potential for injury or harm. If person pulls trigger while gun is in mouth but gun is broken so no injury results, this is considered an attempt.

Inferring Intent: Even if an individual denies intent/wish to die, it may be inferred clinically from the behavior or circumstances. For example, a highly lethal act that is clearly not an accident so no other intent but suicide can be inferred (e.g., gunshot to head, jumping from window of a high floor/story). Also, if someone denies intent to die, but they thought that what they did could be lethal, intent may be inferred.

Have you made a suicide attempt?

Have you made a suicide attempt?

Have you made a suicide attempt?

What did you do?

Did you _____ as a way to end your life

Did you want to die (even a little) when you _____?

Were you trying to end your life when you _____?

Or Did you think it was possible you could have died from _____?

Or did you do it purely for other reasons / without ANY intention of killing yourself (like to relieve stress, feel better, get sympathy, or get something else to happen)? (Self-Injurious Behavior without suicidal intent)

Lifetime

Past 3 Months

Has subject engaged in Non-Suicidal Self-Injurious Behavior?

Lifetime

Past 3 Months

Interrupted Attempt:

When the person is interrupted (by an outside circumstance) from starting the potentially self-injurious act *(if not for that, actual attempt would have occurred)*.

Overdose: Person has pills in hand but is stopped from ingesting. Once they ingest any pills, this becomes an attempt rather than an interrupted attempt. Shooting: Person has gun pointed toward self, gun is taken away by someone else, or is somehow prevented from pulling trigger. Once they pull the trigger, even if the gun fails to fire, it is an attempt. Jumping: Person is poised to jump, is grabbed and taken down from ledge. Hanging: Person has noose around neck but has not yet started to hang - is stopped from doing so.

Has there been a time when you started to do something to end your life but someone or something stopped you before you actually did anything?

Lifetime

Past 3 Months

Aborted or Self-Interrupted Attempt:

When person begins to take steps toward making a suicide attempt, but stops themselves before they actually have engaged in any self-destructive behavior. Examples are similar to interrupted attempts, except that the individual stops him/herself, instead of being stopped by something else.

Has there been a time when you started to do something to try to end your life but you stopped yourself before you actually did anything?

Lifetime

Past 3 Months

Preparatory Acts or Behavior:

Acts or preparation towards imminently making a suicide attempt. This can include anything beyond a verbalization or thought, such as assembling a specific method (e.g., buying pills, purchasing a gun) or preparing for one's death by suicide (e.g., giving things away, writing a suicide note).

Have you taken any steps towards making a suicide attempt or preparing to kill yourself (such as collecting pills, getting a gun, giving valuables away or writing a suicide note)?

Lifetime

Past 3 Months

Actual Lethality/Medical Damage:

(0) No physical damage or very minor physical damage (e.g., surface scratches).

(1) Minor physical damage (e.g., lethargic speech; first-degree burns; mild bleeding; sprains).

(2) Moderate physical damage; medical attention needed (e.g., conscious but sleepy, somewhat responsive; second-degree burns; bleeding of major vessel).

(3) Moderately severe physical damage; *medical* hospitalization and likely intensive care required (e.g., comatose with reflexes intact; third-degree burns less than 20% of body; extensive blood loss but can recover; major fractures).

(4) Severe physical damage; *medical* hospitalization with intensive care required (e.g., comatose without reflexes; third-degree burns over 20% of body; extensive blood loss with unstable vital signs; major damage to a vital area).

(5) Death

Potential Lethality: Only Answer if Actual Lethality=0

Likely lethality of actual attempt if no medical damage (the following examples, while having no actual medical damage, had potential for very serious lethality: put gun in mouth and pulled the trigger but gun fails to fire so no medical damage; laying on train tracks with oncoming train but pulled away before run over).

0 = Behavior not likely to result in injury

1 = Behavior likely to result in injury but not likely to cause death

2 = Behavior likely to result in death despite available medical care

© 2012-2021 Kipu Systems LLC

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Educational Learning Assessment 03/05/2024 05:00 PM

Evaluation Date: 03/05/2024

SECTION A: Educational Learning Assessment

Pre-Treatment Teaching

Did you participate in any pre-treatment education?

Knowledge of Disease:

Knowledge:

Barriers To Learning:

Religious/Cultural Practices

Do you have any religious or cultural practices that may alter your care?

Language/Cognition

Communicate in:

Reading Ability:

Reading Preference:

Readiness for Learning.

Check all that apply:

Individual Educational Needs / Patient & Family.

Check all identified needs that apply:

Preferred Learning Style:

SECTION B: Teaching Needs

Includes but not limited to the following:

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Fagerstrom Test for Nicotine Dependence 03/05/2024 05:00 PM

Is smoking “just a habit” or are you addicted? Take this test and find your level of dependence on nicotine.

Date/Time: 03/05/2024 05:00 PM

1. How soon after you wake up do you smoke your first cigarette? ()

(After 60 minutes = 0; 31-60 minutes = 1; 6-30 minutes = 2;
Within 5 minutes = 3)

2. Do you find it difficult to refrain from smoking in places where it is forbidden? ()

(No = 0; Yes = 1)

3. Which cigarette would you hate most to give up? ()

(The first one in the morning = 1; Any other than the first one in the morning = 0)

4. How many cigarettes per day do you smoke? ()

(10 or less = 0; 11 to 20 = 1; 21 to 30 = 2; 31 or more = 4)

5. Do you smoke more frequently during the first hours after awakening then during the rest of the day? ()

(No = 0; Yes = 1)

6. Do you smoke even if you are so ill that you are in bed most of the day? ()

(No = 0; Yes = 1)

Total Score: ()

Your level of dependency on nicotine is:

- ☐ Score 1-2: Low dependence
- ☐ Score 3-4: Low to moderate dependence
- ☐ Score 5-7: Moderate dependence

☐ Score 8+: High dependence

Heatherton, TF, Kozlowski LT, Frecker RC, Fagerstrom K.O. The Fagerstrom test for Nicotine Dependence: A revision of the Fagerstrom Tolerance Questionnaire, British Journal of Addictions 1991; 86:1119-27

© 2012-2021 Kipu Systems LLC

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Weekly Progress Note 03/05/2024 05:00 PM

Date/Time of Service:	Start time 03/05/2024 05:00 PM	End time
-----------------------	--------------------------------------	----------

Level of Care:	DETOX <input type="checkbox"/>	INTENSIVE INPATIENT <input type="checkbox"/>	RESIDENTIAL <input type="checkbox"/>	PHP <input type="checkbox"/>	IOP <input type="checkbox"/>	OP <input type="checkbox"/>
----------------	-----------------------------------	---	---	---------------------------------	---------------------------------	--------------------------------

ATTENDANCE:

GENERAL
APPEARANCE:

BEHAVIORS:

MOOD/AFFECT:

Evidenced by:

THOUGHT
PROCESS/CONTENT:

LEVEL OF
PARTICIPATION/MOTIVATION:

Progress Noted:

Staff intervention/Plan:

Therapeutic Value/Benefit for
Client/Response/Comments:

Note:

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Tuberculosis Skin Testing Questionnaire 03/05/2024 05:00 PM

Date/Time: 03/05/2024 05:00 PM

Please check YES or NO in response to the following questions:

1. Are you a recent contact to an infectious case of tuberculosis? ☐ No ☐ Yes

2. Have you ever had an organ transplant? ☐ No ☐ Yes

3. Are you a recent (within the last 5 years) immigrant from a country with a high rate of TB?

If yes, what country?

4. Have you ever injected drugs? ☐ No ☐ Yes

5. Have you been in jail, prison, or a nursing home? ☐ No ☐ Yes

6. Have you ever worked in a lab that processed TB specimens? ☐ No ☐ Yes

7. Do you have any of the following medical conditions? ☐ No ☐ Yes
Check all that apply:

8. Have you ever been told you have an abnormal chest x-ray? ☐ No ☐ Yes

9. Have you had any of the following symptoms recently? ☐ No ☐ Yes
Check all that apply:

If you answered NO to all of these questions, you do not fall into one of the groups that should receive a skin test.
If you answered YES to any of these questions, you will be further evaluated by a Nurse, Physician, or the County Health Department Nurse.

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Intervention Note 03/05/2024 05:02 PM

Date/Time of Intervention:	Start time	End time
	03/05/2024 05:02 PM	

Summary of Intervention:

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Legal Assessment 03/05/2024 05:02 PM

Date/Time: 03/05/2024 05:02 PM

1. Have you ever committed a crime?

2. What was the first crime you ever committed?

3. How old were you the first time you committed?

Sell to Dealers:

Manufactured Drugs:

Shoplifting:

Robbery (including drugs):

Motor Vehicle/Grand Theft Auto:

Con Game:

Petty Theft:

Stolen Goods (sell, trade, own):

Weapon:

Other Crime:

Other Theft (including drugs):

Smuggle Drugs:

Sell to Users:

Burglary:

Prostitution (for drugs or
money):

Pickpocket:

Bad Paper (Rx, check, credit card):

Unarmed Assault:

Other Assault:

4. Have often did you commit the following crimes?

Sell to Dealers:

Manufactured Drugs:

Shoplifting:

Robbery (including drugs):

Motor Vehicle/Grand Theft Auto:

Con Game:

Stolen Goods (sell, trade, own):

Weapon:

Other Crime:

Other Theft (including drugs):

Smuggle Drugs:

Sell to Users:

Burglary:

Prostitution (for drugs or money):

Pickpocket:

Bad Paper (Rx, check, credit card):

Unarmed Assault:

Other Assault:

5. Describe the first time you were arrested:

Specify age, offense, impaired, co-defendant, outcome/disposition: never prosecuted, found not guilty, suspended sentence, probation, incarceration, probation/parole, community control, community service, conditions of probation

6. How many times have you been arrested in your lifetime?

7. How old were you when you were first incarcerated? *Specify age and timeframe*

8. Describe current legal situation (*probation/parole; child welfare involvement; DUI; restraining order, community control; conditions of probation*). If currently involved, give name of probation/parole officer/community control officer; length of probation/parole; conditions of probation/parole:

© 2012-2021 Kipu Systems LLC

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Discharge Suicide/Harm Risk Assessment 03/05/2024 05:20 PM

Evaluation Date/Time: 03/05/2024 05:20 PM

This tool is a guide to screening assessment of risk but cannot reliably predict who will attempt harm.

Risk of Harm: Harm includes thoughts or attempts at suicide, significant self-injury, homicide, or violence towards others.

SCORE EACH CATEGORY WITH 0 TO 2 IN THE APPROPRIATE DROP-BOX.

Attempted to harm self/others in this facility in past 24 hours: ()

Thoughts of harm within 24 hours to harm self or others: ()

Current Symptoms: ()

Please check all that apply:

Current Alternation in Thought Process: ()

Please check all that apply:

Mood/Affect: ()

Please check all that apply:

New Loss in Past 72 Hours: ()

Please check all that apply:

Pending legal charges with potential jail time after discharge: ()

Subjective Appraisal of Patient's Reliability: ()

TOTAL SCORE:

()

Clinical judgment must be used taking into account a wide variety of factors. The risk of harm may be reduced but not eliminated.

SCORING GUIDELINES:

- 0-4: Low risk - Proceed with Discharge.
- 5-9: Moderate risk - Review with Psychiatrist & Therapist.
- 10 or greater: High risk - Hold Discharge for 24 hours and re-assess.

If patient has a “**”, then hold discharge for 24 hours and re-assess (Obtain a cancellation of discharge from attending physician or Medical Director - Initiate hospitalization if patient refuses to stay - Document all findings and actions).

Factors Supportive of Discharge:

© 2012-2021 Kipu Systems LLC

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US & Canada)

Client Outcome Survey - Time of Discharge 03/05/2024 05:20 PM

Evaluation Date/Time: 03/05/2024 05:20 PM

This survey is to help us better serve our clients by tracking their progress while in treatment. Please answer each question to the best of your ability, using a rating scale of 0-5. For Questions 1-5, rate your symptoms as 0 if they are NOT at all present and 5 if they have an extreme presence. Rate your level of insight for Questions 6-10.

These questions pertain to how you feel about these issues at the time you are completing the survey.

Response Definition: 0 = SYMPTOMS NOT PRESENT / 5 = EXTREME SYMPTOMS BEING PRESENT

1. Cravings to use:

0 (not present)

1

2

3

4

5 (extreme)

2. Level of anxiety:

0 (not present)

1

2

3

4

5 (extreme)

3. Level of depression:

0 (not present)

1

2

3

4

5 (extreme)

4. Level of pain:

0 (not present)

1

2

3

4

5 (extreme)

Response Definition: 0 = NO INSIGHT / 5 = EXTREME LEVEL OF INSIGHT

5. Level of insight into disease process of addiction:

0 (none)

1

2

3

4

5 (extreme)

6. Level of insight into relapse process:

0 (none)

1

2

3

4

5 (extreme)

7. Level of insight in 12 Steps:

0 (none)

1

2

3

4

5 (extreme)

8. Level of ability to share in group:

4
☐

5 (extreme)
☐

0 (none)
☐

1
☐

2
☐

3
☐

9. Level of insight into need to continue involvement in 12-Step Program after discharge:

0 (none)
☐

4
☐

1
☐

5 (extreme)
☐

2
☐

3
☐

10. Level of ability to understand how to maintain long-term abstinence:

0 (none)
☐

4
☐

1
☐

5 (extreme)
☐

2
☐

3
☐

Additional Notes:

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US & Canada)

Client Satisfaction Survey 03/05/2024 05:20 PM

Date/Time: 03/05/2024 05:20 PM

In our efforts to monitor our program and improve our services, we ask you to take time to answer this questionnaire. We will use this evaluation to improve the quality of care that we deliver to all people we serve.

Admission

1. The admission process went smoothly and helped me become comfortable in the program.

Poor☐

Good☐

Fair☐

Very Good☐

Excellent☐

2. I was introduced to staff and fellow clients.

Poor☐

Fair☐

Good☐

Very Good☐

Excellent☐

3. I was informed and provided copies of my rights and responsibilities at the time of admission.

Poor☐

Good☐

Fair☐

Very Good☐

Excellent☐

4. I was provided orientation, given a copy of orientation materials, and given the opportunity to ask questions about the program.

Poor☐

Good☐

Fair☐

Very Good☐

Excellent☐

Safety

5. I felt safe here.

Poor☐

Fair☐

Good☐

Very Good☐

Excellent☐

6. In the event that I did or that I felt like harming myself I could and did go to the staff and ask for help.

Poor☐

Good☐

Fair☐

Very Good☐

	<input type="checkbox"/>	<input type="checkbox"/>
Excellent		
<input type="checkbox"/>		

Education

7. I was educated about my medications from medical staff, including expected results and possible side effects (check N/A is not taking any medications).	Yes <input type="checkbox"/>	No <input type="checkbox"/>
	N/A <input type="checkbox"/>	
8. I was educated about my substance use problems.	Poor <input type="checkbox"/>	Fair <input type="checkbox"/>
Good <input type="checkbox"/>		
Very Good <input type="checkbox"/>		
Excellent <input type="checkbox"/>		
9. I received Relapse Prevention Education that will be beneficial for me after discharge.	Poor <input type="checkbox"/>	Fair <input type="checkbox"/>
	Good <input type="checkbox"/>	Very Good <input type="checkbox"/>
Excellent <input type="checkbox"/>		

Treatment Planning

10. I was made aware of my treatment plan and was given tasks and assignments to achieve treatment plan goal.	Poor <input type="checkbox"/>	Fair <input type="checkbox"/>
	Good <input type="checkbox"/>	Very Good <input type="checkbox"/>
Excellent <input type="checkbox"/>		
11. I had an opportunity to give input about my treatment plan.	Poor <input type="checkbox"/>	Fair <input type="checkbox"/>
Good <input type="checkbox"/>		
Very Good <input type="checkbox"/>		
Excellent <input type="checkbox"/>		
12. I met weekly with the primary counselor to review my treatment plan and/or progress in meeting my treatment plan goals.	Poor <input type="checkbox"/>	Fair <input type="checkbox"/>
	Good <input type="checkbox"/>	Very Good <input type="checkbox"/>
Excellent <input type="checkbox"/>		
13. In treatment, I worked on the issues that were identified as important to me.	Poor <input type="checkbox"/>	Fair <input type="checkbox"/>
	Good <input type="checkbox"/>	Very Good <input type="checkbox"/>
Excellent <input type="checkbox"/>		
14. My treatment needs were understood by staff.	Poor <input type="checkbox"/>	Fair <input type="checkbox"/>
Good <input type="checkbox"/>		
Very Good <input type="checkbox"/>		
Excellent <input type="checkbox"/>		

Counselor's Competency

15. The counselors who led treatment groups seemed knowledgeable and skillful.

Poor

☐

Fair

☐

Good

☐

Very Good

☐

Excellent

☐

16. My counselor seemed knowledgeable and skillful.

Poor

☐

Fair

☐

Good

☐

Very Good

☐

Excellent

☐

17. I had an individual session with my counselor on a weekly basis.

Poor

☐

Fair

☐

Good

☐

Very Good

☐

Excellent

☐

Continuity of Care

18. I received all of the treatment services I needed.

Poor

☐

Fair

☐

Good

☐

Very Good

☐

Excellent

☐

19. I feel as though I can continue to get support from this facility should I need it.

Poor

☐

Fair

☐

Good

☐

Very Good

☐

Excellent

☐

20. My Continuing Care Plan was formed specifically to suit my personal needs.

Poor

☐

Fair

☐

Good

☐

Very Good

☐

Excellent

☐

Rate your Experience of the Following

21. Community Living, if applicable:

Poor

☐

Fair

☐

Good

☐

Very Good

☐

Excellent

☐

22. Counseling Staff:

Poor

☐

Fair

☐

Good

☐

Very Good

☐

Excellent

☐

23. My individual therapist:

Poor

☐

Fair

☐

Good

☐

Very Good

☐

Excellent

☐

24. Administrative staff:

Poor

Fair

	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
Good	Very Good	Excellent			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
25. Activity therapy:			Poor	Fair	
			<input type="checkbox"/>	<input type="checkbox"/>	
Good	Very Good	Excellent			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
26. Group Therapy:			Poor	Fair	
			<input type="checkbox"/>	<input type="checkbox"/>	
Good	Very Good	Excellent			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
27. Individual Therapy:			Poor	Fair	
			<input type="checkbox"/>	<input type="checkbox"/>	
Good	Very Good	Excellent			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
28. The facility was clean and neat:			Poor	Fair	
			<input type="checkbox"/>	<input type="checkbox"/>	
Good	Very Good	Excellent			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
29. Overall rating of facility:			Poor	Fair	
			<input type="checkbox"/>	<input type="checkbox"/>	
Good	Very Good	Excellent			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			

Overall Impressions

30. I would recommend this program to people I care about.			Poor	Fair	
			<input type="checkbox"/>	<input type="checkbox"/>	
Good	Very Good	Excellent			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			

31. The Group and/or Treatment Experience that I felt was most beneficial to my recovery was:

Additional Comments:

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Aftercare Plan/Discharge Instruction Form 03/05/2024 05:20 PM

Evaluation Date/Time: 03/05/2024 05:20 PM

This form should be completed by Nursing at the Detox level of care or Clinical at all other levels of care

Date of Admission: 03/04/2024 03:34 PM

Date of Discharge:

Discharge Type:

Discharge Location:

With Whom:

Address & Telephone:

Transportation:

Aftercare Appointments &
Recommendations:

	Name	Address	Phone #	Appointment Date/Time
Psychiatrist:				
M.D.:				
Therapist				
Other:				

Work/School/Vocational
Rehab:

Leisure Activities:

Personal Support
System:

Special Instructions: Client is to call and confirm all appointments upon return home.

Bring ID, Insurance Card, Co-Pay and a list of current medications.

Medications at Discharge:

Medications below represent the orders that were designated by the Provider to continue after discharge. If the patient is not being treated in a residential/inpatient setting, this list may not be inclusive of all medications taken by the patient outside of the facility.

Discharge as of 03/05/2024 05:20 PM:

** Clients Medications have reconciled and a copy of this form has been either sent or faxed to next provider of care.*

Did the Client receive the following:

Valuables: ☐ Yes ☐ No

Personal Medications: ☐ Yes ☐ No

Belongings Kept by Staff: ☐ Yes ☐ No

I have received my personal items.
The above Aftercare Plan and Discharge Instructions have been discussed with me.
I understand them and have been given a copy.

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US & Canada)

Detox Discharge Summary 03/05/2024 05:20 PM

Date/Time: 03/05/2024 05:20 PM

Admission Date: 03/04/2024 03:34 PM

Discharge Date:

Discharge Type:

Discharge Location:

Diagnosis:

Diagnoses

F33.1 Major depressive disorder, Recurrent episode, Moderate,F41.1 Generalized anxiety disorder

Vital Signs at Discharge:

no vital signs on file

Abstinent throughout treatment: ☐ Yes ☐ No

Identified and admitted his/her chemical dependency: ☐ Yes ☐ No

Maintained focus of chemical dependency: ☐ Yes ☐ No

Criteria for Discharge:

Summary of Treatment:

Prognosis:

Continuing Care Plan Recommendations:

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Nursing Discharge Checklist 03/05/2024 05:20 PM

Date: 03/05/2024

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Discharge Summary 03/05/2024 05:20 PM

Today's Date: 03/05/2024

Date of Discharge:

Discharge Type:

Level of Care at Discharge:

Length of Stay:

Medications at the Time of Discharge:

Medications below include all current active orders logged via Doctor's Orders. These may include medications self-reported by the patient that were logged, medication orders entered at the facility, and medications brought to the facility by the patient ordered to be continued upon admission. If the patient is not being treated in a residential/inpatient setting, this list may not be inclusive of all medications taken by the patient outside of the facility.

Current as of 03/05/2024 05:20 PM:

Reason for Admission:

Clinical Summary of Client's Response to Treatment:
(strengths/weaknesses, specific needs and concerns upon discharge)

Unresolved issues that could affect continuing recovery:

Condition at Discharge:

Medical issues needing follow up at discharge:

Services Provided:

(Check all that apply)

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US & Canada)

Psychiatric Discharge Order and Note

Discharge Type:

Discharge Date:

Final Diagnosis:

Diagnoses
F33.1 Major depressive disorder, Recurrent episode, Moderate,F41.1 Generalized anxiety disorder

Client's Prognosis:

During the Client's clinical course and again at the time of discharge, the indications, possible benefits, and possible adverse effects of prescribed psychoactive medication were discussed with the Client. He/She understood and agreed with the treatment plan.

Psychotropic medication prescribed at time of discharge:

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Step Into Recovery
Consent For Release of Confidential Information

I, **Hector Perez**, born on **04/24/1968**, Social Security Number: **559-75-3015**, authorize **Step Into Recovery** to:

- ☒ Disclose to
- ☒ Obtain from
- ☒ Electronic
- ☒ Oral
- ☒ Written

Name: **Alex Perez** Phone: **818-636-4907**
Relationship: **Brother/Sister**

The following information:

- ☒ Presence in treatment
- ☒ Medical history/current status
- ☒ Aftercare recommendations
- ☒ Progress in treatment
- ☒ Biopsychosocial assessment
- ☒ Discharge planning
- ☒ Treatment plans
- ☒ Laboratory test results
- ☒ Discharge summary
- ☒ Psychological assessment
- ☒ Employment information
- ☐ Other:
- ☒ Psychiatric history and assessment
- ☒ Legal status
- ☒ Results of physical exam
- ☒ Family information

Reason for release of information:

(Under the Mental Health Code, the release of mental health records must be germane to the purpose and need for disclosure.)

- ☒ Continuity of treatment - Patient history - Case Management services
- ☒ Emergency contact - General Updates

☒ Court services - Legal purposes - Probation - Disability claiming - Unemployment claiming - Employment continuity

☐ Other:

I understand that my records are protected under Federal Confidentiality regulations (42 CFR Part 2) published August 10, 1987, and the Health Insurance Portability and Accountability Act of 1996 (P.L. 104-191), 42 U.S.C. Section 1320d, et. Seq and cannot be disclosed without my written consent unless otherwise provided for in the regulations. I understand that my medical record may contain information concerning my psychiatric, psychological, drug or alcohol abuse, HIV/Acquired Immune Deficiency Syndrome (AIDS), and/or related conditions.

I understand that I may revoke this authorization at any time upon written notice to Step Into Recovery. I acknowledge that such revocation will not be effective if Step Into Recovery. has already acted in reliance upon this authorization.

This authorization is valid (if not previously revoked) this consent will terminate upon 90 days from the date of signature of this form, or the following event/condition: , or the completion of treatment, or at the time of the final insurance billing, as the case may be, whichever is later.

Prohibition on Re-disclosure

This information has been disclosed from records protected by Federal Confidentiality Rules (42 CFR part 2). The Federal rules prohibit making any further disclosure of this information unless further disclosure is expressly permitted by the written consent of the person to whom it pertains or as otherwise permitted by 42 CFR part 2. The Federal rules restrict any use of the information to criminally investigate or prosecute any alcohol or drug abuse client.

© 2012-2021 Kipu Systems LLC

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Case Management Assessment 03/05/2024 05:31 PM

Evaluation Date: 03/05/2024

-
- Does client have any needs regarding housing?
 - Does client have any employment needs?
 - Does client have any employability skills, past educational or vocational training.
 - Does client have any personal interests, values and vocational preferences?
 - Does client have any skills and supports to assist client to maintain employment?
 - Does client have any education needs, preferences or goals?
 - Does client have any transportation needs?
 - Does client have crisis support needs?
 - Does client have any financial needs or goals?
 - Does client have any housekeeping needs?
 - Does client have any social supports?
 - Does client have a preference related to spiritually or religion?
 - Does client have any leisure or recreational activities they are involved in?
 - Does client have any personal grooming or hygiene needs?
 - Is client able to shop for necessities?
 - Does client budget his finances?
 - Is client involved in banking?

Does client use public transportation?

Is client accessing any community resources?

Does client need social or communication training?

Is client involved in any volunteer activity?

Is client able to access health care?

Based on the above assessment list most important needs at this time

© 2012-2021 Kipu Systems LLC

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US & Canada)

Case Management Treatment Plan 03/05/2024 05:31 PM

Date Established: 03/05/2024

Problem Statement:

Goal 1: Client will increase knowledge of his current needs (legal, educational, medical and financial and implement a plan to address those needs during and after treatment so that the client can develop self sufficiency.

Measurable Behavioral Objectives	Interventions: Tasks to Achieve Objective	Frequency
Complete a Case Management Assessment within 7 days of Admission.	Client will meet with the case manager for an initial session and complete the Case Management Assessment	Within 7 days of admission

Target date	Status	Date/Comment	By
Client and case manager will meet once a week to address any ongoing case management concerns and resolve any legal /educational/employment/ financial issues.	Client and case manager will meet weekly to address ongoing case management needs by addressing the clients current needs: Legal: Upcoming Court Cases, Open Cases (i.e., child, divorce, criminal, civil, etc), Probation, Etc. Educational: Course work, school applications, school deferment, etc. Employment: Family Medical Leave, short term disability, Resume Building, job searches, vocational training. Medical: Medical, Psychiatric and therapeutic referral post treatment. Financial: Bank accounts, financial responsibility (bills), and financial issues, Bankruptcy, transportation, housing, etc. Other: To Be determined at assessment.	Once per week	
Target date	Status	Date/Comment	By

Client will identify 3 ways to maintain sobriety after treatment.

Client will complete:
Weekly Schedule
Sober fun plan
Goal List

Once

Target date	Status	Date/Comment	By
Client will develop a comprehensive discharge plan.	Client will develop a discharge plan that includes plans for employment, a place to live and sobriety (daily plan, home group meetings, and attendance at (#) of meetings per week.	Once	

Target date	Status	Date/Comment	By
-------------	--------	--------------	----

Target date	Status	Date/Comment	By
-------------	--------	--------------	----

Client Statement: I have participated in the development and review of this treatment plan, have received a copy of this treatment plan and I agree to participate in this part of my treatment to the best of my ability.

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

LOCUS Assessment with Scoring 03/05/2024 05:32 PM

Evaluation 03/05/2024 05:32 PM
Date/Time:

I. Risk of Harm 3 Moderate Risk of Harm (3)

Evidence

Client appears to be moderate risk for harm to self and others due to risky behavior history of passiveCI negative self talk history of anxiety and depression, as well as verbally aggressive outburst.

II. Functional Status 3 Moderate Impairment (3)

Evidence

Client expresses moderate functional impairment due to the need for coaching and redirection, given the inability to regulate thought process and cope outside circumstances

III. Co-occurring Disorders 3 Significant Co-Morbidity (3)

Evidence

Excessive worry or fear about multiple aspects of life. Muscle tension, trembling, or sweating, difficulty concentrating or sleeping, panic attacks, which can include symptoms like racing heart, shortness of breath, and feeling of impending doom.

IV. Recovery Environment Client has been neglecting self-care practices, such as exercise, healthy eating, relaxation techniques, and sufficient sleep. Poor self-care habits, including irregular meals, lack of physical activity, and inadequate rest, are impacting his physical and emotional well-being contributing to his anxiety.

A) Level of Stress 2 Mildly Stressful Environment (2)

Evidence

Due to clients mentality along with emotional challenges, client has withdrawn form social activities, hobbies, and friendships.Ct expresses feelings of loneliness, social isolation, and a lack of meaningful connections with others are intensifying his anxiety and exacerbating his sense of isolation.

B) Level of Support 2 Supportive Environment (2)

Evidence

Client has a safe and non-judgmental space to express his thoughts and feelings, process his emotions, and seek support

from his trusted individuals.

V. Treatment and Recovery History 3 Moderate or Equivocal Response to Treatment/Recovery Mgmt (3)

Evidence

Client has expressed an extensive history of attempting to regulate moods, emotion, and thought process on his own however has not been able to regulate due to outside stressors, such as financial commitments, peer pressure and guilt after verbally aggressive outburst.

VI. Engagement 3 Limited Engagement (3)

Evidence

Client expresses motivation and commitment to stabilizing and making a change in order to build a stable foundation. However, client continues to need extensive coaching and redirection in order to maintain focus and limit distractions.

Composite Score (19)

Level 1 – 10-13

Level 2 – 14-16

Level 3 – 17-19

Level 4 – 20-22

Level 5 – 23+

Placement Grid Level of Care - LOC Level 3: PHP

Clinician Recommended LOC Level 3: PHP

Clinical Justification if Placement Grid LOC is different than Clinician Recommended LOC

Hector is a 55 yr old male who identifies as male diagnosed withF33.1 Major depressive disorder, Recurrent episode, Moderate, F41.1 generalized anxiety disorder. Client is experiencing severe symptoms of depression, anxiety, and disordered eating, as evidenced by frequent panic attacks, suicidal ideation, and significant weight loss. These symptoms are impacting the ability to function in daily life and are putting client at risk for further deterioration.Client has tried outpatient therapy and medication management in the past, but these interventions have not been effective in adequately addressing his symptoms. Client has not shown significant improvement despite consistent treatment efforts, indicating the need for a higher level of care. Client has a history of self-harm and suicidal ideation, and has made multiple suicide attempts in the past. Client is currently expressing thoughts of hopelessness and worthlessness but has no plan. These safety concerns necessitate a more intensive level of care to ensure his safety and well-being. Overall, based on the severity of Client's symptoms, lack of improvement with previous treatments, safety concerns, lack of support, and functional impairment, a PHP level of care is clinically justified by locus standards to provide with the intensive treatment and support the client needs to address mental health concerns effectively.

Preliminary Recommendations Based on Assessment:

MH PHPis recommended with diagnosis ofF33.1 Major depressive disorder, Recurrent episode, Moderate, F41.1 Generalized anxiety disorder, Z72.811.

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Completed Group Sessions

Tuesday, Mar 5, 2024

Life Skills Coaching 06:00 PM PST by Jennifer Rosa, Administrator

Status: attended Start: 03/05/2024 06:00 PM PST - End: 03/05/2024 07:30 PM PST Duration: 01:30

Attendees: 5 Absent: 0

Topic
Developing Life Skills
Individual Assessment/Intervention
Upon arrival to group client appeared (attitude). Throughout the group client (behavior). While group was in process client (Interaction}. Client (was/was not) able to (assess/interact/ admit/understand etc.) (group topic). (identify what client expressed there struggle was.) (Express the plan of action and clients goal)
Group Description
Life skills aims to developclients' abilities and motivations to make use of all types of information. The approach interactive, using role plays, games, puzzles, group discussions, and a variety of other couching techniques to encourage clients to utilize all resources.



Jennifer Rosa, Administrator (Staff), 03/08/2024 04:36 AM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Completed Group Sessions

Tuesday, Mar 5, 2024

Maintain Progress 07:30 PM PST by Jennifer Rosa, Administrator

Status: attended Start: 03/05/2024 07:30 PM PST - End: 03/05/2024 09:00 PM Duration: 01:30
PST

Attendees: 5 Absent: 0

Topic
Maintain health Life Sytle
Individual Assessment/Intervention
Upon arrival to group client appeared (attitude). Throughout the group client (behavior). While group was in process client (Interaction}. Client (was/was not) able to (assess/interact/ admit/understand etc.) (group topic). (identify what client expressed there struggle was.) (Express the plan of action and clients goal)
Group Description
Several key areas of your lifestyle are considered dimensions of overall Wellness. They include: social connectedness, exercise, nutrition, sleep and mindfulness. Each one has an impact on your physical and mental health.



Jennifer Rosa, Administrator (Staff), 03/08/2024 04:36 AM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Completed Group Sessions

Thursday, Mar 7, 2024

Process Group 09:00 AM PST by Jennifer Rosa, Administrator

Status: attended Start: 03/07/2024 09:00 AM PST - End: 03/07/2024 10:30 AM PST Duration: 01:30

Attendees: 9 Absent: 0

Topic
Process Group
Individual Assessment/Intervention
Upon arrival to group client appeared (attitude). Throughout the group client (behavior). While group was in process client (Interaction}. Client (was/was not) able to (assess/interact/ admit/understand etc.) (group topic). (identify what client expressed there struggle was.) (Express the plan of action and clients goal)
Group Description
Clients are given the opportunity to work together to communicate the functionality of daily life and the occurrences of events and triggers that may interfere with treatment. Clients give communication with peer on the step and importance of setting and striving to reach goals and encourage peers as well as encouraging others and sharing resources



Jennifer Rosa, Administrator (Staff), 03/08/2024 04:36 AM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Completed Group Sessions

Thursday, Mar 7, 2024

Life Skills Coaching 10:30 AM PST by Jennifer Rosa, Administrator

Status: attended Start: 03/07/2024 10:30 AM PST - End: 03/07/2024 12:00 PM Duration: 01:30
PST

Attendees: 9 Absent: 0

Topic
Developing Life Skills
Individual Assessment/Intervention
Upon arrival to group client appeared (attitude). Throughout the group client (behavior). While group was in process client (Interaction}. Client (was/was not) able to (assess/interact/ admit/understand etc.) (group topic). (identify what client expressed there struggle was.) (Express the plan of action and clients goal)
Group Description
Life skills aims to developclients' abilities and motivations to make use of all types of information. The approach interactive, using role plays, games, puzzles, group discussions, and a variety of other couching techniques to encourage clients to utilize all resources.



Jennifer Rosa, Administrator (Staff), 03/08/2024 04:35 AM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Completed Group Sessions

Thursday, Mar 7, 2024

Maintain Progress 01:00 PM PST by Jennifer Rosa, Administrator

Status: attended Start: 03/07/2024 01:00 PM PST - End: 03/07/2024 02:30 PM PST Duration: 01:30

Attendees: 9 Absent: 0

Topic

Maintain health Life Sytle

Individual Assessment/Intervention

Upon arrival to group client appeared (attitude). Throughout the group client (behavior). While group was in process client (Interaction}. Client (was/was not) able to (assess/interact/ admit/understand etc.) (group topic). (identify what client expressed there struggle was.) (Express the plan of action and clients goal)

Group Description

Several key areas of your lifestyle are considered dimensions of overall Wellness. They include: social connectedness, exercise, nutrition, sleep and mindfulness. Each one has an impact on your physical and mental health.



Jennifer Rosa, Administrator (Staff), 03/08/2024 04:35 AM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Completed Group Sessions

Thursday, Mar 7, 2024

CBT 02:30 PM PST by Jennifer Rosa, Administrator

Status: attended Start: 03/07/2024 02:30 PM PST - End: 03/07/2024 04:00 PM Duration: 01:30
PST

Attendees: 9 Absent: 0

Topic
CBT

Individual Assessment/Intervention
Upon arrival to group client appeared (attitude). Throughout the group client (behavior). While group was in process client (Interaction}. Client (was/was not) able to (assess/interact/ admit/understand etc.) (group topic). (identify what client expressed there struggle was.) (Express the plan of action and clients goal)

Group Description
The therapist helps you within a group system to identify negative thought patterns that are impacting your behaviors and emotions. CBT groups empower you to reshape your experience by getting to the root of the thought It can be used to treat a variety of conditions including but not limited to emotional trauma, anxiety, depression, post-traumatic stress disorder (PTSD), and attention deficit hyperactivity disorder



Jennifer Rosa, Administrator (Staff), 03/08/2024 04:35 AM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Completed Group Sessions

Friday, Mar 8, 2024

Process Group 09:00 AM PST by Jennifer Rosa, Administrator

Status: attended Start: 03/08/2024 09:00 AM PST - End: 03/08/2024 10:30 AM Duration: 01:30
PST

Attendees: 6 Absent: 0

Topic
Process Group
Individual Assessment/Intervention
Upon arrival to group client appeared (attitude). Throughout the group client (behavior). While group was in process client (Interaction}. Client (was/was not) able to (assess/interact/ admit/understand etc.) (group topic). (identify what client expressed there struggle was.) (Express the plan of action and clients goal)
Group Description
Clients are given the opportunity to work together to communicate the functionality of daily life and the occurrences of events and triggers that may interfere with treatment. Clients give communication with peer on the step and importance of setting and striving to reach goals and encourage peers as well as encouraging others and sharing resources



Jennifer Rosa, Administrator (Staff), 03/15/2024 07:29 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Completed Group Sessions

Friday, Mar 8, 2024

Life Skills Coaching 10:30 AM PST by Jennifer Rosa, Administrator

Status: attended Start: 03/08/2024 10:30 AM PST - End: 03/08/2024 12:00 PM Duration: 01:30
PST

Attendees: 6 Absent: 0

Topic
Developing Life Skills
Individual Assessment/Intervention
Upon arrival to group client appeared (attitude). Throughout the group client (behavior). While group was in process client (Interaction}. Client (was/was not) able to (assess/interact/ admit/understand etc.) (group topic). (identify what client expressed there struggle was.) (Express the plan of action and clients goal)
Group Description
Life skills aims to developclients' abilities and motivations to make use of all types of information. The approach interactive, using role plays, games, puzzles, group discussions, and a variety of other couching techniques to encourage clients to utilize all resources.



Jennifer Rosa, Administrator (Staff), 03/15/2024 07:30 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Completed Group Sessions

Friday, Mar 8, 2024

Maintain Progress 01:00 PM PST by Jennifer Rosa, Administrator

Status: attended Start: 03/08/2024 01:00 PM PST - End: 03/08/2024 02:30 PM Duration: 01:30
PST

Attendees: 6 Absent: 0

Topic

Maintain health Life Sytle

Individual Assessment/Intervention

Upon arrival to group client appeared (attitude). Throughout the group client (behavior). While group was in process client (Interaction}. Client (was/was not) able to (assess/interact/ admit/understand etc.) (group topic). (identify what client expressed there struggle was.) (Express the plan of action and clients goal)

Group Description

Several key areas of your lifestyle are considered dimensions of overall Wellness. They include: social connectedness, exercise, nutrition, sleep and mindfulness. Each one has an impact on your physical and mental health.



Jennifer Rosa, Administrator (Staff), 03/15/2024 07:31 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Completed Group Sessions

Friday, Mar 8, 2024

CBT 02:30 PM PST by Jennifer Rosa, Administrator

Status: attended Start: 03/08/2024 02:30 PM PST - End: 03/08/2024 04:00 PM Duration: 01:30
PST

Attendees: 6 Absent: 0

Topic
CBT

Individual Assessment/Intervention
Upon arrival to group client appeared (attitude). Throughout the group client (behavior). While group was in process client (Interaction}. Client (was/was not) able to (assess/interact/ admit/understand etc.) (group topic). (identify what client expressed there struggle was.) (Express the plan of action and clients goal)

Group Description
The therapist helps you within a group system to identify negative thought patterns that are impacting your behaviors and emotions. CBT groups empower you to reshape your experience by getting to the root of the thought It can be used to treat a variety of conditions including but not limited to emotional trauma, anxiety, depression, post-traumatic stress disorder (PTSD), and attention deficit hyperactivity disorder



Jennifer Rosa, Administrator (Staff), 03/15/2024 07:31 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Completed Group Sessions

Monday, Mar 11, 2024

Process Group 09:00 AM PDT by Jennifer Rosa, Administrator

Status: attended Start: 03/11/2024 09:00 AM PDT - End: 03/11/2024 10:30 AM Duration: 01:30
PDT

Attendees: 6 Absent: 0

Topic
Process Group
Individual Assessment/Intervention
Upon arrival to group client appeared (attitude). Throughout the group client (behavior). While group was in process client (Interaction}. Client (was/was not) able to (assess/interact/ admit/understand etc.) (group topic). (identify what client expressed there struggle was.) (Express the plan of action and clients goal)
Group Description
Clients are given the opportunity to work together to communicate the functionality of daily life and the occurrences of events and triggers that may interfere with treatment. Clients give communication with peer on the step and importance of setting and striving to reach goals and encourage peers as well as encouraging others and sharing resources



Jennifer Rosa, Administrator (Staff), 03/15/2024 07:33 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Completed Group Sessions

Monday, Mar 11, 2024

Life Skills Coaching 10:30 AM PDT by Jennifer Rosa, Administrator

Status: attended Start: 03/11/2024 10:30 AM PDT - End: 03/11/2024 12:00 PM Duration: 01:30
PDT

Attendees: 6 Absent: 0

Topic
Developing Life Skills
Individual Assessment/Intervention
Upon arrival to group client appeared (attitude). Throughout the group client (behavior). While group was in process client (Interaction}. Client (was/was not) able to (assess/interact/ admit/understand etc.) (group topic). (identify what client expressed there struggle was.) (Express the plan of action and clients goal)
Group Description
Life skills aims to developclients' abilities and motivations to make use of all types of information. The approach interactive, using role plays, games, puzzles, group discussions, and a variety of other couching techniques to encourage clients to utilize all resources.



Jennifer Rosa, Administrator (Staff), 03/15/2024 07:34 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Completed Group Sessions

Monday, Mar 11, 2024

Maintain Progress 01:00 PM PDT by Jennifer Rosa, Administrator

Status: attended Start: 03/11/2024 01:00 PM PDT - End: 03/11/2024 02:30 PM Duration: 01:30
PDT

Attendees: 6 Absent: 0

Topic

Maintain health Life Sytle

Individual Assessment/Intervention

Upon arrival to group client appeared (attitude). Throughout the group client (behavior). While group was in process client (Interaction}. Client (was/was not) able to (assess/interact/ admit/understand etc.) (group topic). (identify what client expressed there struggle was.) (Express the plan of action and clients goal)

Group Description

Several key areas of your lifestyle are considered dimensions of overall Wellness. They include: social connectedness, exercise, nutrition, sleep and mindfulness. Each one has an impact on your physical and mental health.



Jennifer Rosa, Administrator (Staff), 03/15/2024 07:34 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Completed Group Sessions

Monday, Mar 11, 2024

CBT 03:00 PM PDT by Jennifer Rosa, Administrator

Status: attended Start: 03/11/2024 03:00 PM PDT - End: 03/11/2024 04:30 PM Duration: 01:30
PDT

Attendees: 6 Absent: 0

Topic
CBT

Individual Assessment/Intervention
Upon arrival to group client appeared (attitude). Throughout the group client (behavior). While group was in process client (Interaction}. Client (was/was not) able to (assess/interact/ admit/understand etc.) (group topic). (identify what client expressed there struggle was.) (Express the plan of action and clients goal)

Group Description
The therapist helps you within a group system to identify negative thought patterns that are impacting your behaviors and emotions. CBT groups empower you to reshape your experience by getting to the root of the thought It can be used to treat a variety of conditions including but not limited to emotional trauma, anxiety, depression, post-traumatic stress disorder (PTSD), and attention deficit hyperactivity disorder



Jennifer Rosa, Administrator (Staff), 03/15/2024 07:35 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Completed Group Sessions

Tuesday, Mar 12, 2024

Process Group 09:00 AM PDT by Jennifer Rosa, Administrator

Status: attended Start: 03/12/2024 09:00 AM PDT - End: 03/12/2024 10:30 AM Duration: 01:30
PDT

Attendees: 6 Absent: 0

Topic
Process Group
Individual Assessment/Intervention
Upon arrival to group client appeared (attitude). Throughout the group client (behavior). While group was in process client (Interaction}. Client (was/was not) able to (assess/interact/ admit/understand etc.) (group topic). (identify what client expressed there struggle was.) (Express the plan of action and clients goal)
Group Description
Clients are given the opportunity to work together to communicate the functionality of daily life and the occurrences of events and triggers that may interfere with treatment. Clients give communication with peer on the step and importance of setting and striving to reach goals and encourage peers as well as encouraging others and sharing resources



Jennifer Rosa, Administrator (Staff), 03/15/2024 07:43 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Completed Group Sessions

Tuesday, Mar 12, 2024

Life Skills Coaching 10:30 AM PDT by Jennifer Rosa, Administrator

Status: attended Start: 03/12/2024 10:30 AM PDT - End: 03/12/2024 12:00 PM Duration: 01:30
PDT

Attendees: 6 Absent: 0

Topic
Developing Life Skills
Individual Assessment/Intervention
Upon arrival to group client appeared (attitude). Throughout the group client (behavior). While group was in process client (Interaction}. Client (was/was not) able to (assess/interact/ admit/understand etc.) (group topic). (identify what client expressed there struggle was.) (Express the plan of action and clients goal)
Group Description
Life skills aims to developclients' abilities and motivations to make use of all types of information. The approach interactive, using role plays, games, puzzles, group discussions, and a variety of other couching techniques to encourage clients to utilize all resources.



Jennifer Rosa, Administrator (Staff), 03/15/2024 07:43 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Completed Group Sessions

Tuesday, Mar 12, 2024

Maintain Progress 01:00 PM PDT by Jennifer Rosa, Administrator

Status: attended Start: 03/12/2024 01:00 PM PDT - End: 03/12/2024 02:30 PM Duration: 01:30
PDT

Attendees: 6 Absent: 0

Topic

Maintain health Life Sytle

Individual Assessment/Intervention

Upon arrival to group client appeared (attitude). Throughout the group client (behavior). While group was in process client (Interaction}. Client (was/was not) able to (assess/interact/ admit/understand etc.) (group topic). (identify what client expressed there struggle was.) (Express the plan of action and clients goal)

Group Description

Several key areas of your lifestyle are considered dimensions of overall Wellness. They include: social connectedness, exercise, nutrition, sleep and mindfulness. Each one has an impact on your physical and mental health.



Jennifer Rosa, Administrator (Staff), 03/15/2024 07:44 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Completed Group Sessions

Tuesday, Mar 12, 2024

CBT 02:30 PM PDT by Jennifer Rosa, Administrator

Status: attended Start: 03/12/2024 02:30 PM PDT - End: 03/12/2024 04:00 PM Duration: 01:30
PDT

Attendees: 6 Absent: 0

Topic
CBT

Individual Assessment/Intervention
Upon arrival to group client appeared (attitude). Throughout the group client (behavior). While group was in process client (Interaction}. Client (was/was not) able to (assess/interact/ admit/understand etc.) (group topic). (identify what client expressed there struggle was.) (Express the plan of action and clients goal)

Group Description
The therapist helps you within a group system to identify negative thought patterns that are impacting your behaviors and emotions. CBT groups empower you to reshape your experience by getting to the root of the thought It can be used to treat a variety of conditions including but not limited to emotional trauma, anxiety, depression, post-traumatic stress disorder (PTSD), and attention deficit hyperactivity disorder



Jennifer Rosa, Administrator (Staff), 03/15/2024 07:45 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Completed Group Sessions

Wednesday, Mar 13, 2024

Process Group 09:00 AM PDT by Jennifer Rosa, Administrator

Status: attended Start: 03/13/2024 09:00 AM PDT - End: 03/13/2024 10:30 AM Duration: 01:30
PDT

Attendees: 6 Absent: 0

Topic
Process Group
Individual Assessment/Intervention
Upon arrival to group client appeared (attitude). Throughout the group client (behavior). While group was in process client (Interaction}. Client (was/was not) able to (assess/interact/ admit/understand etc.) (group topic). (identify what client expressed there struggle was.) (Express the plan of action and clients goal)
Group Description
Clients are given the opportunity to work together to communicate the functionality of daily life and the occurrences of events and triggers that may interfere with treatment. Clients give communication with peer on the step and importance of setting and striving to reach goals and encourage peers as well as encouraging others and sharing resources



Jennifer Rosa, Administrator (Staff), 03/15/2024 07:47 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Completed Group Sessions

Wednesday, Mar 13, 2024

Life Skills Coaching 10:30 AM PDT by Jennifer Rosa, Administrator

Status: attended Start: 03/13/2024 10:30 AM PDT - End: 03/13/2024 12:00 PM Duration: 01:30
PDT

Attendees: 6 Absent: 0

Topic
Developing Life Skills
Individual Assessment/Intervention
Upon arrival to group client appeared (attitude). Throughout the group client (behavior). While group was in process client (Interaction}. Client (was/was not) able to (assess/interact/ admit/understand etc.) (group topic). (identify what client expressed there struggle was.) (Express the plan of action and clients goal)
Group Description
Life skills aims to developclients' abilities and motivations to make use of all types of information. The approach interactive, using role plays, games, puzzles, group discussions, and a variety of other couching techniques to encourage clients to utilize all resources.



Jennifer Rosa, Administrator (Staff), 03/15/2024 07:48 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Completed Group Sessions

Thursday, Mar 14, 2024

Process Group 09:00 AM PDT by Jennifer Rosa, Administrator

Status: attended Start: 03/14/2024 09:00 AM PDT - End: 03/14/2024 10:30 AM Duration: 01:30
PDT

Attendees: 6 Absent: 0

Topic
Process Group
Individual Assessment/Intervention
Upon arrival to group client appeared (attitude). Throughout the group client (behavior). While group was in process client (Interaction}. Client (was/was not) able to (assess/interact/ admit/understand etc.) (group topic). (identify what client expressed there struggle was.) (Express the plan of action and clients goal)
Group Description
Clients are given the opportunity to work together to communicate the functionality of daily life and the occurrences of events and triggers that may interfere with treatment. Clients give communication with peer on the step and importance of setting and striving to reach goals and encourage peers as well as encouraging others and sharing resources



Jennifer Rosa, Administrator (Staff), 03/15/2024 07:51 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Completed Group Sessions

Thursday, Mar 14, 2024

Life Skills Coaching 10:30 AM PDT by Jennifer Rosa, Administrator

Status: attended Start: 03/14/2024 10:30 AM PDT - End: 03/14/2024 12:00 PM Duration: 01:30
PDT

Attendees: 6 Absent: 0

Topic
Developing Life Skills
Individual Assessment/Intervention
Upon arrival to group client appeared (attitude). Throughout the group client (behavior). While group was in process client (Interaction}. Client (was/was not) able to (assess/interact/ admit/understand etc.) (group topic). (identify what client expressed there struggle was.) (Express the plan of action and clients goal)
Group Description
Life skills aims to developclients' abilities and motivations to make use of all types of information. The approach interactive, using role plays, games, puzzles, group discussions, and a variety of other couching techniques to encourage clients to utilize all resources.



Jennifer Rosa, Administrator (Staff), 03/14/2024 12:58 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Completed Group Sessions

Thursday, Mar 14, 2024

Maintain Progress 01:00 PM PDT by Jennifer Rosa, Administrator

Status: attended Start: 03/14/2024 01:00 PM PDT - End: 03/14/2024 02:30 PM Duration: 01:30
PDT

Attendees: 6 Absent: 0

Topic

Maintain health Life Sytle

Individual Assessment/Intervention

Upon arrival to group client appeared (attitude). Throughout the group client (behavior). While group was in process client (Interaction}. Client (was/was not) able to (assess/interact/ admit/understand etc.) (group topic). (identify what client expressed there struggle was.) (Express the plan of action and clients goal)

Group Description

Several key areas of your lifestyle are considered dimensions of overall Wellness. They include: social connectedness, exercise, nutrition, sleep and mindfulness. Each one has an impact on your physical and mental health.



Jennifer Rosa, Administrator (Staff), 03/15/2024 07:52 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Completed Group Sessions

Thursday, Mar 14, 2024

CBT 02:30 PM PDT by Jennifer Rosa, Administrator

Status: attended Start: 03/14/2024 02:30 PM PDT - End: 03/14/2024 04:00 PM Duration: 01:30
PDT

Attendees: 6 Absent: 0

Topic
CBT

Individual Assessment/Intervention
Upon arrival to group client appeared (attitude). Throughout the group client (behavior). While group was in process client (Interaction}. Client (was/was not) able to (assess/interact/ admit/understand etc.) (group topic). (identify what client expressed there struggle was.) (Express the plan of action and clients goal)

Group Description
The therapist helps you within a group system to identify negative thought patterns that are impacting your behaviors and emotions. CBT groups empower you to reshape your experience by getting to the root of the thought It can be used to treat a variety of conditions including but not limited to emotional trauma, anxiety, depression, post-traumatic stress disorder (PTSD), and attention deficit hyperactivity disorder



Jennifer Rosa, Administrator (Staff), 03/15/2024 07:53 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Completed Group Sessions

Friday, Mar 15, 2024

Process Group 09:00 AM PDT by Jennifer Rosa, Administrator

Status: attended Start: 03/15/2024 09:00 AM PDT - End: 03/15/2024 10:30 AM Duration: 01:30
PDT

Attendees: 9 Absent: 0

Topic
Process Group
Individual Assessment/Intervention
Upon arrival to group client appeared (attitude). Throughout the group client (behavior). While group was in process client (Interaction}. Client (was/was not) able to (assess/interact/ admit/understand etc.) (group topic). (identify what client expressed there struggle was.) (Express the plan of action and clients goal)
Group Description
Clients are given the opportunity to work together to communicate the functionality of daily life and the occurrences of events and triggers that may interfere with treatment. Clients give communication with peer on the step and importance of setting and striving to reach goals and encourage peers as well as encouraging others and sharing resources



Jamila Charles Cometa, LMFT (Staff), 04/08/2024 05:02 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Completed Group Sessions

Friday, Mar 15, 2024

Life Skills Coaching 10:30 AM PDT by Jennifer Rosa, Administrator

Status: attended Start: 03/15/2024 10:30 AM PDT - End: 03/15/2024 12:00 PM Duration: 01:30
PDT

Attendees: 9 Absent: 0

Topic
Developing Life Skills
Individual Assessment/Intervention
Upon arrival to group client appeared (attitude). Throughout the group client (behavior). While group was in process client (Interaction}. Client (was/was not) able to (assess/interact/ admit/understand etc.) (group topic). (identify what client expressed there struggle was.) (Express the plan of action and clients goal)
Group Description
Life skills aims to developclients' abilities and motivations to make use of all types of information. The approach interactive, using role plays, games, puzzles, group discussions, and a variety of other couching techniques to encourage clients to utilize all resources.



Jamila Charles Cometa, LMFT (Staff), 04/08/2024 05:02 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Completed Group Sessions

Friday, Mar 15, 2024

Maintain Progress 01:00 PM PDT by Jennifer Rosa, Administrator

Status: attended Start: 03/15/2024 01:00 PM PDT - End: 03/15/2024 02:30 PM Duration: 01:30
PDT

Attendees: 9 Absent: 0

Topic
Maintain health Life Sytle
Individual Assessment/Intervention
Upon arrival to group client appeared (attitude). Throughout the group client (behavior). While group was in process client (Interaction}. Client (was/was not) able to (assess/interact/ admit/understand etc.) (group topic). (identify what client expressed there struggle was.) (Express the plan of action and clients goal)
Group Description
Several key areas of your lifestyle are considered dimensions of overall Wellness. They include: social connectedness, exercise, nutrition, sleep and mindfulness. Each one has an impact on your physical and mental health.



Jamila Charles Cometa, LMFT (Staff), 04/08/2024 05:01 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Completed Group Sessions

Friday, Mar 15, 2024

CBT 02:30 PM PDT by Jennifer Rosa, Administrator

Status: attended Start: 03/15/2024 02:30 PM PDT - End: 03/15/2024 04:00 PM Duration: 01:30
PDT

Attendees: 9 Absent: 0

Topic
CBT

Individual Assessment/Intervention
Upon arrival to group client appeared (attitude). Throughout the group client (behavior). While group was in process client (Interaction}. Client (was/was not) able to (assess/interact/ admit/understand etc.) (group topic). (identify what client expressed there struggle was.) (Express the plan of action and clients goal)

Group Description
The therapist helps you within a group system to identify negative thought patterns that are impacting your behaviors and emotions. CBT groups empower you to reshape your experience by getting to the root of the thought It can be used to treat a variety of conditions including but not limited to emotional trauma, anxiety, depression, post-traumatic stress disorder (PTSD), and attention deficit hyperactivity disorder



Jamila Charles Cometa, LMFT (Staff), 04/08/2024 05:01 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Completed Group Sessions

Monday, Mar 18, 2024

Process Group 09:00 AM PDT by Jennifer Rosa, Administrator

Status: attended Start: 03/18/2024 09:00 AM PDT - End: 03/18/2024 10:30 AM Duration: 01:30
PDT

Attendees: 9 Absent: 0

Topic
Process Group
Individual Assessment/Intervention
Upon arrival to group client appeared (attitude). Throughout the group client (behavior). While group was in process client (Interaction}. Client (was/was not) able to (assess/interact/ admit/understand etc.) (group topic). (identify what client expressed there struggle was.) (Express the plan of action and clients goal)
Group Description
Clients are given the opportunity to work together to communicate the functionality of daily life and the occurrences of events and triggers that may interfere with treatment. Clients give communication with peer on the step and importance of setting and striving to reach goals and encourage peers as well as encouraging others and sharing resources



Jamila Charles Cometa, LMFT (Staff), 04/08/2024 04:54 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Completed Group Sessions

Monday, Mar 18, 2024

Life Skills Coaching 10:30 AM PDT by Jennifer Rosa, Administrator

Status: attended Start: 03/18/2024 10:30 AM PDT - End: 03/18/2024 12:00 PM Duration: 01:30
PDT

Attendees: 9 Absent: 0

Topic
Developing Life Skills
Individual Assessment/Intervention
Upon arrival to group client appeared (attitude). Throughout the group client (behavior). While group was in process client (Interaction}. Client (was/was not) able to (assess/interact/ admit/understand etc.) (group topic). (identify what client expressed there struggle was.) (Express the plan of action and clients goal)
Group Description
Life skills aims to developclients' abilities and motivations to make use of all types of information. The approach interactive, using role plays, games, puzzles, group discussions, and a variety of other couching techniques to encourage clients to utilize all resources.



Jamila Charles Cometa, LMFT (Staff), 04/08/2024 04:55 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Completed Group Sessions

Monday, Mar 18, 2024

Maintain Progress 01:00 PM PDT by Jennifer Rosa, Administrator

Status: attended Start: 03/18/2024 01:00 PM PDT - End: 03/18/2024 02:30 PM Duration: 01:30
PDT

Attendees: 9 Absent: 0

Topic
Maintain health Life Sytle
Individual Assessment/Intervention
Upon arrival to group client appeared (attitude). Throughout the group client (behavior). While group was in process client (Interaction}. Client (was/was not) able to (assess/interact/ admit/understand etc.) (group topic). (identify what client expressed there struggle was.) (Express the plan of action and clients goal)
Group Description
Several key areas of your lifestyle are considered dimensions of overall Wellness. They include: social connectedness, exercise, nutrition, sleep and mindfulness. Each one has an impact on your physical and mental health.



Jamila Charles Cometa, LMFT (Staff), 04/08/2024 04:55 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Completed Group Sessions

Monday, Mar 18, 2024

CBT 02:30 PM PDT by Jennifer Rosa, Administrator

Status: attended Start: 03/18/2024 02:30 PM PDT - End: 03/18/2024 04:00 PM Duration: 01:30
PDT

Attendees: 9 Absent: 0

Topic
CBT

Individual Assessment/Intervention
Upon arrival to group client appeared (attitude). Throughout the group client (behavior). While group was in process client (Interaction}. Client (was/was not) able to (assess/interact/ admit/understand etc.) (group topic). (identify what client expressed there struggle was.) (Express the plan of action and clients goal)

Group Description
The therapist helps you within a group system to identify negative thought patterns that are impacting your behaviors and emotions. CBT groups empower you to reshape your experience by getting to the root of the thought It can be used to treat a variety of conditions including but not limited to emotional trauma, anxiety, depression, post-traumatic stress disorder (PTSD), and attention deficit hyperactivity disorder



Jamila Charles Cometa, LMFT (Staff), 04/08/2024 04:55 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Completed Group Sessions

Tuesday, Mar 19, 2024

Process Group 09:00 AM PDT by Jennifer Rosa, Administrator

Status: attended Start: 03/19/2024 09:00 AM PDT - End: 03/19/2024 10:30 AM Duration: 01:30
PDT

Attendees: 8 Absent: 0

Topic
Process Group
Individual Assessment/Intervention
Upon arrival to group client appeared (attitude). Throughout the group client (behavior). While group was in process client (Interaction}. Client (was/was not) able to (assess/interact/ admit/understand etc.) (group topic). (identify what client expressed there struggle was.) (Express the plan of action and clients goal)
Group Description
Clients are given the opportunity to work together to communicate the functionality of daily life and the occurrences of events and triggers that may interfere with treatment. Clients give communication with peer on the step and importance of setting and striving to reach goals and encourage peers as well as encouraging others and sharing resources



Jamila Charles Cometa, LMFT (Staff), 04/08/2024 04:55 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Completed Group Sessions

Tuesday, Mar 19, 2024

Life Skills Coaching 10:30 AM PDT by Jennifer Rosa, Administrator

Status: attended Start: 03/19/2024 10:30 AM PDT - End: 03/19/2024 12:00 PM Duration: 01:30
PDT

Attendees: 9 Absent: 0

Topic
Developing Life Skills
Individual Assessment/Intervention
Upon arrival to group client appeared (attitude). Throughout the group client (behavior). While group was in process client (Interaction}. Client (was/was not) able to (assess/interact/ admit/understand etc.) (group topic). (identify what client expressed there struggle was.) (Express the plan of action and clients goal)
Group Description
Life skills aims to developclients' abilities and motivations to make use of all types of information. The approach interactive, using role plays, games, puzzles, group discussions, and a variety of other couching techniques to encourage clients to utilize all resources.



Jamila Charles Cometa, LMFT (Staff), 04/08/2024 04:55 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Completed Group Sessions

Tuesday, Mar 19, 2024

Maintain Progress 01:00 PM PDT by Jennifer Rosa, Administrator

Status: attended Start: 03/19/2024 01:00 PM PDT - End: 03/19/2024 02:30 PM Duration: 01:30
PDT

Attendees: 9 Absent: 0

Topic
Maintain health Life Sytle
Individual Assessment/Intervention
Upon arrival to group client appeared (attitude). Throughout the group client (behavior). While group was in process client (Interaction}. Client (was/was not) able to (assess/interact/ admit/understand etc.) (group topic). (identify what client expressed there struggle was.) (Express the plan of action and clients goal)
Group Description
Several key areas of your lifestyle are considered dimensions of overall Wellness. They include: social connectedness, exercise, nutrition, sleep and mindfulness. Each one has an impact on your physical and mental health.



Jamila Charles Cometa, LMFT (Staff), 04/08/2024 04:53 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Completed Group Sessions

Tuesday, Mar 19, 2024

CBT 02:30 PM PDT by Jennifer Rosa, Administrator

Status: attended Start: 03/19/2024 02:30 PM PDT - End: 03/19/2024 04:00 PM Duration: 01:30
PDT

Attendees: 9 Absent: 0

Topic
CBT

Individual Assessment/Intervention
Upon arrival to group client appeared (attitude). Throughout the group client (behavior). While group was in process client (Interaction}. Client (was/was not) able to (assess/interact/ admit/understand etc.) (group topic). (identify what client expressed there struggle was.) (Express the plan of action and clients goal)

Group Description
The therapist helps you within a group system to identify negative thought patterns that are impacting your behaviors and emotions. CBT groups empower you to reshape your experience by getting to the root of the thought It can be used to treat a variety of conditions including but not limited to emotional trauma, anxiety, depression, post-traumatic stress disorder (PTSD), and attention deficit hyperactivity disorder



Jamila Charles Cometa, LMFT (Staff), 04/08/2024 04:56 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Utilization Review

Mental Status Exam

Appearance:

Ungroomed , Baggy Clothes ,
Unkempt

Attitude:

Cooperative , Easily distracted ,
Defensive

Behavior:

Guarded , Tearful

Eye Contact:

Avoidant

Mood:

Sad ,
Irritable

Affect

Depressed , Anxious

Speech:

Slow

Thought Process:

Flight of
ideas

Thought Content:

Obsessions

Perception

Congruent with mood & thought
content

Orientation:

Person , Place , Time ,
Situation

Memory:

Impaired memory

Insight:

Limited

Judgment:

Limited

Impulse
Control:

Poor

Hours of sleep: 3 Hours

Sleep details:

Client states it is difficult to fall asleep due to racing thoughts and the inability to calm thought processes and sleep is achieved it is hard to stay asleep due to using dreams, night, terrors consistent worry about the next day, event,

Appetite Scale:

Appetite Details:

Client states that appetite is fair due to anxiety client states it's hard to keep food down when the anxiety is high

ADL's
Checklist

Bathing	Independent
Grooming	Needs Help
Dressing	Independent
Oral Care	Independent
Toileting	Independent
Transferring	Independent
Walking	Independent
Climbing Stairs	Independent

Eating	Independent
Shopping	Independent
Cooking	Independent
Managing Medications	Independent
Using the phone	Independent
Housework	Independent
Doing Laundry	Independent
Driving	Independent
Managing Finances	Needs Help

Vitals	Blood Pressure (systolic/diastolic)	Temperature	Pulse	Respirations	O2 Saturation	Comments
	- / -	-	-	-	-	-

Current Medications

Medications below include all current active orders logged via Doctor's Orders. These may include medications self-reported by the patient that were logged, medication orders entered at the facility, and medications brought to the facility by the patient ordered to be continued upon admission. If the patient is not being treated in a residential/inpatient setting, this list may not be inclusive of all medications taken by the patient outside of the facility.

Current as of 03/19/2024 04:10 PM:

Current Symptoms

Nausea , Body Aches , Irritability , Abdominal Cramps , Headache , Poor appetite , Sleep disturbance

Biomedical condition and how its a barrier in treatment

Gastrointestinal conditions, specifically IBS has interfered with treatment in the past for anxiety and depression by causing digestive issues, pain, and discomfort that can worsen mental health symptoms.

Progress

Client has attended six days of PHP level of care, and progress has improved in the following ways

1. Increased engagement: client has been more actively participating in therapy sessions, group activities, and treatment planning, indicating a growing willingness to work on his mental health challenges. However continues to need redirection in group and is prone to verbally aggressive outbursts when in high emotional state
2. Improved mood: client has reported feeling slightly better or more hopeful compared to when he first started the program, indicating that he is benefiting from the support and interventions provided in PHP level of care

Specific

Goals

1. Improve coping skills: client set a goal to learn and utilize healthy coping mechanisms to manage stress, anxiety, and depressive symptoms effectively. And decrease negative self talk
2. Increase self-awareness: client aim to develop a deeper understanding of his thoughts, emotions, and behaviors that contribute to his mental health challenges. Client has come to understand how his thought process and statements contribute to his passive, suicidal ideation.
3. Enhance emotional regulation: client will work towards improving his ability to regulate and express his emotions in a healthy and constructive manner.
4. Build social support: client will focus on establishing and maintaining supportive relationships with peers, family, or friends to enhance his overall mental well-being.
5. Improve daily functioning: client will strive to enhance his ability to perform daily tasks, maintain routines, and engage in activities that promote his mental health and overall well-being.
6. Address underlying issues: client set a goal to explore and address any underlying issues or traumas that may be contributing to his anxiety and depression.
7. Increase self-care practices: client will prioritize self-care activities such as exercise, meditation, proper nutrition, and adequate sleep to support his mental health recovery.

Assignments being worked on

1. Thought records: Client will be asked to keep a journal of his thoughts and feelings throughout the day, noting any negative or self-critical thoughts that arise. By identifying and challenging these thoughts, Client can begin to reframe them in a more positive and realistic light.
2. Cognitive restructuring: Client will engage in cognitive restructuring exercises with a therapist to identify and challenge negative thought patterns that contribute to his passive suicidal ideation. By reframing negative thoughts and replacing them with more adaptive beliefs, Client can learn to manage his emotions more effectively.
3. Gratitude journaling: Client will be encouraged to keep a gratitude journal where he writes down three things he is grateful for each day. This practice can help shift his focus towards positive aspects of his life and cultivate a sense of appreciation and hope.
4. Mindfulness exercises: Client will practice mindfulness techniques such as deep breathing, meditation, or body scans to increase awareness of his thoughts and emotions without judgment. These practices can help Client stay present in the moment and reduce rumination on negative thoughts.
5. Safety planning: Client will work with his therapist to create a safety plan that outlines coping strategies, supportive contacts, and resources to use in times of crisis. Having a safety plan in place can provide Client with a sense of control and support during moments of distress.
6. Behavioral activation: Client will engage in activities that bring him a sense of pleasure or accomplishment, such as exercise, hobbies, or socializing with friends. Engaging in positive and rewarding activities can help improve Client's mood and reduce feelings of hopelessness.
7. Psychoeducation: Client will participate in educational sessions on suicide prevention, mental health awareness, and coping strategies to increase his understanding of his mental health challenges and develop skills to manage them effectively.

**Barriers to step-down/need for 24x7
monitoring**

Passive si and negative self talk need for redirection

Discharge/Aftercare plan

Client is expected to step down on April 3 top IOP level of care

**Family Sessions
Update**

not scheduled. His family is a trigger and is currently unwilling to participate.

**Participation in
Treatment**

Client actively participates but still requires coaching to attend on time

medication find is currently met with the doctor regarding some of the issues he has been experiencing. Client has started taking trazodone 50 mg at bedtime, as well as.starting dosage of Fluoxetine 20 mg qam

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Completed Group Sessions

Thursday, Mar 28, 2024

Process Group 09:00 AM PDT by Jennifer Rosa, Administrator

Status: attended Start: 03/28/2024 09:00 AM PDT - End: 03/28/2024 10:30 AM Duration: 01:30
PDT

Attendees: 10 Absent: 0

Topic
Process Group
Individual Assessment/Intervention
Upon arrival to group client appeared (attitude). Throughout the group client (behavior). While group was in process client (Interaction}. Client (was/was not) able to (assess/interact/ admit/understand etc.) (group topic). (identify what client expressed there struggle was.) (Express the plan of action and clients goal)
Group Description
Clients are given the opportunity to work together to communicate the functionality of daily life and the occurrences of events and triggers that may interfere with treatment. Clients give communication with peer on the step and importance of setting and striving to reach goals and encourage peers as well as encouraging others and sharing resources



Jamila Charles Cometa, LMFT (Staff), 04/08/2024 04:45 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Completed Group Sessions

Thursday, Mar 28, 2024

Life Skills Coaching 10:30 AM PDT by Jennifer Rosa, Administrator

Status: attended Start: 03/28/2024 10:30 AM PDT - End: 03/28/2024 12:00 PM Duration: 01:30
PDT

Attendees: 9 Absent: 0

Topic
Developing Life Skills
Individual Assessment/Intervention
Upon arrival to group client appeared (attitude). Throughout the group client (behavior). While group was in process client (Interaction}. Client (was/was not) able to (assess/interact/ admit/understand etc.) (group topic). (identify what client expressed there struggle was.) (Express the plan of action and clients goal)
Group Description
Life skills aims to developclients' abilities and motivations to make use of all types of information. The approach interactive, using role plays, games, puzzles, group discussions, and a variety of other couching techniques to encourage clients to utilize all resources.



Jamila Charles Cometa, LMFT (Staff), 04/08/2024 04:44 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Completed Group Sessions

Thursday, Mar 28, 2024

Maintain Progress 02:30 PM PDT by Jennifer Rosa, Administrator

Status: attended Start: 03/28/2024 02:30 PM PDT - End: 03/28/2024 04:00 PM Duration: 01:30
PDT

Attendees: 10 Absent: 0

Topic
Process Group
Individual Assessment/Intervention
Upon arrival to group client appeared (attitude). Throughout the group client (behavior). While group was in process client (Interaction}. Client (was/was not) able to (assess/interact/ admit/understand etc.) (group topic). (identify what client expressed there struggle was.) (Express the plan of action and clients goal)
Group Description
Clients are given the opportunity to work together to communicate the functionality of daily life and the occurrences of events and triggers that may interfere with treatment. Clients give communication with peer on the step and importance of setting and striving to reach goals and encourage peers as well as encouraging others and sharing resources



Jamila Charles Cometa, LMFT (Staff), 04/08/2024 04:44 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Completed Group Sessions

Thursday, Mar 28, 2024

CBT 04:00 PM PDT by Jennifer Rosa, Administrator

Status: attended Start: 03/28/2024 04:00 PM PDT - End: 03/28/2024 05:30 PM Duration: 01:30
PDT

Attendees: 9 Absent: 0

Topic
CBT

Individual Assessment/Intervention
Demonstrated a reserved but increasing level of participation throughout the week. Showed improvement in expressing thoughts and emotions and actively listened to peers' experiences. Progress noted in developing relaxation techniques and coping with guilt and shame. Continued level of care recommended to build on progress and work through resistance towards mindfulness techniques.

Group Description
The therapist helps you within a group system to identify negative thought patterns that are impacting your behaviors and emotions. CBT groups empower you to reshape your experience by getting to the root of the thought It can be used to treat a variety of conditions including but not limited to emotional trauma, anxiety, depression, post-traumatic stress disorder (PTSD), and attention deficit hyperactivity disorder



Jamila Charles Cometa, LMFT (Staff), 04/08/2024 04:44 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Completed Group Sessions

Saturday, Mar 30, 2024

Maintain Progress 01:00 PM PDT by Jennifer Rosa, Administrator

Status: attended Start: 03/30/2024 01:00 PM PDT - End: 03/30/2024 02:30 PM Duration: 01:30
PDT

Attendees: 11 Absent: 0

Topic
Process Group
Individual Assessment/Intervention
Upon arrival to group client appeared (attitude). Throughout the group client (behavior). While group was in process client (Interaction}. Client (was/was not) able to (assess/interact/ admit/understand etc.) (group topic). (identify what client expressed there struggle was.) (Express the plan of action and clients goal)
Group Description
Clients are given the opportunity to work together to communicate the functionality of daily life and the occurrences of events and triggers that may interfere with treatment. Clients give communication with peer on the step and importance of setting and striving to reach goals and encourage peers as well as encouraging others and sharing resources



Jamila Charles Cometa, LMFT (Staff), 04/08/2024 03:42 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Completed Group Sessions

Saturday, Mar 30, 2024

CBT 02:30 PM PDT by Jennifer Rosa, Administrator

Status: attended Start: 03/30/2024 02:30 PM PDT - End: 03/30/2024 04:00 PM Duration: 01:30
PDT

Attendees: 11 Absent: 0

Topic
CBT

Individual Assessment/Intervention
Upon arrival to group client appeared (attitude). Throughout the group client (behavior). While group was in process client (Interaction}. Client (was/was not) able to (assess/interact/ admit/understand etc.) (group topic). (identify what client expressed there struggle was.) (Express the plan of action and clients goal)

Group Description
The therapist helps you within a group system to identify negative thought patterns that are impacting your behaviors and emotions. CBT groups empower you to reshape your experience by getting to the root of the thought It can be used to treat a variety of conditions including but not limited to emotional trauma, anxiety, depression, post-traumatic stress disorder (PTSD), and attention deficit hyperactivity disorder



Jamila Charles Cometa, LMFT (Staff), 04/08/2024 03:41 PM

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US & Canada)

Manage Diagnosis Codes 04/04/2024 06:23 PM

Date/Time: 04/04/2024 06:23 PM

Diagnosis:

Diagnoses
F33.1 Major depressive disorder, Recurrent episode, Moderate,F41.1 Generalized anxiety disorder

Note:

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Golden Thread

	Date Established	Status	Updated At
Anxiety - (Active)			
Clinical: Treatment Plan	03/05/2024	Active	03/05/2024
Goal: Resolve the core conflict that is the source of anxiety.	01/22/2024	in use	03/05/2024
Objective: Describe the history of anxiety symptoms.	03/05/2024		
Intervention: Assess the client's frequency, intensity, duration, and history of panic symptoms, fear, and avoidance (e.g., the Anxiety Disorders Interview Schedule-Adult Version) (or assign "Anxiety Triggers and Warning Signs" in the Addiction Treatment Homework Planner by Finley and Lenz).	03/05/2024		
Intervention: Develop a level of trust with the client toward creating a good working alliance; provide support and empathy to encourage the client to feel safe in expressing his/her experiences with anxiety.	03/05/2024		
	03/05/2024		
Impulsivity - (Active)			
Clinical: Treatment Plan	03/05/2024	Active	03/05/2024
Goal: Maintain a program of recovery, free from impulsive behavior and addiction.	01/22/2024	in use	03/05/2024
Objective: Identify the thoughts that trigger impulsive behavior, and then replace each thought with a thought that is more accurate.	03/05/2024		
Intervention: Help the client to develop a list of positive, accurate, self-enhancing thoughts to read to himself/herself each day, particularly when feeling upset, anxious, or uncomfortable (or assign "Positive Self-Talk" in the Adult Psychotherapy Homework Planner by Jongsma).	03/05/2024		
Intervention: Help the client to uncover dysfunctional thoughts that lead to impulsivity; assist him/her in replacing each dysfunctional thought with a thought that is more accurate, positive, self-enhancing, and adaptive (or assign "Journal and Replace Self-Defeating Thoughts" in the Adult Psychotherapy Homework Planner by Jongsma).	03/05/2024		
	03/05/2024		
Adult-Child-Of-An-Alcoholic (ACA) Traits - (Active)			
Childhood Trauma - (Active)	03/05/2024	Open	03/05/2024
Borderline Traits - (Active)	03/05/2024	Open	03/05/2024

Chronic Pain - (Active)	03/05/2024	Open	03/05/2024
Grief/Loss Unresolved - (Active)	03/05/2024	Open	03/05/2024
Legal Problems - (Active)	03/05/2024	Open	03/05/2024
Living Environment Deficiency - (Active)	03/05/2024	Open	03/05/2024
Relapse Proneness - (Active)	03/05/2024	Open	03/05/2024
Self-Harm - (Active)	03/05/2024	Open	03/05/2024
Social Anxiety - (Active)	03/05/2024	Open	03/05/2024
	03/05/2024	Open	03/05/2024

Insurance Information

Insurance	Policy No.	Effective Date	Termination Date	Status	Insurance Type/Priority
Optum	M30316462	04/01/2023		Active	
Internal ID / External ID	Group Plan Name	Group ID	Plan Type	Payor Type	Insurance Phone
/		277163M402	PPO		
Rx Name	Rx Group	Rx BIN	Rx PCN	Rx Phone	Plan Period
	RX20CP	004336	ADV		

Claims

Street Address 1	Street Address 2	Claims Fax
City	State	Relationship of Patient to Subscriber
Subscriber		SSN
Hector Perez		***-**-3015
Subscriber Address Street		Subscriber Address Street 2
6857 Enfield St		
Subscriber Address Zip	Subscriber Address State	Subscriber Address Country
91335	CA	United States
Subscriber Employer		
Motion Pictures		

Vital Signs

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Blood Pressure		Blood Pressure		Temperature	Oxygen Saturation	Pulse	Respiration	Comments	Logged By	Logged At
Date	Systolic	Diastolic								

Glucose Logs

No records available.

Weights

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

No height/weight records.

Heights

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Date Height Logged By Logged At

Orthostatic Vital Signs

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

		Lying	Sitting	Standing				
Date	BP	HR	BP	HR	BP	HR	Resp.	Temp. O2 Comments Logged At Logged By

CIWA-Ar

No CIWA-Ar assessment logged

CIWA-B

No CIWA-B assessment logged

COWS

No COWS assessment logged

Medications Brought In

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

No Medications Brought In Logged.

Rounds

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

MAT Orders

Hector Perez ♂ SIR2024-12

Birthdate: 04/24/1968

Allergies: No Known Allergies/NKA

Admission: 03/04/2024 Care Team

Location: Step Into Recovery Centers INC
(GMT-08:00) Pacific Time (US &
Canada)

Current/Active Order *No Current/Active Order.*

Order History

Start Date	End Date	Phase	Order Type	Medication	Dose	Instructions	Ordered By	Entered By	Discontinued By	Status
------------	----------	-------	------------	------------	------	--------------	------------	------------	-----------------	--------