

**Malia Lethbridge MR SIR2024-76 DOB: 05/28/1982 Female Connecticare F10.20 Alcohol use disorder, Severe,F11.20 Opioid use disorder, Severe,F41.0 Panic disorder,F31.5 Bipolar I disorder, Current or most recent episode depressed, With psychotic features**  
Package: full chart

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Malia Lethbridge MR SIR2024-76 DOB: 05/28/1982 Female Connecticare F10.20 Alcohol use disorder, Severe,F11.20 Opioid use disorder, Severe,F41.0 Panic disorder,F31.5 Bipolar I disorder, Current or most recent episode depressed, With psychotic features

Malia Lethbridge ♀ SIR2024-76

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 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
05/01/2024	Ashley Banali	n/a	n/a	n/a

Location: Step Into Recovery Centers INC

Admission Date	Referrer	Contact?	Anticipated Discharge Date
05/01/2024 12:00 AM		No	
Discharge/Transition Date	Discharge/Transition to		
08/21/2024 06:00 AM			

PARTICIPANT INFORMATION HAS NOT BEEN VALIDATED - PLEASE VALIDATE

participant Information

Malia Lethbridge

Current Address:  
6901 Canby  
Reseda, CA 91335 United States

Date of Birth: 05/28/1982 SSN: \*\*\*-\*\*-3557

Birth Sex: Female

Pronouns:

Preferred Language: English

Marital Status: Single

Race: American Indian/Alaska Native  
Ethnicity:

Occupation	Employer	Employer Phone
unemployed		

Payment Method

Insurance

Insurance Information

Insurance	Policy No.	Effective Date	Termination Date	Status	Insurance Type/Priority
Connecticare	K6108297001	05/01/2024		Active	Primary
Internal ID / External ID	Group Plan Name	Group ID	Plan Type	Payor Type	Insurance Phone
10096 /			PPO		

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Rx Name	Rx Group	Rx BIN	Rx PCN	Rx Phone	Plan Period
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Claims

Street Address 1

Street Address 2

Claims Fax

City Subscriber

State

Relationship of Patient to Subscriber

SSN

ZIP Code

DOB

Country

Gender

Malia Lethbridge

Self

Subscriber Address Street 2

Subscriber Address State

CT

Subscriber City

New Haven

Subscriber Address Country

United States

Female

Subscriber Address Street

Subscriber Address Zip

Subscriber Employer

unemployed

Concurrent Reviews

Start Date	End Date	# of Days	Auth Date	Authorization Number	Status	Managed	Level of Care
06/17/2024	09/14/2024	90	07/24/2024	None auth	Approved	Yes	MH IOP
Next Review	Days of Week		Hours per Day	Days per Week	Frequency	Next LOC	Next LOC Date
09/14/2024					Weekdays Only	No	
Insurance Name	Insurance Policy No.						
Connecticare	K6108297001						

Start Date	End Date	# of Days	Auth Date	Authorization Number	Status	Managed	Level of Care
05/01/2024	06/14/2024	45	05/01/2024	None auth	Approved	Yes	MH PHP
Next Review	Days of Week		Hours per Day	Days per Week	Frequency	Next LOC	Next LOC Date
06/15/2024					Daily	No	
Insurance Name	Insurance Policy No.						
Connecticare	K6108297001						

Contacts

Type	Relationship
Emergency	Friend
Name	Phone
Mark johnson	203-552-6789

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			

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participant Record Source: N/A

**Malia Lethbridge ♀ SIR2024-76**

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

**Safe Call 05/02/2024 08:37 AM**

**Date/Time:** 05/02/2024 08:37 AM

**Emergency Contact:**

Mark Johnson

**Consent Release Signed?** ☐ Yes ☒ No

**Relationship to Patient:**

Friend

**Phone Number:**

203-552-6789

**Emergency Contact Reached?**

Client stated they do not want us to call their emergency contact unless under severe circumstances, like hospitalization or death.

**When?** 05/02/2024 08:00 AM

**What is the follow up plan?**

There is no follow up plan due to client's request not to contact their emergency contact.

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Jennifer Rosa, Administrator (Staff), 07/22/2024 08:40 AM

Malia Lethbridge ♀ SIR2024-76

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

History and Physical Exam 05/02/2024 01:54 PM

Date of Exam:	Start time	End time	Duration
	05/02/2024 01:54 PM	05/02/2024 02:34 PM	40 Minutes

Chief Complaint(s):

The client reported suffering from severe panic disorder, Bipolar 1 disorder, loss of appetite, severe fatigue, and body aches. Additionally, the client mentioned experiencing cravings and Post-Acute Withdrawal Syndrome (PAWS) after recently discontinuing the use of opiates and alcohol.

Previous Treatment: *include Mental Health, Substance Abuse, Outpatient Psychiatry, Therapy or Detox.* ☒ None

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

Past Medical History:

NA

Surgical History: None

Family History:

Father- substance abuse

Mother- substance abuse

Siblings- substance abuse

Social History:

Client stated currently resides at a sober living, they have roommates' early recovery also living in the house. They explained that they still experience triggers because they've seen a few relapses happen in the house, where they witnessed people under the influence but has a new sober support system that has helped them through some of these difficulties so far.

Marital Status: Single

Children: No

Work: None

Cigarettes/Vape: Smoker , Details::  
5yrs



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 06/11/2024 01:54 PM:

Allergies:

Allergen	Allergy Type	Reaction	Reaction Type	Onset	Treatment	Status Type	Source
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Review of Systems

Physical Exam Vitals:	Blood Pressure (systolic/diastolic)	Temperature	Pulse	Respirations	O2 Saturation
	110 / 98	98.9	90	18	99
Comments					
-					

Height/Weight: Height: 5' 6"    Weight: 126 lbs    BMI: 20.33

Skin:

NA

HEENT:

NA

Neck:

NA

Respiratory:

NA

Cardiovascular:

NA

Abdominal:

NA

Need for Pregnancy Test:      ☐ Yes    ☒ No

Extremities:

NA

GU/Rectal:

NA

Neurological:

Client stated having severe panic disorder and Bipolar 1 disorder.

**Musculoskeletal:**

NA

**Mental Status:** Anxious , Lethargic

**Assessment/Plan:**

The client reports suffering from severe panic disorder and Bipolar 1 disorder, resulting in significant mood fluctuations and episodes of intense anxiety. Additionally, the client experiences a loss of appetite, severe fatigue, and body aches, which may be related to their mental health conditions and recent discontinuation of opiates and alcohol. The client is also experiencing cravings and symptoms of Post-Acute Withdrawal Syndrome (PAWS), including emotional instability and physical discomfort. To address these issues, a comprehensive psychiatric evaluation will be conducted to review and optimize medications for panic disorder and Bipolar 1 disorder. The client will be referred to individual therapy, such as Cognitive Behavioral Therapy (CBT) for panic disorder and mood stabilization techniques for Bipolar 1 disorder. Participation in support groups for individuals with similar mental health and substance use issues will be encouraged. For managing PAWS, non-addictive medications will be prescribed to manage cravings and withdrawal symptoms, and a relapse prevention plan will be developed. To address the loss of appetite, small, frequent meals and nutritional supplements will be recommended. Regular, gentle exercise will be encouraged to help alleviate fatigue and body aches. Healthy lifestyle practices, including adequate hydration, a balanced diet, and regular physical activity, will be promoted. Regular follow-up appointments will be scheduled to monitor the client's progress, adjust treatment plans as necessary, and provide ongoing support for both physical and mental health conditions.

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

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Leslie Langley, Doctor (Staff), NPI Number 1255779120, DEA ML3031743, 08/08/2024 05:33 AM

Malia Lethbridge ♀ SIR2024-76

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

Tuberculosis Skin Testing Questionnaire 05/02/2024 01:55 PM

Date/Time: 05/02/2024 01:55 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?

No

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:

Client  
denies

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:

Client  
denies

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.



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Malia Lethbridge (participant), 06/11/2024 11:46 PM

Staff present: Jennifer Rosa, Administrator



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Jennifer Rosa, Administrator (Staff), 07/22/2024 08:41 AM

## Malia Lethbridge ♀ SIR2024-76

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

## Self Preservation Statement 05/02/2024 01:55 PM

**Evaluation Date:** 05/02/2024 01:55 PM

**Note: Each criterion must be met for a Patient to be eligible for services**

- Ambulatory or capable of self-transfer and self-preservation
- Able to participate in and benefit from treatment programming and services
- Able to maintain personal hygiene and grooming with minimal prompting
- Able to express problems and concerns to appropriate persons
- The above named Patient has been assessed by me and I have determined that he / she is capable of self-preservation and does not currently pose a threat of physical harm to self or others

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Jennifer Rosa, Administrator (Staff), 06/11/2024 11:45 PM

**Reviewed by**



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Leslie Langley, Doctor (Review), NPI Number 1255779120, DEA ML3031743, 08/08/2024 05:34 AM

**Malia Lethbridge ♀ SIR2024-76**

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

**Medications Informed Consent 05/02/2024 01:55 PM**

**Date/Time:** 05/02/2024 01:55 PM

**Medications Informed Consent:**

- The risks and benefits of this medication have been explained to me.
- The most common side-effects and adverse reactions have been explained to me.
- I understand that I have the right to accept or refuse the medication.

**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 06/11/2024 01:55 PM:

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LLC



Malia Lethbridge (participant), 06/11/2024 11:33 PM

Staff present: Jennifer Rosa, Administrator



Leslie Langley, Doctor (Staff), NPI Number 1255779120, DEA ML3031743, 08/08/2024 05:33 AM



Malia Lethbridge ♀ SIR2024-76

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

Pre-Admission Assessment 05/02/2024 05:52 PM

Date/Time of Assessment: 05/02/2024 05:52 PM

Race: Other

Marital Status: Single

Number of Marriages:

0

Living Arrangements

With whom does the patient live:

Mother

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? Yes

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:

Has experienced severe depression and anxiety. Gets angry related to her addiction and alcohol abuse. She expresses blacking out waking up not remembering what had happened often.

Contributing Factors Leading to Seeking Treatment:

- Financial Problems
- Deterioration of Health
- Deterioration of Family Relationships

Outpatient Providers

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

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
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Psychiatric Conditions: None

Substance Abuse History

Substance History:

	First Used	Last Used	Frequency/Duration	Amount	Method	Pattern of Use (Episodic, Experimental, Binge, Continued)
Alcohol	16	41	daily	1 bottle	oral	continued
Marijuana	16	41	daily	8th	smoke	continued
Cocaine (Powder)						
Crack Cocaine	17	41	daily	2 grams	smoke	continued
Crystal Meth						

Heroin						
Suboxone/Zubsolv						
Oxycontin	30	41	daily	doesn't remember	oral	continued
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

Yawning , Tremors , Nausea , Sweats , Irritability , Chills , Headache , Restlessness , Cravings, scale::  
8

History of High Risk/Severe Withdrawal Symptoms:

- Shortness of Breath:
- Blackouts:

Neurovegetative Signs and Symptoms

Sleep Patterns:      Good      Fair      Poor  
☐      ☒      ☐

Hours per Night:

4

**Sleep Interruptions:** Night Sweats , Nightmares ,  
Insomnia

**Appetite:** Good Fair Poor  
☐ ☒ ☐

**Unanticipated weight gain?** No

**Unanticipated weight loss?** No

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

**Suicidal/Homicidal Lethality Risk Assessment**

**Suicidal Ideation:** None

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

**Does the Client have a plan?** No

**Past history of suicide attempts?** No

**How was the attempt made?** No attempt

**Homicidal Ideation?** None

**History of Violent Behavior (describe)** None

**Self Abuse History**

**Does patient have a history of self mutilation?** No

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

**Eating Disorders:** None

**Preadmission Mental Status**

**Speech:** Slow/Hesitant

**Judgment:**Fair

**Insight:** Rationalization

**Thought** Preoccupied  
**Process:**

**Memory:** Intact

**Attention:** Distracted

**Affect:** Sad , Anxious

---

**Family History**

**Father:** Alcoholism , Actively Drinking  
**Mother:** Alcoholism , Actively Drinking  
**Siblings:** Alcoholism , Actively Drinking  
**Spouse:** None  
**Children:** None  
**Other:** None

---

**Rationale for Treatment Admission:**

The client presents with a multifaceted clinical profile that includes F10.20 Alcohol use disorder, Severe, F11.20 Opioid use disorder, Severe, F41.0 Panic disorder, F31.5 Bipolar I disorder, Current or most recent episode depressed, With psychotic features. The severity and complexity of these co-occurring disorders have significantly impaired the client's ability to function in daily life.

The client has experienced considerable difficulty in maintaining employment, which has led to financial instability. Additionally, there has been a marked deterioration in their physical health and family relationships. The client's history of substance use has led to past overdoses, highlighting the urgent need for comprehensive and continuous care.

Admission to a PHP level of care is warranted due to the client's high level of impairment and the need for a structured, multidisciplinary approach to address their mental health and substance use disorders. The treatment plan will aim to stabilize the client's mental health symptoms, manage their substance use disorders, and provide the support necessary to rebuild their personal and professional life. Key components of the treatment will include individual and group therapy, medication management, behavioral interventions, and support for rebuilding family relationships and improving overall health.

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Jennifer Rosa, Administrator (Staff), 05/02/2024 06:10 PM

**Reviewed by**



---

Jamila Charles Cometa, LMFT (Review), 08/12/2024 03:46 PM

Malia Lethbridge ♀ SIR2024-76

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

Educational Learning Assessment 05/03/2024

Evaluation Date: 05/03/2024

SECTION A: Educational Learning Assessment

Pre-Treatment Teaching

Did you participate in any pre-treatment education? No

Knowledge of Disease:

Client stated "I obtained a large amount of knowledge regarding the disease of addiction such as triggers, how to identify triggers, the different types of triggers, what healthy coping skills are, how to develop coping skills, and creating a sober support system. I also learned different ways to manage my anxiety, healthy communication techniques, what healthy boundaries are, what healthy relationships consist of, and how to practice self-care to boost my self-esteem. I have some knowledge on relapses due to experiencing my own and now I know how to prevent relapse in the future with the tools I learned."

Client stated "I obtained a large amount of knowledge regarding the disease of addiction such as triggers, how to identify triggers, the different types of triggers, what healthy coping skills are, how to develop coping skills, and creating a sober support system. I also learned different ways to manage my anxiety, healthy communication techniques, what healthy boundaries are, what healthy relationships consist of, and how to practice self-care to boost my self-esteem. I have some knowledge on relapses due to experiencing my own and now I know how to prevent relapse in the future with the tools I learned."

Knowledge: Limited

Barriers To Learning:

- None

Religious/Cultural Practices

Do you have any religious or cultural practices that may alter your care? No

Language/Cognition

Communicate in: English

Reading Ability: Able to

Read

**Reading Preference:** English

---

**Readiness for Learning.**

***Check all that apply:***

- Expresses desire for information

**Individual Educational Needs / Patient & Family.**

***Check all identified needs that apply:***

- Psychiatric Issues: learn more about my diagnoses and how to overcome them
- Community Resources/Support Groups: develop a solid support system

**Preferred Learning Style:**

- Discussions with staff
  - Computer
  - Ask/Answer questions
- 

**SECTION B: Teaching Needs**

***Includes but not limited to the following:***

- Psychiatric Issues Pertaining to Diagnosis
  - Community Resources/Support Groups
  - Medication, including: purpose, dosage, side effects
  - Relapse Prevention
  - Stress Management
- 

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Jennifer Rosa, Administrator (Staff), 07/22/2024 09:14 AM

Malia Lethbridge ♀ SIR2024-76

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

Fagerstrom Test for Nicotine Dependence 05/03/2024 09:04 AM

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

Date/Time: 05/03/2024 09:04 AM

1. How soon after you wake up do you smoke your first cigarette? Within 5 minutes (3)

(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)

(No = 0; Yes = 1)

3. Which cigarette would you hate most to give up? Any other than the first one in the morning (0)

(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? 11 to 20 (1)

(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)

(No = 0; Yes = 1)

6. Do you smoke even if you are so ill that you are in bed most of the day? Yes (1)

(No = 0; Yes = 1)

Total Score: (5)

Your level of dependency on nicotine is:

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



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☐ Score 8+: High dependence

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*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*

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Malia Lethbridge (participant), 07/22/2024 09:15 AM

Staff present: Jennifer Rosa, Administrator



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Jennifer Rosa, Administrator (Staff), 07/22/2024 09:16 AM

Malia Lethbridge ♀ SIR2024-76

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

Clinical Individualized Treatment Plan - Bipolar Disorder 05/03/2024 09:40 AM

Date Established: 05/03/2024 09:40 AM

Problem (in patient's own words):

Client stated "My bipolar disorder has made doing anything in my life very difficult since I never know when I'll have a mood swing."

Modality: Clinical

Problem: Bipolar Disorder

Goal 1

Achieve controlled behavior, moderated mood, more deliberative speech and thought process, and a stable daily activity pattern.



Objective 1

Identify and replace thoughts and behaviors that trigger manic or depressive symptoms.

Plan 1

Assign the client a homework exercise in which he/she identifies self-talk reflective of mania, biases in the self-talk, and alternatives (or assign "Journal and Replace Self-Defeating Thoughts" in the Adult Psychotherapy Homework Planner by Jongsma); review and reinforce success, providing corrective feedback toward improvement.

Plan Status

Target date	Status	Date/Comment	By	Signature
05/10/2024	Open		Jennifer Rosa, Administrator	 Malia Lethbridge, 07/22/2024 11:41 AM
05/17/2024	Extended		Jennifer Rosa, Administrator	 Malia Lethbridge, 07/22/2024 11:52 AM



Malia Lethbridge, 07/22/2024

05/24/2024 Extended

Jennifer Rosa, Administrator 07/22/2024 11:52 AM



Malia Lethbridge, 07/22/2024

05/31/2024 Extended

Jennifer Rosa, Administrator 07/22/2024 11:52 AM



Malia Lethbridge, 07/22/2024

06/07/2024 Extended

Jennifer Rosa, Administrator 07/22/2024 11:52 AM



Malia Lethbridge, 07/22/2024

06/14/2024 Extended

Jennifer Rosa, Administrator 07/22/2024 11:52 AM



Malia Lethbridge, 07/22/2024

06/21/2024 Extended

Jennifer Rosa, Administrator 07/22/2024 11:52 AM



Malia Lethbridge, 07/22/2024

06/28/2024 Extended

Jennifer Rosa, Administrator 07/22/2024 11:52 AM



Malia Lethbridge, 07/22/2024

07/05/2024 Extended

Jennifer Rosa, Administrator 07/22/2024 11:52 AM



Malia Lethbridge, 07/22/2024

07/12/2024 Extended

Jennifer Rosa, Administrator 07/22/2024 11:52 AM



Malia Lethbridge, 07/22/2024

07/19/2024 Extended

Jennifer Rosa, Administrator 07/22/2024 11:52 AM



07/26/2024 Extended

Jennifer Rosa, Administrator 07/22/2024

Malia Lethbridge, 07/22/2024  
11:52 AM

Plan 2

Use cognitive therapy techniques to explore and educate the client about cognitive biases that trigger his/her elevated or depressive mood (see Cognitive Therapy for Bipolar Disorder by Lam, Jones, and Hayward).

Plan Status

Target date Status

Date/Comment

By

Signature



05/10/2024 Open

Jennifer Rosa, Administrator 07/22/2024

Malia Lethbridge, 07/22/2024  
11:41 AM



05/17/2024 Extended

Jennifer Rosa, Administrator 07/22/2024

Malia Lethbridge, 07/22/2024  
11:52 AM



05/24/2024 Extended

Jennifer Rosa, Administrator 07/22/2024

Malia Lethbridge, 07/22/2024  
11:52 AM



05/31/2024 Extended

Jennifer Rosa, Administrator 07/22/2024

Malia Lethbridge, 07/22/2024  
11:52 AM



06/07/2024 Extended

Jennifer Rosa, Administrator 07/22/2024

Malia Lethbridge, 07/22/2024  
11:52 AM



06/14/2024 Extended

Jennifer Rosa, Administrator 07/22/2024

Malia Lethbridge, 07/22/2024  
11:52 AM



06/21/2024 Extended

Jennifer Rosa, Administrator 07/22/2024

Malia Lethbridge, 07/22/2024  
11:52 AM



06/28/2024 Extended

Jennifer Rosa, Administrator 07/22/2024

Malia Lethbridge, 07/22/2024  
11:52 AM

07/05/2024 Extended

Jennifer Rosa, Administrator 07/22/2024



Malia Lethbridge, 07/22/2024  
11:52 AM

07/12/2024 Extended

Jennifer Rosa, Administrator 07/22/2024



Malia Lethbridge, 07/22/2024  
11:52 AM

07/19/2024 Extended

Jennifer Rosa, Administrator 07/22/2024



Malia Lethbridge, 07/22/2024  
11:52 AM

07/26/2024 Extended

Jennifer Rosa, Administrator 07/22/2024



Malia Lethbridge, 07/22/2024  
11:52 AM

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.

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Malia Lethbridge (participant), 07/22/2024 11:49 AM

Staff present: Jennifer Rosa, Administrator



Jamila Charles Cometa, LMFT (Staff), 08/12/2024 03:41 PM

Malia Lethbridge ♀ SIR2024-76

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

Trauma Assessment 05/03/2024 12:46 PM

Date/Time: 05/03/2024 12:46 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?

0 False (0)
4. Do you regularly experience intrusive thoughts or images about the traumatic event?

0 False (0)
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?

0 False (0)
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?

0 False (0)
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?

0 False (0)

13. Since the trauma took place, do you have difficulty experiencing or showing emotions?

0 False (0)
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?

0 False (0)
16. Have you felt irritable or have you had outbursts of anger?

0 False (0)
17. Have you had difficulty concentrating, since the trauma?

0 False (0)
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?

0 False (0)
21. Have you been experiencing symptoms for more than one month?

0 False (0)
22. Do your symptoms interfere with normal routines, work or school, or social activities?

0 False (0)
23. Do your symptoms interfere with ability to stay sober/clean?

0 False (0)

Score: (0)

- 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)**

The client scored a 0 on the clinical trauma assessment, indicating no reported symptoms of trauma. Given this, the current treatment plan should continue to focus on any existing mental health, physical health, or substance use issues the client may have. Regular follow-up appointments will be scheduled to monitor the client's overall progress and address any new concerns. It is important to periodically reassess for any emerging trauma symptoms, especially if the client's situation changes or if they begin to exhibit signs of distress in the future. Educating the client on the signs and symptoms of trauma is also recommended, ensuring they are aware and can seek help if needed.

Since the client does not exhibit trauma-related symptoms, no immediate referral to trauma-specific services is necessary. However, referrals should be made for any other specialized care the client may need, such as therapy for anxiety or depression. The absence of trauma symptoms suggests a more favorable prognosis for recovery from other conditions, as trauma-related issues will not complicate the treatment process. This allows for a more focused and streamlined approach to the client's existing conditions. While the client does not currently report trauma symptoms, it is important to remain vigilant

Malia Lethbridge MR SIR2024-76 DOB: 05/28/1982 Female Connecticare F10.20 Alcohol use disorder, Severe,F11.20 Opioid use disorder, Severe,F41.0 Panic disorder,F31.5 Bipolar I disorder, Current or most recent episode depressed, With psychotic features

and responsive to any future signs of trauma, ensuring timely intervention if needed. By maintaining this vigilant and supportive approach, we can ensure that the client receives comprehensive care tailored to their current needs, while being prepared to address any new concerns that may arise.

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Malia Lethbridge (participant), 07/22/2024 09:17 AM

Staff present: Jennifer Rosa, Administrator



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Jamila Charles Cometa, LMFT (Staff), 08/12/2024 03:44 PM



Malia Lethbridge ♀ SIR2024-76

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

Bio-psychosocial Assessment 05/04/2024 09:17 AM

Date/Time: 05/04/2024 09:17 AM

I. SOCIAL AREA

A. Family of Origin

1. Where were you raised and by whom?

by both parents and family

2. Do you have any siblings? ☒ None

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

every body got along

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

my mother she was some one i can always talk to.

5. Is there any history of the following:

Mother: Substance Abuse

Father: Substance Abuse

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? No

2. Do you use prayer/meditation? No

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

II. LEGAL HISTORY

1. Is Client currently involved in the Criminal Justice System? No

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

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

3. Do you currently owe any No

restitution?

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?

high school

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): ☒ None

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: ☒ None

Additional information / comments concerning Educational / Vocational Issues: None

IV. SEXUAL / ABUSE / TRAUMA HISTORY

Describe your present sexual orientation:

straight

**Check all that apply:**

For all checked, describe below.

- 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 i wont allow it.

**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:

- **NO.** If NO, referral is to be made and problem is to be deferred on Problem List.

V. LEISURE/RECREATIONAL ACTIVITIES

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

hiking, book club and bird feeding

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

it takes up most and all of my time.

Money , Lack of time

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):

homeless living in car.

VII. CURRENT FINANCIAL STATUS

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

did what ever i could steal, and sell what i stole for money or drugs.

VIII. CONSEQUENCES OF ADDICTION

1. Describe client's consequences of addiction:

its taken its toll on my body.	Physical
hopeless	Emotional
higher power/ meditate	Spiritual
values, and morrals	Value System
not in the system	Legal
no job or money	Financial
anti social	Social
anxious always	Mental
depressed	Behavioral

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	16	41	daily	1 bottle	oral	continued
Marijuana	16	41	daily	8th	smoke	continued

Cocaine (Powder)						
Crack Cocaine	17	41	daily	2 grams	smoke	continued
Crystal Meth						
Heroin						
Suboxone/Zubsolv						
Oxycontin	30	41	daily	doesn't remember	oral	continued
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	Alcohol	Beer
Secondary	Cannabis	Marijuana, smoked
Tertiary	Opiates/Opioids	Fentanyl

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

9

Treatment History

Number of Times:

0

Previous Treatment: ☒ None

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

no experience in the rooms of AA.

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

i was dealing with allot my cat died and i felt alone and numb needed to feel alive again.

X. TREATMENT ACCEPTANCE / RESISTANCE DIMENSION

1. Describe your external motivation for Treatment?

I feel like if I don't stop soon I'm going to die.

2. Describe your internal motivation for Treatment? None

3. Relapse/Continued Use Potential

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

**Client's Weaknesses:** Poor impulse control , Poor motivation

**Barriers to Treatment:** Medical condition , 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? Yes
4. What strengths do you have that will assist you in regards to recovery?  
my book club all the lady's are sober and there very supportive of me.
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?  
yes they see me Dien soon if i don't stop.
2. Has any family member / significant other attempted to address/intervene in Client's behavior and/or usage? ☒ Yes ☐ No

**Why or Why Not?**

they saw first hand how bad i got and how i was falling asleep every were. (nooding)

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? No
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.*

The client presents with a complex clinical profile that includes F10.20 Alcohol use disorder, Severe, F11.20 Opioid use disorder, Severe, F41.0 Panic disorder, F31.5 Bipolar I disorder, Current or most recent episode depressed, With psychotic



features. The client reports that spirituality is a crucial aspect of their identity, but their addiction has significantly strained their spiritual beliefs and practices. This conflict between their addiction and spirituality exacerbates feelings of guilt, shame, and worthlessness, further impacting their mental health.

The client's severe anxiety, depressive symptoms, and multiple substance use disorders necessitate a comprehensive and integrated treatment approach. The impact of their strained spirituality on their mental health cannot be overlooked, as it plays a significant role in their overall well-being. It is essential to integrate spiritual support into the treatment plan to address this strain effectively. Referrals to faith-based counseling, spiritual advisors, or religious support groups that align with the client's beliefs are recommended. These interventions can help the client reconcile their spiritual beliefs with their recovery process and alleviate the associated guilt and shame.

Potential barriers to treatment include the client's feelings of guilt and shame, which may hinder their engagement in therapy and self-help groups. Addressing these barriers through a sensitive and inclusive approach is crucial. The client may benefit from affiliation with spiritually-oriented self-help groups, such as Alcoholics Anonymous (AA) or other faith-based recovery programs. These groups often integrate spiritual principles and can provide a supportive community that resonates with the client's values.

Further assessments are needed to fully understand the extent of the client's spiritual distress and its impact on their mental health and recovery. This includes a spiritual assessment to evaluate the client's spiritual beliefs and practices, a trauma assessment to explore the depth and impact of past trauma, and a dual diagnosis assessment to ensure a coordinated treatment approach for their multiple psychiatric diagnoses and substance use disorders.

In summary, the client's clinical picture requires a multifaceted treatment plan that integrates mental health care, substance use disorder treatment, and spiritual support. By addressing the strain on their spirituality and leveraging their spiritual beliefs as a source of strength and resilience, we can support the client's holistic recovery process and help them reclaim their spiritual well-being.

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## XII. ASSESSMENT OF MENTAL STATUS DURING INTERVIEW

**APPEARANCE:** Clean/neat

**AFFECT:** Flat

**MOOD:** Depressed , Anxious

**BEHAVIOR:** Cooperative

**ORIENTATION:** Person , Time , Place

**INSIGHT:** Fair

**JUDGMENT:** Mature

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## 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:** 2 – Moderately (2)

**MEDICAL:** 1 – Slightly (1)

**EMPLOYMENT:** 1 – Slightly (1)

**PEER SUPPORT:** 2 – Moderately (2)

**DRUG/ALCOHOL USAGE:** 3 – Considerably (3)

**LEGAL:** 0 – Not at all (0)

**FAMILY/SOCIAL:** 2 – Moderately (2)

**PSYCHIATRIC - MENTAL HEALTH:** 3 – Considerably (3)

**TOTAL SCORE:** (14)

**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:**

The client presents with a complex clinical profile characterized by multiple co-occurring disorders, including F10.20 Alcohol use disorder, Severe, F11.20 Opioid use disorder, Severe, F41.0 Panic disorder, F31.5 Bipolar I disorder, Current or most recent episode depressed, With psychotic features. Given the client's rating of 14 on the Biopsychosocial assessment, indicating considerable impairment, admission to an outpatient mental health facility is warranted.

The severity of the client’s anxiety and depressive symptoms, combined with the impact of their substance use disorders, has significantly impaired their daily functioning and overall quality of life. The client’s spiritual distress further complicates their clinical picture, as their addiction has strained their spiritual beliefs, exacerbating feelings of guilt, shame, and worthlessness. Addressing these spiritual concerns is crucial for a holistic approach to their recovery.

An outpatient mental health facility can provide the structured, comprehensive, and integrated care necessary to address the client's complex needs. The treatment plan should include mental health care through individual and group counseling to address anxiety, depression, and trauma-related symptoms using evidence-based therapies such as Cognitive Behavioral Therapy (CBT) and mindfulness techniques. Additionally, integrated treatment for substance use disorders, including medication management, relapse prevention strategies, and behavioral interventions tailored to the client's specific needs, is essential.

Incorporating spiritual support into the treatment plan through referrals to faith-based counseling, spiritual advisors, and religious support groups that align with the client's beliefs will help address the spiritual strain and provide a supportive community. Addressing potential barriers to treatment, such as feelings of guilt and shame, through a sensitive and inclusive approach, is critical to enhance the client’s engagement in therapy and self-help groups. Encouraging participation in spiritually-oriented self-help groups, such as Alcoholics Anonymous (AA) or other faith-based recovery programs, can provide additional support and reinforce spiritual principles in recovery.

Further assessments, including a spiritual assessment to evaluate the extent of the client's spiritual distress, a trauma assessment to explore the impact of past trauma, and a dual diagnosis assessment to ensure a coordinated treatment approach for the client's multiple psychiatric diagnoses and substance use disorders, are necessary.

The considerable impairment indicated by the client's assessment score highlights the necessity for an intensive and multi-dimensional treatment plan that addresses both their mental health and substance use issues, as well as their spiritual well-being. This level of care is essential to provide the intensive support and structured environment required for the client's holistic recovery, ultimately improving their overall functioning and quality of life.

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#### **REASON FOR TREATMENT AT THIS TIME / GOAL FOR TREATMENT:**

The client seeks treatment due to the considerable impairment caused by their complex clinical profile, which includes F10.20 Alcohol use disorder, Severe, F11.20 Opioid use disorder, Severe, F41.0 Panic disorder, F31.5 Bipolar I disorder, Current or most recent episode depressed, With psychotic features. These disorders have significantly impacted the client's daily functioning, quality of life, and ability to maintain healthy relationships. The client experiences severe anxiety, depressive symptoms, and substantial spiritual distress, with their addiction straining their spiritual beliefs and practices, leading to feelings of guilt, shame, and worthlessness. The primary goal of treatment is to stabilize the client's mental health symptoms and address their substance use disorders through a comprehensive and integrated approach. This includes achieving sobriety, reducing anxiety and depressive symptoms, and reconnecting with their spirituality in a healthy and supportive manner. Specific goals encompass mental health stabilization through individual and group counseling using evidence-based therapies such as Cognitive Behavioral Therapy (CBT) and mindfulness techniques, achieving and maintaining sobriety through medication management, relapse prevention strategies, and behavioral interventions, and rebuilding and strengthening spiritual beliefs and practices with spiritual support. Addressing emotional barriers to engagement in therapy and self-help groups, leveraging support from spiritually-oriented self-help groups like Alcoholics Anonymous (AA), and conducting further assessments to tailor the treatment plan are also essential. The client's overall goal is to achieve a holistic recovery that integrates mental health care, substance use disorder treatment, and spiritual support, ultimately improving their daily functioning, quality of life, and sense of spiritual well-being.

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#### **INTEGRATED DIAGNOSTIC SUMMARY/CLINICAL IMPRESSION:**

The client presents with a complex clinical profile characterized by F10.20 Alcohol use disorder, Severe, F11.20 Opioid use disorder, Severe, F41.0 Panic disorder, F31.5 Bipolar I disorder, Current or most recent episode depressed, With psychotic features. These co-occurring disorders have led to significant impairment in the client's daily functioning, quality of life, and ability to maintain healthy relationships. The client experiences severe anxiety and depressive symptoms, compounded by substantial spiritual distress. Their addiction has created a significant strain on their spiritual beliefs and practices, exacerbating feelings of guilt, shame, and worthlessness. Given the client's rating of 14 on the Biopsychosocial assessment, indicating considerable impairment, outpatient mental health treatment is deemed necessary. The client's primary goal is to stabilize their mental health symptoms and address their substance use disorders through a comprehensive and integrated approach, aiming for sobriety, symptom reduction, and spiritual reconnection. This treatment plan will include mental health stabilization through individual and group counseling using evidence-based therapies such as Cognitive Behavioral Therapy (CBT) and mindfulness techniques, integrated substance use disorder treatment with medication management and behavioral interventions, and spiritual support via faith-based counseling and self-help groups like Alcoholics Anonymous (AA). Addressing emotional barriers such as guilt and shame, and conducting further assessments including spiritual, trauma, and dual diagnosis assessments, are critical components of the client's holistic recovery plan. By addressing the client's mental health and substance use issues, while leveraging their spiritual beliefs as a source of strength, we aim to support their comprehensive recovery and improve their overall quality of life.

#### **Diagnosis:**

##### Diagnoses

F10.20 Alcohol use disorder, Severe,F11.20 Opioid use disorder, Severe,F41.0 Panic disorder,F31.5 Bipolar I disorder, Current or most recent episode depressed, With psychotic features

List Problems Identified in Bio-Psychosocial:

Total Problems: 3

Problem	Status	Behavioral Definition/As evidenced by
Bipolar Disorder	Active	<ul style="list-style-type: none"><li>Engages in impulsive activities that are potentially self-damaging (e.g., buying sprees, sexual acting out, foolish business investments).</li><li>Impulsively uses drugs or alcohol without regard to the negative consequences.</li></ul>
Antisocial Behavior	Active	<ul style="list-style-type: none"><li>Consistently blames other people for his/her own problems and behaviors.</li><li>Verbalizes a lack of empathy for the feelings of others, even if they are friends or family.</li></ul>
Substance Use Disorders	Active	<ul style="list-style-type: none"><li>Continues substance use despite knowledge of experiencing persistent physical, legal, financial, vocational, social, and/or relationship problems that are directly caused by the use of the substance.</li><li>Reports suspension of important social, recreational, or occupational activities because they interfere with using.</li></ul>

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

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4. Have there been any traumatic events in the family or specific to the Client? No



Jennifer Rosa, Administrator (Staff), 06/12/2024 12:11 AM

Reviewed by



Jamila Charles Cometa, LMFT (Review), 08/12/2024 03:46 PM

Malia Lethbridge ♀ SIR2024-76

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

Problem List 05/04/2024 09:40 AM

Date of Service: 05/04/2024 09:40 AM

Problem List: Total Problems: 4

Problem	Status	Behavioral Definition/As evidenced by
Substance Use Disorders	Active	<ul style="list-style-type: none"><li>Continues substance use despite knowledge of experiencing persistent physical, legal, financial, vocational, social, and/or relationship problems that are directly caused by the use of the substance.</li><li>Reports suspension of important social, recreational, or occupational activities because they interfere with using.</li></ul>
Bipolar Disorder	Active	<ul style="list-style-type: none"><li>Engages in impulsive activities that are potentially self-damaging (e.g., buying sprees, sexual acting out, foolish business investments).</li><li>Impulsively uses drugs or alcohol without regard to the negative consequences.</li></ul>
Anxiety	Active	<ul style="list-style-type: none"><li>Abuses substances in an attempt to control anxiety symptoms.</li><li>Excessive and/or unrealistic worry that is difficult to control, occurring more days than not for at least 6 months about a number of events or activities.</li></ul>
Antisocial Behavior	Deferred	<ul style="list-style-type: none"><li>N/A</li></ul>

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Jennifer Rosa, Administrator (Staff), 07/22/2024 09:42 AM

Malia Lethbridge ♀ SIR2024-76

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

Clinical Individualized Treatment Plan - Substance Use Disorders 05/04/2024 09:41 AM

Date Established: 05/04/2024 09:41 AM

Problem (in patient's own words):

Client stated "I want to continue learning how to stay sober and deal with difficult problems, without using drugs."

Modality: Clinical

Problem: Substance Use Disorders

Goal 1

Improve quality of life by maintaining an ongoing abstinence from all mood-altering chemicals.


Objective 1

Implement relapse prevention strategies for managing possible future situations with high risk for relapse.

Plan 1

Discuss with the client the distinction between a lapse and relapse, associating a lapse with an initial, temporary, and reversible use of a substance and relapse with the decision to return to a repeated pattern of abuse.


Plan Status

Target date	Status	Date/Comment	By	Signature
05/10/2024	Open		Jennifer Rosa, Administrator	
				Malia Lethbridge, 07/22/2024 09:43 AM

Plan 2

Request that the client identify feelings, behaviors, and situations that place him/her at a higher risk for gambling and/or substance abuse (or assign "Relapse Triggers" in the Adult Psychotherapy Homework Planner by Jongsma).

Plan Status

Target date	Status	Date/Comment	By	Signature
05/10/2024	Open		Jennifer Rosa, Administrator	
				Malia Lethbridge, 07/22/2024 09:43 AM

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.

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Malia Lethbridge (participant), 07/22/2024 09:44 AM

Staff present: Jennifer Rosa, Administrator



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Jamila Charles Cometa, LMFT (Staff), 08/12/2024 03:41 PM

Malia Lethbridge ♀ SIR2024-76

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

Clinical Individualized Treatment Plan - Anxiety 05/04/2024 09:41 AM

Date Established: 05/04/2024 09:41 AM

Problem (in patient's own words):

Client stated "I want to gain the ability to cope with my anxiety without feeling the need to abuse drugs as a way to manage."

Modality: Clinical  
Problem: Anxiety

Goal 1

Stabilize anxiety level while increasing ability to function on a daily basis.




Objective 1

Learn and implement calming skills to reduce overall anxiety and manage anxiety symptoms.

Plan 1

Assign the client homework each session in which he/she practices relaxation exercises daily, gradually applying them progressively from non-anxiety-provoking to anxiety-provoking situations; review and reinforce success while providing corrective feedback toward improvement.

Plan Status

Target date	Status	Date/Comment	By	Signature
05/10/2024	Open		Jennifer Rosa, Administrator	 Malia Lethbridge, 07/22/2024 11:26 AM
05/17/2024	Extended		Jennifer Rosa, Administrator	 Malia Lethbridge, 07/22/2024 11:39 AM
05/24/2024	Extended		Jennifer Rosa, Administrator	 Malia Lethbridge, 07/22/2024 11:39 AM





05/31/2024	Extended	Jennifer Rosa, Administrator 07/22/2024	<div><hr/>Malia Lethbridge, 07/22/2024 11:39 AM</div>
06/07/2024	Extended	Jennifer Rosa, Administrator 07/22/2024	<div><hr/>Malia Lethbridge, 07/22/2024 11:39 AM</div>
06/14/2024	Extended	Jennifer Rosa, Administrator 07/22/2024	<div><hr/>Malia Lethbridge, 07/22/2024 11:39 AM</div>
06/21/2024	Extended	Jennifer Rosa, Administrator 07/22/2024	<div><hr/>Malia Lethbridge, 07/22/2024 11:39 AM</div>
07/19/2024	Extended	Jennifer Rosa, Administrator 07/22/2024	<div><hr/>Malia Lethbridge, 07/22/2024 11:39 AM</div>
07/26/2024	Extended	Jennifer Rosa, Administrator 07/22/2024	<div><hr/>Malia Lethbridge, 07/22/2024 11:39 AM</div>

Plan 2

Teach the client relaxation skills (e.g., progressive muscle, guided imagery, slow diaphragmatic breathing) and how to discriminate better between relaxation and tension; teach the client how to apply these skills to his/her daily life (e.g., New Directions in Progressive Muscle Relaxation by Bernstein, Borkovec, and Hazlett-Stevens; Treating GAD by Rygh and Sanderson).

Plan Status

Target date	Status	Date/Comment	By	Signature
05/10/2024	Open	Jennifer Rosa, Administrator 07/22/2024		
				<hr/> Malia Lethbridge, 07/22/2024 11:26 AM
05/17/2024	Extended	Jennifer Rosa, Administrator 07/22/2024		
				<hr/> Malia Lethbridge, 07/22/2024 11:39 AM

05/24/2024 Extended	Jennifer Rosa, Administrator 07/22/2024	 Malia Lethbridge, 07/22/2024 11:39 AM
05/31/2024 Extended	Jennifer Rosa, Administrator 07/22/2024	 Malia Lethbridge, 07/22/2024 11:39 AM
06/07/2024 Extended	Jennifer Rosa, Administrator 07/22/2024	 Malia Lethbridge, 07/22/2024 11:39 AM
06/14/2024 Extended	Jennifer Rosa, Administrator 07/22/2024	 Malia Lethbridge, 07/22/2024 11:39 AM
06/21/2024 Extended	Jennifer Rosa, Administrator 07/22/2024	 Malia Lethbridge, 07/22/2024 11:39 AM
06/28/2024 Extended	Jennifer Rosa, Administrator 07/22/2024	 Malia Lethbridge, 07/22/2024 11:39 AM
07/05/2024 Extended	Jennifer Rosa, Administrator 07/22/2024	 Malia Lethbridge, 07/22/2024 11:39 AM
07/12/2024 Extended	Jennifer Rosa, Administrator 07/22/2024	 Malia Lethbridge, 07/22/2024 11:39 AM
07/19/2024 Extended	Jennifer Rosa, Administrator 07/22/2024	 Malia Lethbridge, 07/22/2024 11:39 AM
07/26/2024 Extended	Jennifer Rosa, Administrator 07/22/2024	 Malia Lethbridge, 07/22/2024 11:39 AM

Malia Lethbridge MR SIR2024-76 DOB: 05/28/1982 Female Connecticare F10.20 Alcohol use disorder, Severe,F11.20 Opioid use disorder, Severe,F41.0 Panic disorder,F31.5 Bipolar I disorder, Current or most recent episode depressed, With psychotic features

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.

---

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Malia Lethbridge (participant), 07/22/2024 11:30 AM

Staff present: Jennifer Rosa, Administrator



---

Jamila Charles Cometa, LMFT (Staff), 08/12/2024 03:41 PM

Malia Lethbridge ♀ SIR2024-76

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

Completed Group Sessions

Saturday, Jun 1, 2024

Process Group 09:00 AM PDT by Jennifer Rosa, Administrator

Status: attended Start: 06/01/2024 09:00 AM PDT - End: 06/01/2024 10:30 AM Duration: 01:30 PDT

Attendees: 26 Absent: 0

Topic
Process Group
Individual Assessment/Intervention
Today's session focused on developing effective coping skills. Participants identified personal stressors and explored various coping strategies such as deep breathing, journaling, and physical activity. We discussed the importance of emotional regulation and self-care. Interactive exercises allowed clients to practice these techniques in real-time. The group demonstrated significant progress in adopting healthier coping mechanisms and showed a strong commitment to implementing these skills in their daily lives.
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), 06/11/2024 07:06 PM

## Malia Lethbridge ♀ SIR2024-76

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

## COLUMBIA-SUICIDE SEVERITY RATING SCALE (C-SSRS) 06/11/2024

Date: 06/11/2024

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### 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 at[atgmurphy@mhaofnyc.org](mailto:atgmurphy@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)

Treatment  
History

- Not receiving treatment

Other Risk Factors n/a

Clinical Status (Recent)

- Hopelessness
- Substance abuse or dependence

Protective Factors (Recent)

- Identifies reasons for living

Other Protective  
Factors n/a

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

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? No

Lifetime: Time He/She Felt Most Suicidal No

Past 1 Month No

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? No

Lifetime: Time He/She Felt Most Suicidal No

Past 1 Month No

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? No

Lifetime: Time He/She Felt Most Suicidal No

Past 1 Month No

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? None

Lifetime: Time He/She Felt Most Suicidal No

Past 1 Month No

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?

None

Lifetime: Time He/She Felt Most Suicidal No

Past 1 Month No

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**

1  
**Description of Ideation**

NA  
**Recent – Most Severe Ideation**

1  
**Description of Ideation**

NA

---

**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

Most Severe - Lifetime (indicate number): 1 , Most Severe – Past 1 Month (indicate number): 1

---

**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

Most Severe - Lifetime (indicate number): 1 , Most Severe – Past 1 Month (indicate number): 1

---

**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

Most Severe - Lifetime (indicate number): 1 , Most Severe – Past 1 Month (indicate number):

1

---

### 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

Most Severe - Lifetime (indicate number): 1 , Most Severe – Past 1 Month (indicate number):

1

---

### 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

Most Severe - Lifetime (indicate number): 1 , Most Severe – Past 1 Month (indicate number):

1

---

### 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? No

Have you made a suicide attempt? No

Have you made a suicide attempt? No

What did you do? No

Did you \_\_\_\_\_ as a way to end your life No

Did you want to die (even a little) when you \_\_\_\_\_? No

Were you trying to end your life when you \_\_\_\_\_? No

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

No

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)

No

Lifetime No

Past 3 Months No

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

Lifetime No

Past 3 Months No

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?**

No

**Lifetime** No

**Past 3 Months** No

---

**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?**

No

**Lifetime** No

**Past 3 Months** No

---

**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)?**

No

**Lifetime** No

**Past 3 Months** No

---

**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

Most Recent Attempt/Enter Code: 0 , Most Lethal Attempt/Enter Code: 0 , Initial/First Attempt/Enter Code: 0

---

**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

Most Recent Attempt/Enter Code: 0 , Most Lethal Attempt/Enter Code: 0 , Initial/First Attempt/Enter Code: 0

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Jennifer Rosa, Administrator (Staff), 06/12/2024 12:15 AM

**Reviewed by**



Jamila Charles Cometa, LMFT (Review), 08/12/2024 03:41 PM

Malia Lethbridge ♀ SIR2024-76

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

Screen - Nutritional 06/11/2024

Evaluation Date: 06/11/2024

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

Burger and fries.

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

Is there any history of an eating disorder? No

Allergies:

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

Please select the appropriate response to each item:

- Eats fewer than 2 meals per day:No Problem (0) (0)
- Eats few fruits, vegetables, or milk products:No Problem (0) (0)
- Has tooth or mouth problems that make it hard to eat:No Problem (0) (0)
- Eats alone most of the time:Occasional Problem (1) (1)
- Complains of being thirsty all the time:No Problem (0) (0)

Gastrointestinal Problems:

- Chronic Diarrhea:No Problem (0) (0)
- Constipation:No Problem (0) (0)
- Nausea/Vomiting:No Problem (0) (0)
- Frequent Reflux/Indigestion:No Problem (0) (0)

Hx. Non-Compliance with Therapeutic Diet:No (0) (0)

**Current Eating Disorder:** No (0) (0)

**Knowledge Deficit of Therapeutic Diet and/or Needs, or Patient requires further nutritional education:** No (0) (0)

**Appetite:** Fair (1) (1)

---

**TOTAL SCORE:** (2)

**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:** No

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Jennifer Rosa, Administrator (Staff), 06/11/2024 11:42 PM

Malia Lethbridge ♀ SIR2024-76

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

Spiritual Assessment 06/11/2024

Date: 06/11/2024

*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?

my sobriety and my home group

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

serenity prayer and all my relapse prevention tools.

3. What sustains you and keeps you going?

another day alive

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?

- Loving

C. SPIRITUAL MEANING AND VALUES

1. Do you follow any spiritual path or practice?

not of late

2. What significant spiritual experiences have you had?

I've experienced a GOD shot.

D. PRAYER/MEDITATE EXPERIENCES

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

2. When do you pray or meditate?

- Daily

E. FAITH AND BELIEFS

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

2. What are your spiritual or religious beliefs?

i know there's good and evil.

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

Everything happens for a reason and that GOD puts ppl in your life to teach u lesons in life.

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?

very much so wen I'm feeling down or in my feelings i open the big book and there's a passage in the book that brings my spirit back up.

G. COMMUNITY

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

Explain:

I'm sure there are local AA/NA meetings where I'm going next

Spiritual Assesment Summary

The client indicates a strong sense of spirituality, affirming a belief in a higher power and regular engagement in meditation or prayer. This spiritual orientation can be a significant resource in their overall well-being and recovery process. The client's spiritual practices provide a sense of purpose, hope, and resilience, which can positively impact their mental and emotional health. Recognizing the client's spirituality, it is recommended to integrate their beliefs and practices into the treatment plan. This might involve encouraging the continuation of meditation or prayer as a coping strategy and exploring any additional spiritual resources or community support that align with the client's beliefs.



Malia Lethbridge MR SIR2024-76 DOB: 05/28/1982 Female Connecticare F10.20 Alcohol use disorder, Severe,F11.20 Opioid use disorder, Severe,F41.0 Panic disorder,F31.5 Bipolar I disorder, Current or most recent episode depressed, With psychotic features



---

Jennifer Rosa, Administrator (Staff), 06/12/2024 12:25 AM

Malia Lethbridge ♀ SIR2024-76

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

Initial Aftercare Plan 06/11/2024

Date: 06/11/2024

1) After treatment I will

- Attend a halfway house

2) After treatment I will

- Attend an intensive outpatient or outpatient program

3) I want to develop \_\_\_\_\_ in treatment

- Daily Schedule

4) I need help with

- Employment
- Education
- Aftercare

5) Therapeutic Resources

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Malia Lethbridge (participant), 06/12/2024 12:18 AM

Staff present: Jennifer Rosa, Administrator

Malia Lethbridge MR SIR2024-76 DOB: 05/28/1982 Female Connecticare F10.20 Alcohol use disorder, Severe,F11.20 Opioid use disorder, Severe,F41.0 Panic disorder,F31.5 Bipolar I disorder, Current or most recent episode depressed, With psychotic features



---

Jennifer Rosa, Administrator (Staff), 07/22/2024 09:00 AM

Malia Lethbridge ♀ SIR2024-76

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

Screen - Pain 06/11/2024 01:55 PM

Evaluation Date: 06/11/2024 01:55 PM

PAIN SCREEN

1. Do you currently have any physical pain?

No
2. Within the past two weeks, have you taken any medications or treatments to control pain?

No
3. Have you had any significant, reoccurring, or chronic physical pain in the last six months that has not been resolved?

No

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

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Jennifer Rosa, Administrator (Staff), 06/11/2024 11:44 PM

Malia Lethbridge ♀ SIR2024-76

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

Initial Psychiatric Evaluation 06/11/2024 01:55 PM

Start and End Time:	Start time	End time
	06/11/2024	
	01:55 PM	

I. Identifying Information:

Admit Date/Time: 05/01/2024 12:00 AM

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 06/11/2024 01:55 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

F10.20 Alcohol use disorder, Severe,F11.20 Opioid use disorder, Severe,F41.0 Panic disorder,F31.5 Bipolar I disorder, Current or most recent episode depressed, With psychotic features

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.

---

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## **Malia Lethbridge ♀ SIR2024-76**

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

### **Step Into Recovery Centers INC**

#### **Assignment of Benefits / Release of Medical Information**

I hereby authorize and request that payment of benefits by my Insurance Company(s), Connecticare, be made directly to Step Into Recovery Centers INC 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 Centers INC 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 Centers INC. Such disclosure shall be for reimbursement purposes for those services received.

I hereby release Step Into Recovery Centers INC 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 Centers INC 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 Centers INC is acting in filing for insurance benefits assigned to Step Into Recovery Centers INC 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 Centers INC for billing and collection purposes.
- Step Into Recovery Centers INC 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 Centers INC shall be entitled to the full amount of its charges without offset.

Malia Lethbridge MR SIR2024-76 DOB: 05/28/1982 Female Connecticare F10.20 Alcohol use disorder, Severe,F11.20 Opioid use disorder, Severe,F41.0 Panic disorder,F31.5 Bipolar I disorder, Current or most recent episode depressed, With psychotic features

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

© 2012-2021 Kipu Systems LLC



---

Malia Lethbridge (participant), 06/11/2024 11:25 PM

Staff present: Jennifer Rosa, Administrator



---

Jennifer Rosa, Administrator (Staff), 06/11/2024 11:25 PM

**Malia Lethbridge ♀ SIR2024-76**

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

**Step Into Recovery Centers INC**  
**Coordination of Benefits and Pre-existing Conditions**

Date of Admission: 05/01/2024

This will confirm that upon admission to Step Into Recovery Centers INC, I, Malia Lethbridge:

- ☐ 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 Centers INC is from n/a , (Name of Insurance);
- ☐ I have never been treated for this condition prior to my admission to Step Into Recovery Centers INC;
- ☐ 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.

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Malia Lethbridge (participant), 06/11/2024 11:26 PM  
Staff present: Jennifer Rosa, Administrator



Jennifer Rosa, Administrator (Staff), 06/11/2024 11:26 PM

Malia Lethbridge MR SIR2024-76 DOB: 05/28/1982 Female Connecticare F10.20 Alcohol use disorder, Severe,F11.20 Opioid use disorder, Severe,F41.0 Panic disorder,F31.5 Bipolar I disorder, Current or most recent episode depressed, With psychotic features

## Malia Lethbridge ♀ SIR2024-76

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

### Step Into Recovery Centers INC

#### 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.

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Malia Lethbridge (participant), 06/11/2024 11:26 PM

Staff present: Jennifer Rosa, Administrator



Jennifer Rosa, Administrator (Staff), 06/11/2024 11:26 PM



Malia Lethbridge ♀ SIR2024-76

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

Step Into Recovery Centers INC  
Specific Authorization for Psychotropic Medications

Name: Malia Lethbridge MR#: SIR2024-76 DOB: 05/28/1982

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

I, **Malia Lethbridge**, 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    |

☐ Valium 2mg-40mg PO/IM ☐ 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<br>PO/IM | <input type="checkbox"/> Periactin 2mg-<br>20mg |
| <input type="checkbox"/> Vistaril 25mg-300mg PO/IM    |   |

**Anti-cholinergic:**

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

**Antidotes:**

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





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Malia Lethbridge (participant), 06/11/2024 11:27 PM

Staff present: Jennifer Rosa, Administrator



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Jennifer Rosa, Administrator (Staff), 06/11/2024 11:27 PM

Malia Lethbridge ♀ SIR2024-76

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

Social Risk Assessment 06/11/2024 11:46 PM

Evaluation Date: 06/11/2024 11:46 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:**

NA

**Date of Referral:** 06/12/2024

---

**HIV pre and post counseling will be provided by this facility:** ☐ Yes ☒ No

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Jennifer Rosa, Administrator (Staff), 06/12/2024 12:19 AM

Malia Lethbridge ♀ SIR2024-76

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

Legal Assessment 06/11/2024 11:46 PM

Date/Time: 06/11/2024 11:46 PM

1. Have you ever committed a crime?

- No, Skip to Question # 5

2. What was the first crime you ever committed?

- Other Crime:: NA

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

Sell to Dealers:	Age: NA
Manufactured Drugs:	Age: NA
Shoplifting:	Age: NA
Robbery (including drugs):	Age: NA
Motor Vehicle/Grand Theft Auto:	Age: NA
Con Game:	Age: NA
Petty Theft:	Age: NA
Stolen Goods (sell, trade, own):	Age: NA
Weapon:	Age: NA
Other Crime:	Age: NA
Other Theft (including drugs):	Age: NA
Smuggle Drugs:	Age: NA
Sell to Users:	Age: NA
Burglary:	Age: NA

**Prostitution (for drugs or money):** Age: NA

**Pickpocket:** Age: NA

**Bad Paper (Rx, check, credit card):** Age: NA

**Unarmed Assault:** Age: NA

**Other Assault:** Age: NA

---

**4. Have often did you commit the following crimes?**

**Sell to Dealers:** N/A

**Manufactured Drugs:** N/A

**Shoplifting:** N/A

**Robbery (including drugs):** N/A

**Motor Vehicle/Grand Theft Auto:** N/A

**Con Game:** N/A

**Stolen Goods (sell, trade, own):** N/A

**Weapon:** N/A

**Other Crime:** N/A

**Other Theft (including drugs):** N/A

**Smuggle Drugs:** N/A

**Sell to Users:** N/A

**Burglary:** N/A

**Prostitution (for drugs or money):** N/A

**Pickpocket:** N/A

**Bad Paper (Rx, check, credit card):** N/A

**Unarmed Assault:** N/A

**Other Assault:** N/A

---

**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***

N

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

NA

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

NA

**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:**

NA

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Jennifer Rosa, Administrator (Staff), 07/22/2024 09:02 AM

Malia Lethbridge ♀ SIR2024-76

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

Step Into Recovery Centers INC  
Self Harm-Agreement

Client Name: Malia Lethbridge MR #: SIR2024-76 DOB: 05/28/1982

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 Centers INC.

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.

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Malia Lethbridge (participant), 06/11/2024 11:47 PM  
Staff present: Jennifer Rosa, Administrator



Jennifer Rosa, Administrator (Staff), 06/11/2024 11:47 PM

Malia Lethbridge ♀ SIR2024-76

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

LOCUS Assessment with Scoring 06/12/2024 12:27 AM

Evaluation 06/12/2024 12:27 AM  
Date/Time:

I. Risk of Harm 1 Minimal Risk of Harm (1)

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.

II. Functional Status 4 Serious Impairment (4)

Evidence

Malia 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 2 Minor Co-Morbidity (2)

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 Malia 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 her physical and emotional well-being contributing to her anxiety.

A) Level of Stress 2 Mildly Stressful Environment (2)

Evidence



Due to client's schedule and emotional challenges, hobbies, and friendships. feelings of loneliness, social isolation, and a lack of meaningful connections with others are intensifying her anxiety and exacerbating sense of isolation.

**B) Level of Support**      4 Minimal Support in Environment  
(4)

**Evidence**

Client has a safe and non-judgmental space to express her thoughts and feelings, process her emotions, and seek support from trusted individuals.

---

**V. Treatment and Recovery History**      4 Poor Response to Treatment and Recovery Mgmt (4)

**Evidence**

Client has expressed an extensive history of attempting to regulate moods, emotion, and thought process on clients 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**      (20)

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 4: Residential

**Clinician Recommended LOC**      Level 1: Outpatient

**Clinical Justification if Placement Grid LOC is different than Clinician Recommended LOC**

Malia is a 42 female who identifies as Female diagnosed with F10.20 Alcohol use disorder, Severe, F11.20 Opioid use disorder, Severe, F41.0 Panic disorder, F31.5 Bipolar I disorder, Current or most recent episode depressed, With psychotic features 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 her

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 her 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 PHP 7 DAY is recommended with diagnosis of F10.20 Alcohol use disorder, Severe, F11.20 Opioid use disorder, Severe, F41.0 Panic disorder, F31.5 Bipolar I disorder, Current or most recent episode depressed, With psychotic features



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Jennifer Rosa, Administrator (Staff), 06/12/2024 12:33 AM

## Malia Lethbridge ♀ SIR2024-76

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

### D&T Wellness

#### 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 D&T Wellness 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 D&T Wellness . 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 D&T Wellness , 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 D&T Wellness 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 D&T Wellness , Inc.:** In consideration of the opportunity afforded to me, by D&T Wellness , 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 D&T Wellness .

**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 D&T Wellness , 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 D&T Wellness , 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 D&T Wellness , 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, D&T Wellness 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 D&T Wellness :** The undersigned client shall at all times hereafter indemnify, hold harmless and, at D&T Wellness Attorney's option, defend or pay for an attorney selected by D&T Wellness to defend D&T Wellness , 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, D&T Wellness , 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 D&T Wellness .

**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.

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Malia Lethbridge (participant), 05/02/2024 07:06 PM  
Staff present: Sandy Rosa



Jennifer Rosa, Administrator (Staff), 07/22/2024 08:32 AM



## Malia Lethbridge ♀ SIR2024-76

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

### D&T Wellness

#### Admission Orientation Checklist

**Name: Malia Lethbridge MR#: DTW2024-7 DOB: 05/28/1982**

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 D&T Wellness 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.

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Malia Lethbridge (participant), 05/02/2024 07:06 PM  
Staff present: Sandy Rosa



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Jennifer Rosa, Administrator (Staff), 07/22/2024 08:32 AM

**Malia Lethbridge ♀ SIR2024-76**

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

**D&T Wellness**  
**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 D&T Wellness . 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, Malia Lethbridge, hereby acknowledge receipt of and understand the "Client Rights" statement.

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Malia Lethbridge (participant), 05/02/2024 07:06 PM  
Staff present: Sandy Rosa



Malia Lethbridge MR SIR2024-76 DOB: 05/28/1982 Female Connecticare F10.20 Alcohol use disorder, Severe,F11.20 Opioid use disorder, Severe,F41.0 Panic disorder,F31.5 Bipolar I disorder, Current or most recent episode depressed, With psychotic features

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Jennifer Rosa, Administrator (Staff), 07/22/2024 08:32 AM

**Malia Lethbridge ♀ SIR2024-76**

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

**D&T Wellness**  
**Confidentiality Policy**

**The following information is provided to assist you in your counseling experience at D&T Wellness .**

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

We work from a team approach at D&T Wellness . 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 D&T Wellness 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.

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Malia Lethbridge (participant), 05/02/2024 07:07 PM  
Staff present: Sandy Rosa

Malia Lethbridge MR SIR2024-76 DOB: 05/28/1982 Female Connecticare F10.20 Alcohol use disorder, Severe,F11.20 Opioid use disorder, Severe,F41.0 Panic disorder,F31.5 Bipolar I disorder, Current or most recent episode depressed, With psychotic features



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Jennifer Rosa, Administrator (Staff), 07/22/2024 08:32 AM

## Malia Lethbridge ♀ SIR2024-76

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

### D&T Wellness Consent For Pregnancy Test

It is the policy of D&T Wellness to have female clients tested for pregnancy upon admission and suspicion.

#### PROCEDURE:

1. Upon admission, clients will self-administer a urine dipstick pregnancy test with the supervision of a same-sex staff member.
2. Results will be documented within the lab's section in the clinical record.
3. The Medical Doctor on staff will review signs to identify conflicts of medications prior to prescribing.
4. Positive Pregnancy Test: If a client is found to be pregnant, an immediate medical conference will be held with the clinical staff and client within 24 hours.

My signature below indicates I have acknowledged D&T Wellness 's pregnancy test protocols and consent to this testing.

I understand that my refusal to self-administer this test could result in my being asked to leave D&T Wellness and to forfeit all my rights and privileges as a client.

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Malia Lethbridge (participant), 05/02/2024 07:07 PM  
Staff present: Sandy Rosa



Jennifer Rosa, Administrator (Staff), 07/22/2024 08:33 AM

Malia Lethbridge MR SIR2024-76 DOB: 05/28/1982 Female Connecticare F10.20 Alcohol use disorder, Severe,F11.20 Opioid use disorder, Severe,F41.0 Panic disorder,F31.5 Bipolar I disorder, Current or most recent episode depressed, With psychotic features

This form expires on 04/19/2025 07:07 PM.

**Malia Lethbridge ♀ SIR2024-76**

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

**D&T Wellness**

**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

ML

Malia Lethbridge MR SIR2024-76 DOB: 05/28/1982 Female Connecticare F10.20 Alcohol use disorder, Severe,F11.20 Opioid use disorder, Severe,F41.0 Panic disorder,F31.5 Bipolar I disorder, Current or most recent episode depressed, With psychotic features

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Malia Lethbridge (participant), 05/02/2024 07:07 PM  
Staff present: Sandy Rosa



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Jennifer Rosa, Administrator (Staff), 07/22/2024 08:33 AM

## Malia Lethbridge ♀ SIR2024-76

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

### D&T Wellness Consent for Treatment

I authorize D&T Wellness to perform all clinical services deemed necessary in the evaluation of program/client appropriateness.

I have been advised and understand that D&T Wellness 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 D&T Wellness 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, D&T Wellness 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 D&T Wellness to contact that party should such an emergency occur.

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Malia Lethbridge MR SIR2024-76 DOB: 05/28/1982 Female Connecticare F10.20 Alcohol use disorder, Severe,F11.20 Opioid use disorder, Severe,F41.0 Panic disorder,F31.5 Bipolar I disorder, Current or most recent episode depressed, With psychotic features

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Malia Lethbridge (participant), 05/02/2024 07:07 PM

Staff present: Sandy Rosa



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Jennifer Rosa, Administrator (Staff), 07/22/2024 08:33 AM

This form expires on 05/02/2025 07:07 PM.

**Malia Lethbridge ♀ SIR2024-76**

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

**D&T Wellness**  
**Drug and Alcohol Use Policy**

I, Malia Lethbridge hereby agree to participate fully in all aspects of my treatment while at D&T Wellness .

I understand that while I am in treatment at D&T Wellness , I am expected to:

Please initial the following statements:

- ML I understand that if I am prescribed any medication by any provider, I am expected to inform my attending clinician immediately.
- ML Abstain from the use of all illegal/non-prescribed substances and alcohol.
- ML I understand that frequent and random urinalysis and random breathalyzers are part of substance abuse treatment.
- ML I agree to provide a urine sample and/or breathalyzer upon request.
- ML 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.
- ML 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.
- ML 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 D&T Wellness and agree to abide by the conditions stated above.

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Malia Lethbridge (participant), 05/02/2024 07:08 PM  
Staff present: Sandy Rosa



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Jennifer Rosa, Administrator (Staff), 07/22/2024 08:33 AM

**Malia Lethbridge ♀ SIR2024-76**

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

**D&T Wellness**  
**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 D&T Wellness or to family, significant others, etc., may be subject to discharge from this program.

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Malia Lethbridge (participant), 05/02/2024 07:08 PM  
Staff present: Sandy Rosa





Malia Lethbridge MR SIR2024-76 DOB: 05/28/1982 Female Connecticare F10.20 Alcohol use disorder, Severe,F11.20 Opioid use disorder, Severe,F41.0 Panic disorder,F31.5 Bipolar I disorder, Current or most recent episode depressed, With psychotic features

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Jennifer Rosa, Administrator (Staff), 07/22/2024 08:34 AM

**Malia Lethbridge ♀ SIR2024-76**

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

**D&T Wellness**

**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 D&T Wellness , 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 D&T Wellness 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 D&T Wellness , 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 D&T Wellness , about my own or others' purpose for being at and/or participating in any and all activities.

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Malia Lethbridge (participant), 05/02/2024 07:08 PM  
Staff present: Sandy Rosa



Jennifer Rosa, Administrator (Staff), 07/22/2024 08:34 AM

## Malia Lethbridge ♀ SIR2024-76

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

### D&T Wellness

### 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/](http://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](http://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](http://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.**

D&T Wellness

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Malia Lethbridge MR SIR2024-76 DOB: 05/28/1982 Female Connecticare F10.20 Alcohol use disorder, Severe,F11.20 Opioid use disorder, Severe,F41.0 Panic disorder,F31.5 Bipolar I disorder, Current or most recent episode depressed, With psychotic features

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Malia Lethbridge (participant), 05/02/2024 07:08 PM

Staff present: Sandy Rosa



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Jennifer Rosa, Administrator (Staff), 07/22/2024 08:34 AM

## **Malia Lethbridge ♀ SIR2024-76**

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

### **D&T Wellness**

### **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.

D&T Wellness rules have been explained to me so that I understand them and I have received a copy of these rules.

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Malia Lethbridge (participant), 05/02/2024 07:09 PM  
Staff present: Sandy Rosa



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Jennifer Rosa, Administrator (Staff), 07/22/2024 08:34 AM

**Malia Lethbridge ♀ SIR2024-76**

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

**D&T Wellness**

**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**

D&T Wellness 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 D&T Wellness ’s duties with respect to the privacy of PHI, D&T Wellness ’s use of and disclosure of PHI, client rights, and contact information for comments, questions, and complaints.

**D&T Wellness ’S PRIVACY PROCEDURES AND LEGAL OBLIGATIONS**

D&T Wellness 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.

D&T Wellness is required by law to provide you with this notice and to abide by the terms of the Notice currently in effect. D&T Wellness 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.

D&T Wellness is required by law to maintain the privacy of PHI. D&T Wellness 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, D&T Wellness 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, D&T Wellness will not use or disclose your PHI without your written authorization. The authorization form is available from D&T Wellness (at the address and phone number below). You have the right to revoke your authorization at any time, except to the extent that D&T Wellness has taken action in reliance on the authorization.

The law permits D&T Wellness 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 D&T Wellness '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 D&T Wellness . 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 D&T Wellness 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 D&T Wellness 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 D&T Wellness .

**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. D&T Wellness 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 D&T Wellness 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 D&T Wellness 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 D&T Wellness 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. D&T Wellness 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 ( ) - [REDACTED] 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.

Handwritten signature of Malia Lethbridge in blue ink.

---

Malia Lethbridge (participant), 05/02/2024 07:09 PM

Staff present: Sandy Rosa

Handwritten signature of Jennifer Rosa in blue ink.

---

Jennifer Rosa, Administrator (Staff), 07/22/2024 08:35 AM

## Malia Lethbridge ♀ SIR2024-76

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

### D&T Wellness

### Safety Contract

I, Malia Lethbridge, 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.

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Malia Lethbridge (participant), 05/02/2024 07:10 PM  
Staff present: Sandy Rosa



Jennifer Rosa, Administrator (Staff), 07/22/2024 08:35 AM





**Malia Lethbridge ♀ SIR2024-76**

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

**D&T Wellness**  
**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 D&T Wellness 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 D&T Wellness .

**Name of Facility:** D&T Wellness

**Client’s Full Name:** Malia Lethbridge

**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, Malia Lethbridge, is currently a client at the Partial Hospitalization or Intensive Outpatient Program operated by D&T Wellness . This Client will be participating in the Transportation Services provided by D&T Wellness . 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, Malia Lethbridge (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 D&T Wellness**, 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 D&T Wellness or otherwise.**

The undersigned Client, Malia Lethbridge, (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 D&T Wellness:** The undersigned Client (or his/her parent/guardian) shall at all times hereafter indemnify, hold harmless and, at D&T Wellness 's Attorney's option, defend or pay for an attorney selected by the Board to defend D&T Wellness , 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, D&T Wellness , 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 D&T Wellness .

**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, Malia Lethbridge, have read and fully understand the contents herein.

Executed this n/a.

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Malia Lethbridge (participant), 05/02/2024 07:10 PM

Staff present: Sandy Rosa

Malia Lethbridge MR SIR2024-76 DOB: 05/28/1982 Female Connecticare F10.20 Alcohol use disorder, Severe,F11.20 Opioid use disorder, Severe,F41.0 Panic disorder,F31.5 Bipolar I disorder, Current or most recent episode depressed, With psychotic features



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Jennifer Rosa, Administrator (Staff), 07/22/2024 08:35 AM

## Malia Lethbridge ♀ SIR2024-76

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

### D&T Wellness

#### 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

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Malia Lethbridge (participant), 05/02/2024 07:10 PM

Staff present: Sandy Rosa



Jennifer Rosa, Administrator (Staff), 07/22/2024 08:35 AM

**Malia Lethbridge ♀ SIR2024-76**

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

**D&T Wellness**

**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.

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Malia Lethbridge MR SIR2024-76 DOB: 05/28/1982 Female Connecticare F10.20 Alcohol use disorder, Severe,F11.20 Opioid use disorder, Severe,F41.0 Panic disorder,F31.5 Bipolar I disorder, Current or most recent episode depressed, With psychotic features



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Malia Lethbridge (participant), 05/02/2024 07:10 PM

Staff present: Sandy Rosa



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Jennifer Rosa, Administrator (Staff), 07/22/2024 08:36 AM

Malia Lethbridge ♀ SIR2024-76

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

Belongings Placed in the Safe 07/22/2024 08:37 AM

Date: 07/22/2024 08:37 AM

Additional luggage in storage: ☐ Yes ☒ No

Driver's license: No

Other IDs: None

Insurance Card(s): No

Cash: No

Checks (blank): No

Checks (written): No

Wallet: No

Credit or debit cards: None

Phones and electronic devices

Sharps: None

Other items: None

Attachments:

Clients are to be encouraged not to keep valuables on the unit and to send them home whenever possible. The facility maintains a safe for safekeeping your money and valuables. The facility shall not be liable for the loss or damage to any pocketbooks, money, jewelry, eyeglass/contact lens, dentures, documents, personal electronic devices or other articles of


Malia Lethbridge MR SIR2024-76 DOB: 05/28/1982 Female Connecticare F10.20 Alcohol use disorder, Severe,F11.20 Opioid use disorder, Severe,F41.0 Panic disorder,F31.5 Bipolar I disorder, Current or most recent episode depressed, With psychotic features

value that are personally kept/not deposited in the safe for your security. It is strongly recommended that all items not required and/or needed during your stay in the facility be sent home.

**I have reviewed the above statement and am taking responsibility for any items that I keep in my possession and will hold the facility harmless for any loss or damage to such items.**

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Malia Lethbridge (participant), 07/22/2024 08:38 AM

Staff present: Jennifer Rosa, Administrator



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Jennifer Rosa, Administrator (Staff), 07/22/2024 08:41 AM



**Malia Lethbridge ♀ SIR2024-76**

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

**Step Into Recovery Centers INC**  
**Consent for Camera Surveillance & Therapeutic Photograph**

I, Malia Lethbridge, consent to be photographed by Step Into Recovery Centers INC staff upon admission. These photographs are to remain as part of the permanent medical record and not otherwise disseminated without the patient's specific consent.

I, Malia Lethbridge, have been informed that while a patient at Step Into Recovery Centers INC that I will be under camera surveillance for my safety and protection.

It is the policy of Step Into Recovery Centers INC that the photo and camera surveillance is for therapeutic purposes and will be conducted upon the consent of the patient and only with approved equipment.

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Malia Lethbridge (participant), 07/22/2024 08:37 AM  
Staff present: Jennifer Rosa, Administrator



Jennifer Rosa, Administrator (Staff), 07/22/2024 08:37 AM

This form expires on 07/09/2025 08:37 AM.

Malia Lethbridge ♀ SIR2024-76

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

Golden Thread

	Date Established	Status	Updated At
<b>Bipolar Disorder - (Active)</b>			
Clinical: Treatment Plan	07/22/2024	Active	07/22/2024
Goal: Achieve controlled behavior, moderated mood, more deliberative speech and thought process, and a stable daily activity pattern.	05/03/2024	ready for review	07/22/2024
Objective: Identify and replace thoughts and behaviors that trigger manic or depressive symptoms.	07/22/2024		
Intervention: Use cognitive therapy techniques to explore and educate the client about cognitive biases that trigger his/her elevated or depressive mood (see Cognitive Therapy for Bipolar Disorder by Lam, Jones, and Hayward).	07/22/2024		
Status: Open	07/22/2024		
Status: Extended	05/10/2024		
Status: Extended	05/17/2024		
Status: Extended	05/24/2024		
Status: Extended	05/31/2024		
Status: Extended	06/07/2024		
Status: Extended	06/14/2024		
Status: Extended	06/21/2024		
Status: Extended	06/28/2024		
Status: Extended	07/05/2024		
Status: Extended	07/12/2024		
Status: Extended	07/19/2024		
	07/26/2024		
Intervention: Assign the client a homework exercise in which he/she identifies self-talk reflective of mania, biases in the self-talk, and alternatives (or assign "Journal and Replace Self-Defeating Thoughts" in the Adult Psychotherapy Homework Planner by Jongsma); review and reinforce success, providing corrective feedback toward improvement.			
Status: Open	07/22/2024		
Status: Extended	05/10/2024		
Status: Extended	05/17/2024		
Status: Extended	05/24/2024		

Status: Extended	05/31/2024
Status: Extended	06/07/2024
Status: Extended	06/14/2024
Status: Extended	06/21/2024
Status: Extended	06/28/2024
Status: Extended	07/05/2024
Status: Extended	07/12/2024
Status: Extended	07/19/2024
	07/26/2024

#### Antisocial Behavior - (Deferred)

<b>Substance Use Disorders - (Active)</b>	<b>07/22/2024</b>	<b>Deferred</b>	<b>07/22/2024</b>
Clinical: Treatment Plan	<b>07/22/2024</b>	<b>Active</b>	<b>07/22/2024</b>
Goal: Improve quality of life by maintaining an ongoing abstinence from all mood-altering chemicals.	05/04/2024	ready for review	07/22/2024
Objective: Implement relapse prevention strategies for managing possible future situations with high risk for relapse.	07/22/2024		
Intervention: Discuss with the client the distinction between a lapse and relapse, associating a lapse with an initial, temporary, and reversible use of a substance and relapse with the decision to return to a repeated pattern of abuse.	07/22/2024		
Status: Open	07/22/2024		
	05/10/2024		
Intervention: Request that the client identify feelings, behaviors, and situations that place him/her at a higher risk for gambling and/or substance abuse (or assign "Relapse Triggers" in the Adult Psychotherapy Homework Planner by Jongsma).			
Status: Open	07/22/2024		
	05/10/2024		

#### Anxiety - (Active)

Clinical: Treatment Plan	<b>07/22/2024</b>	<b>Active</b>	<b>07/22/2024</b>
Goal: Stabilize anxiety level while increasing ability to function on a daily basis.	05/04/2024	ready for review	07/22/2024
Objective: Learn and implement calming skills to reduce overall anxiety and manage anxiety symptoms.	07/22/2024		
Intervention: Assign the client homework each session in which he/she practices relaxation exercises daily, gradually applying them progressively from non-anxiety-provoking to anxiety-provoking situations; review and reinforce success while providing corrective feedback toward improvement.	07/22/2024		
Status: Open	07/22/2024		
Status: Extended	05/10/2024		
Status: Extended	05/17/2024		
Status: Extended	05/24/2024		
Status: Extended	05/31/2024		

Status: Extended	06/07/2024
Status: Extended	06/14/2024
Status: Extended	06/21/2024
Status: Extended	07/19/2024
	07/26/2024

Intervention: Teach the client relaxation skills (e.g., progressive muscle, guided imagery, slow diaphragmatic breathing) and how to discriminate better between relaxation and tension; teach the client how to apply these skills to his/her daily life (e.g., New Directions in Progressive Muscle Relaxation by Bernstein, Borkovec, and Hazlett-Stevens; Treating GAD by Rygh and Sanderson).

Status: Open	07/22/2024
Status: Extended	05/10/2024
Status: Extended	05/17/2024
Status: Extended	05/24/2024
Status: Extended	05/31/2024
Status: Extended	06/07/2024
Status: Extended	06/14/2024
Status: Extended	06/21/2024
Status: Extended	06/28/2024
Status: Extended	07/05/2024
Status: Extended	07/12/2024
Status: Extended	07/19/2024
	07/26/2024

Insurance Information

Insurance	Policy No.	Effective Date	Termination Date	Status	Insurance Type/Priority
Connecticare	K6108297001	05/01/2024		Active	Primary
Internal ID / External ID	Group Plan Name	Group ID	Plan Type	Payor Type	Insurance Phone
10096 /			PPO		
Rx Name	Rx Group	Rx BIN	Rx PCN	Rx Phone	Plan Period

Claims

Street Address 1	Street Address 2	Claims Fax
City	State	Relationship of Patient to Subscriber
Subscriber		SSN
Malia Lethbridge		Self
Subscriber Address Street		Subscriber Address Street 2
201 Munson St		
Subscriber Address Zip		Subscriber Address State
06511		CT
Subscriber Employer		Subscriber City
unemployed		New Haven
		Subscriber Address Country
		United States
		Country
		Gender
		Female

Vital Signs

Malia Lethbridge ♀ SIR2024-76

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

Date	Blood Pressure Systolic	Blood Pressure Diastolic	Temperature	Oxygen Saturation	Pulse	Respiration	Comments	Logged By	Logged At
05/02/24 01:54 PM PDT	110	98	98.9	99	90	18		Leslie Langley, Doctor	06/11/24 01:54 PM PDT

Glucose Logs

No records available.

Weights

Malia Lethbridge ♀ SIR2024-76

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

Date	Height (in)	Weight (lbs)	BMI	Logged By	Logged At
05/02/2024 11:28 PM	5' 6"	126	20.33	Leslie Langley, Doctor	08/08/2024 05:32 AM



Heights

Malia Lethbridge ♀ SIR2024-76

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

Date	Height	Logged By	Logged At
05/02/2024 11:28 PM	5' 6"	Leslie Langley, Doctor	08/08/2024 05:32 AM

Orthostatic Vital Signs

Malia Lethbridge ♀ SIR2024-76

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 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

Malia Lethbridge ♀ SIR2024-76

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

No Medications Brought In Logged.

## Rounds

### **Malia Lethbridge ♀ SIR2024-76**

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 Care Team

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

MAT Orders

Malia Lethbridge ♀ SIR2024-76

Birthdate: 05/28/1982

Allergies: No Known Allergies/NKA

Admission: 05/01/2024 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
------------	----------	-------	------------	------------	------	--------------	------------	------------	-----------------	--------