

**Ahmad Nasseri MR SIR2024-152 DOB: 12/01/1983 Male Anthem Blue Cross Blue Shield of California (WellPoint) F41.1 Generalized anxiety disorder,F33.1 Major depressive disorder, Recurrent episode, Moderate,F10.20 Alcohol use disorder, Moderate,F13.20 Sedative, hypnotic, or anxiolytic use disorder, Moderate**

Package: full chart

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Ahmad Nasser MR SIR2024-152 DOB: 12/01/1983 Male Anthem Blue Cross Blue Shield of California (WellPoint) F41.1 Generalized anxiety disorder,F33.1 Major depressive disorder, Recurrent episode, Moderate,F10.20 Alcohol use disorder, Moderate,F13.20 Sedative, hypnotic, or anxiolytic use disorder, Moderate

Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 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
08/27/2024	Jennifer Rosa, Administrator	n/a	n/a	n/a

Location: Step Into Recovery Centers INC

Admission Date	Referrer	Contact?	Anticipated Discharge Date
10/18/2024 07:49 PM		No	
Discharge/Transition Date	Discharge/Transition to		

PARTICIPANT INFORMATION HAS NOT BEEN VALIDATED - PLEASE VALIDATE

participant Information

Ahmad Nasser

Current Address:  
17077 Roscoe Blvd Apt 5  
Northridge, CA 913255211 United States

Date of Birth: 12/01/1983 SSN:

Birth Sex: Male

Pronouns:

Preferred Language:

Marital Status: Single

Race:

Ethnicity:

Occupation	Employer	Employer Phone
	Laborers Health & Welfare Trust for So Calif	

Payment Method

Insurance

Insurance Information

Insurance	Policy No.	Effective Date	Termination Date	Status	Insurance Type/Priority
Anthem Blue Cross Blue Shield of	LTB701W18476	12/01/2023		Active	Primary

Ahmad Nasseri MR SIR2024-152 DOB: 12/01/1983 Male Anthem Blue Cross Blue Shield of California (WellPoint) F41.1 Generalized anxiety disorder,F33.1 Major depressive disorder, Recurrent episode, Moderate,F10.20 Alcohol use disorder, Moderate,F13.20 Sedative, hypnotic, or anxiolytic use disorder, Moderate

California

(WellPoint)

Internal ID / External ID	Group Plan Name	Group ID	Plan Type	Payor Type	Insurance Phone
13551 /		276444M240	PPO		
Rx Name	Rx Group	Rx BIN	Rx PCN	Rx Phone	Plan Period

Claims

Street Address 1	Street Address 2	Claims Fax
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City Subscriber	State	Relationship of Patient to Subscriber	SSN	ZIP Code	DOB	Country	Gender
Ahmad Nasseri		Self			12/01/1983		Female
Subscriber Address Street		Subscriber Address Street 2			Subscriber City		
17077 Roscoe Blvd Apt 5					Northridge		
Subscriber Address Zip		Subscriber Address State			Subscriber Address Country		
913255211		CA			United States		
Subscriber Employer							
Laborers Health & Welfare Trust for So Calif							

Concurrent Reviews

Start Date	End Date	# of Days	Auth Date	Authorization Number	Status	Managed	Level of Care
09/20/2024			09/20/2024		New	Yes	MH PHP
Next Review	Days of Week		Hours per Day	Days per Week	Frequency	Next LOC	Next LOC Date
					Daily	No	

Insurance Name	Insurance Policy No.
Anthem Blue Cross Blue Shield of California (WellPoint)	LTB701W18476

Contacts

Type	Relationship
Emergency	Brother/Sister
Name	Phone
June Nasseri	747-688-2314

Allergies and Food Restrictions

Allergies

No Known Allergies/NKA

Diets

Regular Diet

Lab Testing

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

participant Record Source: N/A

## Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

### Problem List 09/19/2024 01:42 AM

**Date of Service:** 09/19/2024 01:42 AM

#### Problem List: Total Problems: 8

Problem	Status	Behavioral Definition/As evidenced by
Anger	Active	<ul style="list-style-type: none"><li>• Demonstrates an angry overreaction to perceived disapproval, rejection, or criticism.</li><li>• Displays body language suggesting anger, including tense muscles (e.g., clenched fist or jaw), glaring looks, or refusal to make eye contact.</li><li>• Displays overreactive verbal hostility to insignificant irritants.</li><li>• Has a history of explosive, aggressive outbursts, particularly when intoxicated, that lead to assaultive acts or destruction of property.</li></ul>
Anxiety	Active	<ul style="list-style-type: none"><li>• Autonomic hyperactivity (e.g., palpitations, shortness of breath, dry mouth, trouble swallowing, nausea, diarrhea).</li><li>• Demonstrates excessive worry regarding several life circumstances that has no factual or logical basis.</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><li>• Excessive worries about family, job, social interactions, and/or health.</li><li>• Has a tendency to blame self for the slightest imperfection or mistake.</li></ul>
Living Environment Deficiency	Active	<ul style="list-style-type: none"><li>• Associates with peer group members who are regular users/abusers of alcohol and/or drugs.</li><li>• Experiencing significant social isolation, withdrawal from social life.</li><li>• Has many friends or relatives who are criminal or addicted.</li><li>• Lives in a neighborhood that has a high incidence of alcohol and drug addiction, as well as crime.</li><li>• Lives in an environment in which there is a high risk for relapse.</li></ul>
Posttraumatic Stress Disorder (PTSD)	Active	<ul style="list-style-type: none"><li>• Acts or feels as if the trauma were recurring.</li><li>• Avoids stimuli that trigger traumatic memories.</li><li>• Demonstrates a pattern of intimate relationship, coworker, and authority conflict.</li><li>• Experiences intense distress when exposed to reminders of the trauma.</li></ul>
Relapse Proneness	Active	<ul style="list-style-type: none"><li>• Describes interpersonal conflicts, which increase the risk for relapse.</li><li>• Frequently expresses negative emotions, increasing the risk for continued addiction.</li><li>• Friends or family members engage in addictive behavior.</li><li>• Has a history of mental illness, increasing risk for relapse.</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>Demonstrates a maladaptive pattern of substance use, manifested by increased tolerance and withdrawal.</li><li>Demonstrates increased tolerance for the drug, as there is the need to use more to become intoxicated or to recall the desired effect.</li></ul>
Suicidal Ideation	Active	<ul style="list-style-type: none"><li>Expresses a bleak, hopeless attitude regarding life, coupled with recent losses that support this belief (e.g., divorce, death of spouse, illness, loss of job).</li><li>Reports recurrent or ongoing suicidal ideation without any plans.</li></ul>
Unipolar Depression	Active	<ul style="list-style-type: none"><li>Demonstrates low self-esteem.</li><li>Engages in addictive behavior as a means of escaping from feelings of sadness, worthlessness, and helplessness.</li><li>Experiences mood-congruent hallucinations or delusions.</li><li>Expresses a wish to die without a suicidal thought or plan.</li><li>Feels sad or down most of the days of the week.</li><li>Lacks energy and has excessive fatigue.</li><li>Reports poor concentration, indecisiveness.</li></ul>

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Jennifer Rosa, Administrator (Staff), DEA Treatment123, 09/19/2024 01:44 AM

Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

Clinical Individualized Treatment Plan - Suicidal Ideation 09/19/2024 01:44 AM

Date Established: 09/19/2024 01:44 AM

Problem (in patient's own words):

"Sometimes, I just feel like giving up on everything. Life feels so overwhelming and hopeless that I start thinking about how it might be easier if I wasn't here anymore. I don't have a plan, but those thoughts come up a lot, especially when I think about everything I've lost or when I feel like I'm stuck and nothing will ever get better."

Modality: Clinical

Problem: Suicidal Ideation

- Goal 1
  - Develop a sense of worth to other addicts and family members.
- Objective 1
  - Encourage someone else in recovery at least once a day.

Plan 1

Assign the client to encourage someone in treatment each day; record each event and discuss with the therapist.

Plan Status					
Target date	Status	Date/Comment		By	Signature
09/26/2024	Open			Jennifer Rosa, Administrator	09/19/2024

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.



Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

Clinical Individualized Treatment Plan - Living Environment Deficiency 09/19/2024 01:44 AM

Date Established: 09/19/2024 01:44 AM

Problem (in patient's own words):

"My living situation isn't helping at all. I'm surrounded by people who use drugs and drink a lot, and it's really hard to stay away from it. Most of my friends and even some family members are addicted or involved in illegal stuff. The neighborhood I live in has a lot of crime and addiction problems, and I feel like it's just pulling me down even more. It's not a safe or healthy place for me to get better."

Modality: Clinical

Problem: Living Environment Deficiency

Goal 1

Accept the importance of working a program of recovery that necessitates attendance at recovery groups and helping others.

Objective 1

Family members verbalize what each can do to assist the client in recovery.

Plan 1

In a family session, review what each member can do to assist the client in recovery.

Plan Status

Target date	Status	Date/Comment	By	Signature
09/26/2024	Open		Jennifer Rosa, Administrator	09/19/2024

Plan 2

Provide the family members with information about borderline syndrome and the steps that the client must take to recover successfully.

Plan Status

Target date	Status	Date/Comment	By	Signature
09/26/2024	Open		Jennifer Rosa, Administrator	09/19/2024

Objective 2

Develop a written plan as to how to react to family members who are addicted.

Plan 1

Help the client to develop a plan as to how to deal with family members who are addicted.

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Plan Status				
Target date	Status	Date/Comment	By	Signature
09/26/2024	Open		Jennifer Rosa, Administrator	09/19/2024
09/30/2024	Open		Jennifer Rosa, Administrator	09/19/2024

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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Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

Clinical Individualized Treatment Plan - Relapse Proneness 09/19/2024 01:44 AM

Date Established: 09/19/2024 01:44 AM

Problem (in patient's own words):

"I feel like I'm always close to slipping back into using. When I get stressed or argue with people, it's hard to resist the urge to drink or use again. My emotions get the best of me, and I don't know how to handle them without turning to substances. Plus, being around people who are still using makes it even harder to stay clean. It feels like I'm just one bad day away from relapsing."

Modality: Clinical

Problem: Relapse Proneness

Goal 1

Practice a program of recovery that includes regular attendance at recovery group meetings, working with a sponsor, and helping others in recovery.

Objective 1

Identify projects and other social and recreational activities that sobriety will now afford and that will support sobriety.

Plan 1

Assist the client in planning social and recreational activities that are free from association with substance abuse; revisit routinely and facilitate toward development of a new set of activities (or assign the client to complete the "Relapse Prevention" exercise from The Alcoholism & Drug Abuse Patient Workbook by Perkinson).

Plan Status

Target date	Status	Date/Comment	By	Signature
09/26/2024	Open		Jennifer Rosa, Administrator	09/19/2024

Plan 2

Plan household, work-related, and/or other free-time projects that can be accomplished to build the client's self-esteem and self-concept as clean and sober.

Plan Status

Target date	Status	Date/Comment	By	Signature
09/26/2024	Open		Jennifer Rosa, Administrator	09/19/2024

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Moderate,F13.20 Sedative, hypnotic, or anxiolytic use disorder, Moderate

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## Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

## Clinical Individualized Treatment Plan - Unipolar Depression 09/19/2024 01:44 AM

**Date Established:** 09/19/2024 01:44 AM

### Problem (in patient's own words):

"I feel down almost all the time, like there's this heavy weight on me that I just can't shake. I don't have energy for anything, and even simple tasks feel overwhelming. I don't enjoy things I used to, and it's hard to focus or make decisions. Sometimes, I feel worthless, like nothing I do matters, and I just want to sleep the day away because facing everything feels too hard."

### Modality: Clinical

### Problem: Unipolar Depression

#### Goal 1

Develop healthy interpersonal relationships that lead to the alleviation of, and help prevent the relapse of, depression.

#### Objective 1

Describe current and past experiences with depression and other mood episodes, including their impact on function and attempts to resolve or treat them.

#### Plan 1

Assess current and past mood episodes including their features, frequency, intensity, and duration; impact on role functioning; previous treatments; and response to treatments (e.g., Clinical Interview supplemented by the Inventory to Diagnose Depression).

#### Plan Status

Target date	Status	Date/Comment	By	Signature
09/26/2024	Open		Jennifer Rosa, Administrator	09/19/2024

#### Plan 2

Utilize a graphic display, such as a timeline, to help the client identify the pattern of his/her mood symptoms.

#### Plan Status

Target date	Status	Date/Comment	By	Signature
09/26/2024	Open		Jennifer Rosa, Administrator	09/19/2024

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Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

Clinical Individualized Treatment Plan - Posttraumatic Stress Disorder (PTSD) 09/19/2024 09:44 AM

Date Established: 09/19/2024 09:44 AM

Problem (in patient's own words):

"Sometimes, it feels like I'm reliving the trauma all over again. Certain places, sounds, or situations bring back memories, and I try to avoid anything that reminds me of it. I get really upset or scared when something triggers those memories, and it affects my relationships. I have a hard time trusting people and often feel tense or on high alert, like something bad could happen at any moment."

Modality: Clinical

Problem: Posttraumatic Stress Disorder (PTSD)

Goal 1

Develop and implement effective coping skills to carry out normal responsibilities, participate constructively in relationships, and bring addiction under control.

Objective 1

Acknowledge the need to implement anger control techniques; learn and implement anger management techniques.

Plan 1

Assess the client for instances of poor anger management that have led to threats or actual violence that caused damage to property and/or injury to people (or assign "Anger Journal" in the Adult Psychotherapy Homework Planner by Jongsma).

Plan Status

Target date	Status	Date/Comment	By	Signature
09/26/2024	Open		Jennifer Rosa, Administrator	09/19/2024

Plan 2

Teach the client anger management techniques (see the "Anger" chapter in this Planner).

Plan Status

Target date	Status	Date/Comment	By	Signature
09/26/2024	Open		Jennifer Rosa, Administrator	09/19/2024

Objective 2

Complete psychological tests designed to assess and/or track the nature and severity of PTSD symptoms.

Plan 1

Administer or refer the client for administration of psychological testing or objective measures of the PTSD symptoms and/or other comorbidity (e.g., Minnesota Multiphasic Personality Inventory - 2; Impact of Event Scale-Revised; PTSD Symptom Scale; or Posttraumatic Stress Diagnostic Scale); discuss results with the client; re-administer as needed to assess treatment response).

Plan Status				
Target date	Status	Date/Comment	By	Signature
09/26/2024	Open		Jennifer Rosa, Administrator	09/19/2024

Objective 3

Describe the history and nature of PTSD symptoms.

Plan 1

Establish rapport with the client toward building a therapeutic alliance.

Plan Status				
Target date	Status	Date/Comment	By	Signature
09/26/2024	Open		Jennifer Rosa, Administrator	09/19/2024

Plan 2

Gently and sensitively explore the client's recollection of the facts of the traumatic incident and his/her cognitive and emotional reactions at the time; assess frequency, intensity, duration, and history of the client's PTSD symptoms and their impact on functioning (see "How the Trauma Affects Me" in the Adult Psychotherapy Homework Planner by Jongsma); supplement with semistructured assessment instrument if desired (see the Anxiety Disorders Interview Schedule-Adult Version).

Plan Status				
Target date	Status	Date/Comment	By	Signature
09/26/2024	Open		Jennifer Rosa, Administrator	09/19/2024

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Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

Clinical Individualized Treatment Plan - Substance Use Disorders 09/19/2024 12:44 PM

Date Established: 09/19/2024 12:44 PM

Problem (in patient's own words):

"I know my drinking and using benzodiazepines is causing a lot of problems in my life, but I haven't been able to stop. I keep using even though it's affecting my health, my relationships, and my ability to keep a job. I've noticed I need to drink or use more to feel anything, and when I don't, I start to feel sick or anxious. My friends and family use too, which makes it even harder for me to quit."

Modality: Clinical

Problem: Substance Use Disorders

Goal 1

Accept the powerlessness and unmanageability over mood-altering substances, and participate in a recovery-based program.

Objective 1

Agree to make amends to significant others who have been hurt by the life dominated by substance abuse.

Plan 1

Discuss the negative effects the client's substance abuse has had on family, friends, and work relationships and encourage a plan to make amends for such hurt.

Plan Status

Target date	Status	Date/Comment	By	Signature
09/26/2024	Open		Jennifer Rosa, Administrator	09/19/2024

Plan 2

Elicit from the client a verbal commitment to make initial amends now to key individuals and further amends when working Steps 8 and 9 of the AA program.

Plan Status

Target date	Status	Date/Comment	By	Signature
09/26/2024	Open		Jennifer Rosa, Administrator	09/19/2024

Objective 2

Commit self to an action plan directed toward termination of substance use.

Plan 1

Assign the client to write a list of reasons to be abstinent from addiction (or assign "Alternatives to Addictive



Behavior" in the Addiction Treatment Homework Planner by Finley and Lenz).

Plan Status				
Target date	Status	Date/Comment	By	Signature
09/26/2024	Open		Jennifer Rosa, Administrator	09/19/2024

Plan 2

Develop an abstinence contract with the client regarding the termination of the use of his/her drug of choice; process the client's feelings related to the commitment.

Plan Status				
Target date	Status	Date/Comment	By	Signature
09/26/2024	Open		Jennifer Rosa, Administrator	09/19/2024

Plan 3

Encourage and support the client's self-efficacy forg change toward the goal of developing an action plan for termination of substance use to which the client is willing to commit.

Plan Status				
Target date	Status	Date/Comment	By	Signature
09/26/2024	Open		Jennifer Rosa, Administrator	09/19/2024

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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Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

Initial Treatment Plan (OPTIONAL) 09/19/2024 01:44 PM

☐ INTENSIVE INPATIENT ☒ RESIDENTIAL ☐ PHP ☐ IOP ☐ OP

Date Established:

09/19/2024 01:44 PM

Date Resolved / Discharge Date

09/18/2024

Status at Discharge:

☐ Resolved ☐ Improved ☒ Minimal Progress

**PROBLEM:** Client is in need of orientation to program.

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

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

Short Term Goal/Objectives	Intervention/Modality/Plan	Frequency/Duration
A. Client will receive orientation to facility policies, rules and standards.	A. Staff will provide orientation to Client and provide necessary details on date of admission.	24 hours
	<div>Target date09/23/2024</div> <div>StatusOpen</div> <div>Date/Comment</div>	<div>By</div> <div>JR 09/19/2024</div>
B. Client will attend all assessment appointments and follow all recommendations for Client care.	B. Staff will provide recommendations for Client care, medication needs and follow-up care.	2x/wk PRN
	<div>Target date09/23/2024</div> <div>StatusOpen</div> <div>Date/Comment</div>	<div>By</div> <div>JR 09/19/2024</div>
C. Will monitor patient for Post Acute Withdrawal Symptoms.	C. Staff will educate patient in a structured milieu environment on how to increase confidence and ability in remaining clean and sober.	Daily/PRN

	Target date	Status	Date/Comment	By
	09/23/2024	Open		JR 09/19/2024
D. Client will meet with primary therapist and develop an Individualized Treatment Plan and Problem List.	D. Staff will provide 1:1 session for treatment planning purposes.		1:1 session/1 hr	

	Target date	Status	Date/Comment	By
	09/23/2024	Open		JR 09/19/2024
E. Client will have a physical examination within 3 days of admission unless provided within 30 days of treatment.	E. Physician/ARNP/PA will conduct or review previous physical examination.		1:1 session/30 mins	

	Target date	Status	Date/Comment	By
	09/23/2024	Open		JR 09/19/2024
F. A standardized outcomes measure assessment will be completed on date of admission.	F. Staff will administer the assessment to client.		Once/30 mins	

	Target date	Status	Date/Comment	By
	09/23/2024	Open		JR 09/19/2024

Additional items

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

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

Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

Clinical Individualized Treatment Plan - Anxiety 09/19/2024 02:44 PM

Date Established: 09/19/2024 02:44 PM

Problem (in patient's own words):

"I feel constantly on edge and worried about everything, even when I know it doesn't make sense. My heart races, I get short of breath, and I feel like something bad is going to happen all the time. I can't stop overthinking things, and it's exhausting. It's gotten to the point where it's hard to focus, sleep, or even enjoy anything because I'm always anxious about what might go wrong."

Modality: Clinical

Problem: Anxiety

Goal 1

Accept the powerlessness and unmanageability over gambling and participate in a recovery-based program.

Objective 1

Learn and implement a strategy to limit the association between various environmental settings and worry, delaying the worry until a designated "worry time."

Plan 1

Explain the rationale for using a worry time as well as how it is to be used; agree upon a worry time with the client and implement.

Plan Status

Target date	Status	Date/Comment	By	Signature
09/26/2024	Open		Jennifer Rosa, Administrator	09/19/2024

Plan 2

Teach the client how to recognize, stop, and postpone worry to the agreed-upon worry time using skills such as thought- stopping, relaxation, and redirecting attention (or assign "Making Use of the Thought-Stopping Technique" and/or "Worry Time" in the Adult Psychotherapy Homework Planner by Jongsma to assist skill development); encourage use in daily life; review and reinforce success while providing corrective feedback toward improvement.

Plan Status

Target date	Status	Date/Comment	By	Signature
09/26/2024	Open		Jennifer Rosa, Administrator	09/19/2024

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.

Ahmad Nasser MR SIR2024-152 DOB: 12/01/1983 Male Anthem Blue Cross Blue Shield of California (WellPoint) F41.1 Generalized anxiety disorder,F33.1 Major depressive disorder, Recurrent episode, Moderate,F10.20 Alcohol use disorder, Moderate,F13.20 Sedative, hypnotic, or anxiolytic use disorder, Moderate

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Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

Clinical Individualized Treatment Plan - Anger 09/19/2024 03:45 PM

Date Established: 09/19/2024 03:45 PM

Problem (in patient's own words):

"I get really angry when I feel like people are criticizing me or rejecting me, even if it's something small. It just hits me the wrong way, and I can't control it. Sometimes, I get so mad that I lash out, break things, or hurt people, especially when I've been drinking. I've had a lot of blow-ups that I regret."

Modality: Clinical

Problem: Anger

Goal 1

Decrease the frequency, intensity, and duration of angry thoughts, feelings, and actions and increase the ability to recognize and respectfully express frustration and resolve conflict.

Objective 1

A standardized outcomes measure assessment will be completed on date of admission and per assessment schedule thereafter.

Plan 1

Staff will administer the assessment to client.

Plan Status

Target date	Status	Date/Comment	By	Signature
09/26/2024	Open		Jennifer Rosa, Administrator	09/19/2024

Objective 2

Agree to learn new alternative ways to recognize and manage anger.

Plan 1

Ask the client to agree to learn new ways to recognize and manage anger.

Plan Status

Target date	Status	Date/Comment	By	Signature
09/26/2024	Open		Jennifer Rosa, Administrator	09/19/2024

Objective 3

Develop a long-term plan to recover from substance abuse and anger.

Ahmad Nasser MR SIR2024-152 DOB: 12/01/1983 Male Anthem Blue Cross Blue Shield of California (WellPoint) F41.1 Generalized anxiety disorder,F33.1 Major depressive disorder, Recurrent episode, Moderate,F10.20 Alcohol use disorder, Moderate,F13.20 Sedative, hypnotic, or anxiolytic use disorder, Moderate

Plan 1

Assist the client in developing a 5-year personal recovery plan.

Plan Status

Target date	Status	Date/Comment	By	Signature
09/26/2024	Open		Jennifer Rosa, Administrator	09/19/2024

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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**Ahmad Nasser ♂ SIR2024-152**

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

**Step Into Recovery Centers INC**  
**Consent For Release of Confidential Information**

I, **Ahmad Nasser**, born on **12/01/1983**, Social Security Number: , authorize **Step Into Recovery Centers INC** to:

☒ Disclose to    ☒ Obtain from  
☒ Electronic    ☒ Oral    ☒ Written

Name:            **June Nasser**    Phone: **747-688-2314**  
Relationship:   **Brother/Sister**

**The following information:**

<input type="checkbox"/> Presence in treatment	<input type="checkbox"/> Medical history/current status	<input type="checkbox"/> Aftercare recommendations
<input type="checkbox"/> Progress in treatment	<input type="checkbox"/> Biopsychosocial assessment	<input type="checkbox"/> Discharge planning
<input type="checkbox"/> Treatment plans	<input type="checkbox"/> Laboratory test results	<input type="checkbox"/> Discharge summary
<input type="checkbox"/> Psychological assessment	<input type="checkbox"/> Employment information	<input type="checkbox"/> Other: <u>n/a</u>
<input type="checkbox"/> Psychiatric history and assessment	<input type="checkbox"/> Legal status	
<input type="checkbox"/> Results of physical exam	<input type="checkbox"/> Family information	

**Reason for release of information:**

(Under the Mental Health Code, the release of mental health records must be germane to the purpose and need for disclosure.)

☐ Continuity of treatment - Patient history - Case Management services



☒ Emergency contact - General Updates

☐ Court services - Legal purposes - Probation - Disability claiming - Unemployment claiming - Employment continuity

☐ Other: n/a

I understand that my records are protected under Federal Confidentiality regulations (42 CFR Part 2) published August 10, 1987, and the Health Insurance Portability and Accountability Act of 1996 (P.L. 104-191), 42 U.S.C. Section 1320d, et. Seq and cannot be disclosed without my written consent unless otherwise provided for in the regulations. I understand that my medical record may contain information concerning my psychiatric, psychological, drug or alcohol abuse, HIV/Acquired Immune Deficiency Syndrome (AIDS), and/or related conditions.

I understand that I may revoke this authorization at any time upon written notice to Step Into Recovery Centers INC. I acknowledge that such revocation will not be effective if Step Into Recovery Centers INC. has already acted in reliance upon this authorization.

This authorization is valid (if not previously revoked) this consent will terminate upon 90 days from the date of signature of this form, or the following event/condition: n/a , or the completion of treatment, or at the time of the final insurance billing, as the case may be, whichever is later.

#### Prohibition on Re-disclosure

This information has been disclosed from records protected by Federal Confidentiality Rules (42 CFR part 2). The Federal rules prohibit making any further disclosure of this information unless further disclosure is expressly permitted by the written consent of the person to whom it pertains or as otherwise permitted by 42 CFR part 2. The Federal rules restrict any use of the information to criminally investigate or prosecute any alcohol or drug abuse client.

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Ahmad Nasser (participant), 09/20/2024 10:19 AM  
Staff present: Kasey Samanc



Kasey Samanc (Staff), 09/20/2024 10:20 AM

This form expires on 12/19/2024 10:19 AM.

## Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 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: Ahmad Nasser

MR#: SIR2024-152

DOB: 12/01/1983

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

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

#### Anxiolytics:

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

☒ Valium 2mg-40mg PO/IM ☒ Xanax 0.125mg-10mg

**Anti-Depressants:**

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

**CNS Stimulants/ADHD Meds:**

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

**Hypnotics:**

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

**Mood Stabilizers:**

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

**Anti-histamines:**

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

**Anti-cholinergic:**

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

**Antidotes:**

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

Ahmad Nasser MR SIR2024-152 DOB: 12/01/1983 Male Anthem Blue Cross Blue Shield of California (WellPoint) F41.1  
Generalized anxiety disorder,F33.1 Major depressive disorder, Recurrent episode, Moderate,F10.20 Alcohol use disorder,  
Moderate,F13.20 Sedative, hypnotic, or anxiolytic use disorder, Moderate

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AN

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Ahmad Nasser (participant), 10/12/2024 01:13 PM

Staff present: Jennifer Rosa, Administrator

JR

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Jennifer Rosa, Administrator (Staff), DEA Treatment123, 10/12/2024 01:13 PM

## Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

## COLUMBIA-SUICIDE SEVERITY RATING SCALE (C-SSRS) 10/18/2024

Date: 10/18/2024

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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.

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### RISK ASSESSMENT VERSION

(\* elements added with permission for Lifeline centers)

#### Treatment History

- Previous psychiatric diagnoses and treatments
- Hopeless or dissatisfied with treatment
- Noncompliant with treatment

**Other Risk Factors** n/a

#### Clinical Status (Recent)

- Hopelessness
- Helplessness\*
- Major depressive episode
- Highly impulsive behavior
- Substance abuse or dependence
- Agitation or severe anxiety
- Perceived burden on family or others

#### Protective Factors (Recent)

- Identifies reasons for living
- Responsibility to family or others; living with family
- Supportive social network or family

**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

Ahmad has not had significant suicidal ideation.

#### Recent – Most Severe Ideation

1

##### Description of Ideation

No significant suicidal ideation in the past month.

---

### 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): 0 , Most Severe – Past 1 Month (indicate number):  
0

---

### 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): 0 , Most Severe – Past 1 Month (indicate number):  
0

---

### 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): 0 , Most Severe – Past 1 Month (indicate number):

0

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### 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

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**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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Kasey Samanc (Staff), 10/18/2024 10:21 PM

## Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

### Screen - Nutritional 10/18/2024

Evaluation Date: 10/18/2024

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

Ahmad reported that in the past 24 hours, he had very little to eat. For breakfast, he had a slice of toast with butter and coffee. Later in the day, he skipped lunch but had a handful of crackers and a soda in the afternoon. For dinner, he managed to eat half of a small sandwich but couldn't finish due to his poor appetite. He also mentioned that he had been drinking alcohol throughout the day and taking benzodiazepines to manage his anxiety.

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:				No Problem (0) (0)			
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** (1)  
**SCORE:**

**Score:**

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

**Document referral in Progress Notes.**

**Referral to Nutritionist or Physician:** No , Date::  
n/a

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Kasey Samanc (Staff), 10/18/2024 07:44 PM

## Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

## Spiritual Assessment 10/18/2024

Date: 10/18/2024

---

*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?

Ahmad finds it difficult to identify consistent sources of hope and strength due to his struggles with depression and anxiety. However, he holds onto the idea of recovering and rebuilding his relationships, particularly with his family.

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

During difficult times, Ahmad holds onto the desire to escape his emotional pain and find relief from his mental health struggles. His connection to his family, despite the challenges, motivates him to seek help.

#### 3. What sustains you and keeps you going?

Ahmad is sustained by the hope that treatment will help him regain control of his life and find some sense of peace. His desire to improve his mental health and repair strained relationships provides motivation, even if he struggles to stay hopeful at times.

---

### 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?

- Other:: Does not wish to discuss

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

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

- Impersonal
- Other:: distant

---

### C. SPIRITUAL MEANING AND VALUES



**1. Do you follow any spiritual path or practice?**

Ahmad does not currently follow any specific spiritual path, as his focus has been on survival and managing his emotional distress.

**2. What significant spiritual experiences have you had?**

Ahmad may not recall significant spiritual experiences, as his mental health struggles and substance use have overshadowed any past connections to spirituality.

---

**D. PRAYER/MEDITATE EXPERIENCES**

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

**2. When do you pray or meditate?**

- Other:: If Ahmad prays or reflects, it may be during moments of crisis or deep emotional pain rather than as a regular practice.

---

**E. FAITH AND BELIEFS**

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

**2. What are your spiritual or religious beliefs?**

Ahmad may believe in a Higher Power but does not adhere to specific religious practices or teachings currently. His relationship with spirituality is distant, influenced by his mental health struggles.

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

Ahmad finds meaning in the possibility of recovery and improving his life, though he struggles to hold onto this belief consistently. Reconnecting with his family and finding a sense of peace are important to him.

---

**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?**

Ahmad's religious or spiritual beliefs have not had a direct influence on his recovery thus far, as he is more focused on managing his mental health and substance use.

---

**G. COMMUNITY**

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

**Explain:**

Ahmad is not part of a religious or spiritual community at the moment. He may feel disconnected from these types of support systems due to his struggles with isolation and mental health.

### Spiritual Assessment Summary

Ahmad's spiritual journey appears distant and disconnected, largely due to the emotional and psychological challenges he faces. While he believes in a Higher Power, his current focus is on surviving and recovering from his depression, anxiety, and substance use disorder. Spirituality is not a significant part of his life at this time, though he may find value in reconnecting with these beliefs as he progresses through treatment. His current sources of hope are rooted in the possibility of recovery and improving his relationships, particularly with his family. As he moves forward, integrating emotional healing with potential spiritual growth could offer him additional strength and meaning in his recovery journey.

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Kasey Samanc (Staff), 10/18/2024 10:22 PM

## Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

### Initial Aftercare Plan 10/18/2024

**Date:** 10/18/2024

---

#### 1) After treatment I will

- Not sure

#### 2) After treatment I will

- Attend an intensive outpatient or outpatient program

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

- Daily Schedule
- Goal List

#### 4) I need help with

- Employment
- Aftercare

#### 5) Therapeutic Resources

- 1.: Build a sober support network
  - 2.: Find an outside therapist I can continue working with
  - 3.: Start new, healthy sober hobbies.
- 

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Ahmad Nasser (participant), 10/18/2024 10:20 PM

Ahmad Nasser MR SIR2024-152 DOB: 12/01/1983 Male Anthem Blue Cross Blue Shield of California (WellPoint) F41.1  
Generalized anxiety disorder,F33.1 Major depressive disorder, Recurrent episode, Moderate,F10.20 Alcohol use disorder,  
Moderate,F13.20 Sedative, hypnotic, or anxiolytic use disorder, Moderate

Staff present: Kasey Samanc



---

Kasey Samanc (Staff), 10/18/2024 10:20 PM

Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

Educational Learning Assessment 10/18/2024

Evaluation Date: 10/18/2024

SECTION A: Educational Learning Assessment

Pre-Treatment Teaching

Did you participate in any pre-treatment education? No

Knowledge of Disease:

Ahmad has a limited understanding of his substance use disorder and mental health conditions. He needs education to better comprehend the impact these issues have on his life and recovery process.

Knowledge: Limited

Barriers To Learning:

- Emotional
- Cognitive Functioning

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
- Concentrates for brief periods

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

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

- Medication: Ahmad will need education about the medications prescribed for his mental health (such as SSRIs or other psychiatric medications).
- Current Medical Issues: He may benefit from understanding how his substance use has affected his physical health, particularly issues such as weight loss and poor appetite.
- Psychiatric Issues: Ahmad needs education about his mental health diagnoses (depression, anxiety) and how they relate to his substance use.
- ADLs (basic): Ahmad may need support with Activities of Daily Living (ADLs) due to his depression, including hygiene and self-care.
- Nutrition: Education on proper nutrition is essential for Ahmad, as his eating habits have suffered due to his substance use
- Community Resources/Support Groups: Ahmad needs information on support groups and community resources to aid his recovery.
- Other:: Relapse Prevention: Education on relapse prevention strategies will be key to maintaining his sobriety after treatment.

**Preferred Learning Style:**

- Discussions with staff
- Ask/Answer questions

---

**SECTION B: Teaching Needs**

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

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

---

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Kasey Samanc (Staff), 10/18/2024 10:22 PM

Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

LOCUS Assessment with Scoring 10/18/2024 03:52 PM

Evaluation 10/18/2024 03:52 PM  
Date/Time:

I. Risk of Harm 3 Moderate Risk of Harm (3)

Evidence

Ahmad presents with passive suicidal ideation, but there is no active plan or intent. He engages in substance use, which heightens his risk slightly, but he is seeking treatment voluntarily, indicating a moderate risk.

II. Functional Status 4 Serious Impairment (4)

Evidence

Ahmad struggles with maintaining daily functioning due to his depression and anxiety. His substance use exacerbates these issues, but he can still manage some basic tasks, albeit with difficulty.

III. Co-occurring Disorders 4 Major Co-Morbidity (4)

Evidence

Ahmad has co-occurring psychiatric and substance use disorders, including generalized anxiety disorder, major depressive disorder, alcohol use disorder, and benzodiazepine misuse. These disorders moderately impair his functioning but are not at an extreme level.

IV. Recovery Environment Ahmad's current living environment is highly toxic, with multiple family members actively struggling with addiction.

A) Level of Stress 3 Moderately Stressful Environment (3)

Evidence

Ahmad's living situation is stressful due to limited social support and family dysfunction, but he does not face immediate external threats or extreme crises.

B) Level of Support 3 Limited Support in Environment (3)

Evidence

While Ahmad lacks strong social support, he has sought treatment and is open to engaging in a more structured environment, which suggests he has some level of external support, even if minimal.

---

**V. Treatment and Recovery History** 3 Moderate or Equivocal Response to Treatment/Recovery Mgmt (3)

**Evidence**

Ahmad has had previous outpatient treatments, though they were not sustained. His treatment history shows some response but not a full or long-term recovery, indicating moderate responsiveness to prior treatments.

---

**VI. Engagement** 2 Positive Engagement (2)

**Evidence**

Ahmad is seeking help and shows some level of engagement, though his insight into his substance use and mental health issues is limited. He is moderately engaged in seeking treatment, and his willingness to participate suggests potential for improvement.

---

**Composite Score** (22)

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 3: PHP

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

Ahmad's substance use and psychiatric symptoms require structured daily treatment and monitoring. PHP will offer a more suitable environment to manage both his mental health and substance use disorders, with intensive therapy and medical supervision.

**Preliminary Recommendations Based on Assessment:**

Ahmad's risk factors, lack of immediate severe withdrawal, and need for a balance between structure and independence support PHP over residential or detox care. His engagement in PHP will allow him to stabilize and recover without the extreme restrictions of higher care levels.



---

Jamila Charles Cometa, LMFT (Staff), 10/19/2024 03:57 PM



Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

Belongings Placed in the Safe 10/18/2024 06:42 PM

Date: 10/18/2024 06:42 PM

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: Yes

Credit or debit cards: None

Phones and electronic devices

Item	Charger	Condition	Condition
Galaxy S22	Charger included	Fair	Old in appearance

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 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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AN

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Ahmad Nasser (participant), 10/18/2024 07:41 PM

Staff present: Kasey Samanc

KaseyS

---

Kasey Samanc (Staff), 10/18/2024 07:41 PM

**Ahmad Nasser ♂ SIR2024-152**

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

**Safe Call 10/18/2024 06:43 PM**

**Date/Time:** 10/18/2024 06:43 PM

**Emergency Contact:**

June Nasser

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

**Relationship to Patient:**

Sister

**Phone Number:**

747-688-2314

**Emergency Contact Reached?** Yes

**When?** 10/18/2024 07:38 PM

**What is the follow up plan?**

"The follow-up plan is to keep June Nasser, the patient's emergency contact, informed of any critical updates regarding the patient's condition. Should there be any significant changes or if further action is required, June will be contacted promptly. The patient is currently in an inpatient facility and is being monitored 24 hours a day, so no additional check-ins are needed at this time."

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Kasey Samanc (Staff), 10/18/2024 07:40 PM

## Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

### Step Into Recovery Centers INC Safety Contract

I, Ahmad Nasser, 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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Ahmad Nasser (participant), 10/18/2024 06:43 PM

Staff present: Kasey Samanc



Kasey Samanc (Staff), 10/18/2024 06:43 PM

Ahmad Nasser MR SIR2024-152 DOB: 12/01/1983 Male Anthem Blue Cross Blue Shield of California (WellPoint) F41.1 Generalized anxiety disorder, F33.1 Major depressive disorder, Recurrent episode, Moderate, F10.20 Alcohol use disorder, Moderate, F13.20 Sedative, hypnotic, or anxiolytic use disorder, Moderate

## Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

### Step Into Recovery Centers INC Transportation Release and Waiver of Liability

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

#### Client's Information:

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

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

**Name of Facility:** Step Into Recovery Centers INC

**Client's Full Name:** Ahmad Nasser

**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, Ahmad Nasser, is currently a client at the Partial Hospitalization or Intensive Outpatient Program operated by Step Into Recovery Centers INC. This Client will be participating in the Transportation Services provided by Step Into Recovery Centers INC. 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, Ahmad Nasser (or parent/guardian of the individual named herein), does knowingly, freely, and voluntarily assume all liability for any and all damage or injury that may occur as a result of his/her (or his/her dependent's/ward's) participation in the activities described herein and agrees to **release, waive, discharge, and covenant not to bring suit against Step Into Recovery Centers INC**, its officers, agents, employees, and volunteers from/for any and all liability or claims that may be sustained by me or by a third party, directly or indirectly, in connection with or arising out of his/her (or his/her dependent's/ward's) participation in the activities described herein, **whether caused in whole or in part by the negligence of Step Into Recovery Centers INC or otherwise.**

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

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

**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, Ahmad Nasser, have read and fully understand the contents herein.

Executed this n/a.

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Ahmad Nasser (participant), 10/18/2024 06:44 PM  
Staff present: Kasey Samanc

Ahmad Nasser MR SIR2024-152 DOB: 12/01/1983 Male Anthem Blue Cross Blue Shield of California (WellPoint) F41.1  
Generalized anxiety disorder,F33.1 Major depressive disorder, Recurrent episode, Moderate,F10.20 Alcohol use disorder,  
Moderate,F13.20 Sedative, hypnotic, or anxiolytic use disorder, Moderate

A handwritten signature in blue ink, appearing to read "Kasey S", with a large, stylized "S" at the end.

---

Kasey Samanc (Staff), 10/18/2024 06:44 PM



## Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

### Step Into Recovery Centers INC 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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Ahmad Nasser (participant), 10/18/2024 06:44 PM

Staff present: Kasey Samanc



Kasey Samanc (Staff), 10/18/2024 06:44 PM

## Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

### Step Into Recovery Centers INC 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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Ahmad Nasseri MR SIR2024-152 DOB: 12/01/1983 Male Anthem Blue Cross Blue Shield of California (WellPoint) F41.1  
Generalized anxiety disorder,F33.1 Major depressive disorder, Recurrent episode, Moderate,F10.20 Alcohol use disorder,  
Moderate,F13.20 Sedative, hypnotic, or anxiolytic use disorder, Moderate

AN

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Ahmad Nasseri (participant), 10/18/2024 06:44 PM  
Staff present: Kasey Samanc

KaseyS

---

Kasey Samanc (Staff), 10/18/2024 06:44 PM

## Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

### Step Into Recovery Centers INC

#### Admission Orientation Checklist

**Name: Ahmad Nasser MR#: SIR2024-152 DOB: 12/01/1983**

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

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

My signature confirms that I have engaged in an orientation process with Step Into Recovery Centers INC 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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Ahmad Nasseri MR SIR2024-152 DOB: 12/01/1983 Male Anthem Blue Cross Blue Shield of California (WellPoint) F41.1  
Generalized anxiety disorder,F33.1 Major depressive disorder, Recurrent episode, Moderate,F10.20 Alcohol use disorder,  
Moderate,F13.20 Sedative, hypnotic, or anxiolytic use disorder, Moderate



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Ahmad Nasseri (participant), 10/18/2024 06:44 PM  
Staff present: Kasey Samanc



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Kasey Samanc (Staff), 10/18/2024 06:45 PM

## Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

### Step Into Recovery Centers INC 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.

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

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

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

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

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

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

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

### Grievance Procedure:

1. Any person(s) who believes that their rights have been violated or has a complaint or grievance may file a complaint pursuant to the procedures set forth below, on their behalf or on the behalf of another person. All persons are encouraged to file a grievance. By filing a complaint the individual will not subject themselves to any form of adverse action, reprimand, retaliation, or otherwise negative treatment by Step Into Recovery Centers INC. 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.

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I, Ahmad Nasser, hereby acknowledge receipt of and understand the "Client Rights" statement.

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Ahmad Nasser (participant), 10/18/2024 06:45 PM  
Staff present: Kasey Samanc



Ahmad Nasser MR SIR2024-152 DOB: 12/01/1983 Male Anthem Blue Cross Blue Shield of California (WellPoint) F41.1 Generalized anxiety disorder,F33.1 Major depressive disorder, Recurrent episode, Moderate,F10.20 Alcohol use disorder, Moderate,F13.20 Sedative, hypnotic, or anxiolytic use disorder, Moderate



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Kasey Samanc (Staff), 10/18/2024 06:45 PM

## Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

### Step Into Recovery Centers INC Confidentiality Policy

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

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

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

No information will be released from Step Into Recovery Centers INC 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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Ahmad Nasser (participant), 10/18/2024 06:45 PM  
Staff present: Kasey Samanc

Ahmad Nasser MR SIR2024-152 DOB: 12/01/1983 Male Anthem Blue Cross Blue Shield of California (WellPoint) F41.1  
Generalized anxiety disorder,F33.1 Major depressive disorder, Recurrent episode, Moderate,F10.20 Alcohol use disorder,  
Moderate,F13.20 Sedative, hypnotic, or anxiolytic use disorder, Moderate

A handwritten signature in blue ink, appearing to read "Kasey S", with a stylized flourish at the end.

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Kasey Samanc (Staff), 10/18/2024 06:45 PM

**Ahmad Nasser ♂ SIR2024-152**

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 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, Ahmad Nasser, 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, Ahmad Nasser, 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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Ahmad Nasser (participant), 10/18/2024 06:45 PM  
Staff present: Kasey Samanc



Kasey Samanc (Staff), 10/18/2024 06:46 PM

This form expires on 10/05/2025 06:45 PM.

## Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

### Step Into Recovery Centers INC 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

AN

Ahmad Nasser MR SIR2024-152 DOB: 12/01/1983 Male Anthem Blue Cross Blue Shield of California (WellPoint) F41.1  
Generalized anxiety disorder,F33.1 Major depressive disorder, Recurrent episode, Moderate,F10.20 Alcohol use disorder,  
Moderate,F13.20 Sedative, hypnotic, or anxiolytic use disorder, Moderate

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Ahmad Nasser (participant), 10/18/2024 06:46 PM

Staff present: Kasey Samanc



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Kasey Samanc (Staff), 10/18/2024 06:46 PM



## Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

### Step Into Recovery Centers INC Consent for Treatment

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

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

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

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

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

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

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

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Ahmad Nasser MR SIR2024-152 DOB: 12/01/1983 Male Anthem Blue Cross Blue Shield of California (WellPoint) F41.1 Generalized anxiety disorder,F33.1 Major depressive disorder, Recurrent episode, Moderate,F10.20 Alcohol use disorder, Moderate,F13.20 Sedative, hypnotic, or anxiolytic use disorder, Moderate

AN

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Ahmad Nasser (participant), 10/18/2024 06:46 PM  
Staff present: Kasey Samanc

KaseyS

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Kasey Samanc (Staff), 10/18/2024 06:46 PM

This form expires on 10/18/2025 06:46 PM.

**Ahmad Nasser ♂ SIR2024-152**

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

**Step Into Recovery Centers INC**  
**Drug and Alcohol Use Policy**

I, Ahmad Nasser hereby agree to participate fully in all aspects of my treatment while at Step Into Recovery Centers INC.

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

Please initial the following statements:

AN I understand that if I am prescribed any medication by any provider, I am expected to inform my attending clinician immediately.

AN Abstain from the use of all illegal/non-prescribed substances and alcohol.

AN I understand that frequent and random urinalysis and random breathalyzers are part of substance abuse treatment.

AN I agree to provide a urine sample and/or breathalyzer upon request.

AN 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.

AN 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.

AN I understand that I cannot wear any clothing that glorifies or endorses the use of alcohol or drugs.

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

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AN

Ahmad Nasser (participant), 10/18/2024 06:47 PM  
Staff present: Kasey Samanc

Ahmad Nasser MR SIR2024-152 DOB: 12/01/1983 Male Anthem Blue Cross Blue Shield of California (WellPoint) F41.1  
Generalized anxiety disorder,F33.1 Major depressive disorder, Recurrent episode, Moderate,F10.20 Alcohol use disorder,  
Moderate,F13.20 Sedative, hypnotic, or anxiolytic use disorder, Moderate

A handwritten signature in blue ink, appearing to read "Kasey S", with a stylized flourish at the end.

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Kasey Samanc (Staff), 10/18/2024 06:47 PM

## Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

### Step Into Recovery Centers INC Group Confidentiality

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

The following guidelines will help you maintain this rule:

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

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

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

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Ahmad Nasser (participant), 10/18/2024 06:47 PM  
Staff present: Kasey Samanc



Ahmad Nasser MR SIR2024-152 DOB: 12/01/1983 Male Anthem Blue Cross Blue Shield of California (WellPoint) F41.1 Generalized anxiety disorder,F33.1 Major depressive disorder, Recurrent episode, Moderate,F10.20 Alcohol use disorder, Moderate,F13.20 Sedative, hypnotic, or anxiolytic use disorder, Moderate

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Kasey Samanc (Staff), 10/18/2024 06:47 PM

## Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

### Step Into Recovery Centers INC Uses and Disclosure of Health Information

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

**PLEASE REVIEW IT CAREFULLY**

**This notice is effective as of April 15, 2003**

#### **USES AND DISCLOSURE OF HEALTH INFORMATION**

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

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

#### **Step Into Recovery Centers INC'S PRIVACY PROCEDURES AND LEGAL OBLIGATIONS**

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

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

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

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

## USES AND DISCLOSURES WITH YOUR AUTHORIZATION

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

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

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

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

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

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

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



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

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

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

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

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

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

## YOUR RIGHTS CONCERNING PRIVACY

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

**Amendments to Certain Records:** You have the right to request certain amendments to your PHI if, for example, you believe

a mistake has been made or a vital piece of information is missing. Step Into Recovery Centers INC is not required to make the requested amendments and will inform you in writing of our response to your request.

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

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

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

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

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

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

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

#### RESTRICTION REQUEST:

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

n/a

Ahmad Nasseri MR SIR2024-152 DOB: 12/01/1983 Male Anthem Blue Cross Blue Shield of California (WellPoint) F41.1 Generalized anxiety disorder,F33.1 Major depressive disorder, Recurrent episode, Moderate,F10.20 Alcohol use disorder, Moderate,F13.20 Sedative, hypnotic, or anxiolytic use disorder, Moderate

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

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

© 2012-2021 Kipu Systems LLC

AN

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Ahmad Nasseri (participant), 10/18/2024 06:47 PM  
Staff present: Kasey Samanc

KaseyS

---

Kasey Samanc (Staff), 10/18/2024 06:48 PM

**Ahmad Nasser ♂ SIR2024-152**

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

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

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

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

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Ahmad Nasser (participant), 10/18/2024 06:48 PM  
Staff present: Kasey Samanc



Kasey Samanc (Staff), 10/18/2024 06:48 PM

## Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

### Step Into Recovery Centers INC 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.

Step Into Recovery Centers INC

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AN



Ahmad Nasser MR SIR2024-152 DOB: 12/01/1983 Male Anthem Blue Cross Blue Shield of California (WellPoint) F41.1  
Generalized anxiety disorder,F33.1 Major depressive disorder, Recurrent episode, Moderate,F10.20 Alcohol use disorder,  
Moderate,F13.20 Sedative, hypnotic, or anxiolytic use disorder, Moderate

---

Ahmad Nasser (participant), 10/18/2024 06:48 PM

Staff present: Kasey Samanc

A handwritten signature in blue ink, appearing to read "Kasey S", is positioned above a horizontal line.

---

Kasey Samanc (Staff), 10/18/2024 06:48 PM

## Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

### Step Into Recovery Centers INC Program Rules

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

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

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

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

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Ahmad Nasseri (participant), 10/18/2024 06:49 PM  
Staff present: Kasey Samanc



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Kasey Samanc (Staff), 10/18/2024 06:49 PM

## Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

### Step Into Recovery Centers INC Activities Release and Waiver of Liability

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

#### Date of Execution of Release and Waiver of Liability:

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

#### Acknowledgments and Representations by Client:

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

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

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

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

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

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

**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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Ahmad Nasser (participant), 10/18/2024 06:53 PM  
Staff present: Kasey Samanc

Ahmad Nasser MR SIR2024-152 DOB: 12/01/1983 Male Anthem Blue Cross Blue Shield of California (WellPoint) F41.1  
Generalized anxiety disorder,F33.1 Major depressive disorder, Recurrent episode, Moderate,F10.20 Alcohol use disorder,  
Moderate,F13.20 Sedative, hypnotic, or anxiolytic use disorder, Moderate

A handwritten signature in blue ink, appearing to read "Kasey S", with a stylized flourish at the end.

---

Kasey Samanc (Staff), 10/18/2024 06:53 PM

**Ahmad Nasser ♂ SIR2024-152**

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

**Pre-Admission Assessment 10/18/2024 07:23 PM**

**Date/Time of Assessment:** 10/18/2024 07:23 PM

**Race:** Other

**Marital Status:** Single

**Number of Marriages:**

0

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**Living Arrangements**

**With whom does the patient live:**

family

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

**Does the client have children?** No children

**Are you pregnant?** N/A

---

**Are you employed?** No

**Does your employer know you are here?** No

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

---

**Do you have any mobility issues/concerns?** Denied

**Are you ambulatory?** Yes

---

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

Ahmad Nasser is a 40-year-old male presenting with chronic and worsening symptoms of anxiety and depression, compounded by a history of substance use disorder (alcohol and benzodiazepines). His decision to seek treatment was precipitated by a combination of ongoing toxic family dynamics (multiple family members in active addiction) and recent personal crises, including the death of a close friend due to overdose. His symptoms have worsened to the point where he experiences daily panic attacks, severe depressive episodes, and difficulties managing basic responsibilities. He reports feeling hopeless, withdrawn, and unable to cope with his current circumstances.

Ahmad’s escalating use of alcohol and benzodiazepines to self-medicate has resulted in a significant decline in his physical and emotional health. He is unable to function at work or maintain healthy relationships, and he expresses feelings of guilt and helplessness due to his family situation.

Ahmad’s family dynamics play a significant role in his mental health. He comes from a family where multiple members struggle with addiction, including his father and brother. This has resulted in a toxic environment, and despite his attempts to distance himself, Ahmad remains emotionally enmeshed in their problems. His family’s lack of support, coupled with his history of emotional neglect during childhood, has exacerbated his feelings of anxiety, depression, and worthlessness. His substance use began as a coping mechanism for these stressors and has escalated to problematic levels.

Contributing Factors Leading to Seeking Treatment:

- Inability to Maintain Employment
- 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	-		
Therapist/Counselor	-		
PCP/Other Specialist	-		

Previous Substance Abuse/Psychiatric Treatments

Treatment History: ☒ None

Medical History

Current Medical Conditions: None

Current Medications: ☒ None

Allergies:

No Known Allergies/NKA



Psychiatric Conditions:

Ct reports anxiety and depression.

Substance Abuse History

Substance History:

	First Used	Last Used	Frequency/Duration	Amount	Method	Pattern of Use (Episodic, Experimental, Binge, Continued)
Alcohol	21 yrs old	10/18/2024	daily	750 ml	oral	periods of episodic binge drinking
Marijuana						
Cocaine (Powder)						
Crack Cocaine						
Crystal Meth						
Heroin						
Suboxone/Zubsolv						
Oxycontin						
Methadone						
Other Opiates						
Benzodiazepines	Xanax 38 yrs old	10/18/2024	daily	10 mg	oral	Continued
Hallucinagens						
Amphetamines						
Inhalants						
Ketamine (Special K)						
Triple C's						
Codeine						
Ecstasy						
Bath Salts						
Flakka						
MDMA/Molly						
Steroids						
K2Spice						
Kratom						
Kava						
Other OTC drugs						

Other						
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### Current Signs and Symptoms of Withdrawal

Anxiety , Irritability , Loss of Appetite , Cravings, scale::  
8

### History of High Risk/Severe Withdrawal Symptoms:

#### Neurovegetative Signs and Symptoms

**Sleep Patterns:**      Good      Fair      Poor  
☐      ☒      ☐

**Hours per Night:**

4

**Sleep Interruptions:**      Insomnia

**Appetite:**      Good      Fair      Poor  
☐      ☐      ☒

**Unanticipated weight gain?** No

**Unanticipated weight loss?** Yes , Loss in lbs: 14  
lbs

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

### Suicidal/Homicidal Lethality Risk Assessment

#### Suicidal Ideation:

Ahmad has reported passive thoughts of suicide but denies having a current plan.

**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: Soft

Judgment:Poor

Insight: Rationalization

Thought Process: Preoccupied

Memory: Intact

Attention: Persistent

Affect: Blunted

Family History

Father: Drug Abuse

Mother: Alcoholism , Mental Illness

Siblings: None

Spouse: None

Children: None

Other: None

Rationale for Treatment Admission:

Ahmad meets the criteria for PHP due to the severity and complexity of his mental health conditions, compounded by substance use. His anxiety and depression have significantly impaired his ability to function in daily life, and his reliance on alcohol and benzodiazepines has exacerbated these symptoms. Despite outpatient interventions, Ahmad has not achieved meaningful improvement, and his family dynamics further hinder his ability to recover. A higher level of care is necessary to provide structured, intensive treatment to address both his mental health and substance use issues.

Ahmad requires daily therapeutic intervention, substance use counseling, and medication management to stabilize his

Ahmad Nasser MR SIR2024-152 DOB: 12/01/1983 Male Anthem Blue Cross Blue Shield of California (WellPoint) F41.1 Generalized anxiety disorder, F33.1 Major depressive disorder, Recurrent episode, Moderate, F10.20 Alcohol use disorder, Moderate, F13.20 Sedative, hypnotic, or anxiolytic use disorder, Moderate

condition. His limited social support and the chronic nature of his issues make PHP the most appropriate level of care to prevent further deterioration and promote long-term recovery.

---

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A handwritten signature in blue ink, appearing to read "Kasey S".

---

Kasey Samanc (Staff), 10/18/2024 07:23 PM

**Ahmad Nasser ♂ SIR2024-152**

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 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: 10/06/2024

This will confirm that upon admission to Step Into Recovery Centers INC, I, Ahmad Nasser:

- ☐ 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.

© 2012-2021 Kipu Systems LLC

AN

Ahmad Nasser (participant), 10/18/2024 07:34 PM  
Staff present: Kasey Samanc

KaseyS

Kasey Samanc (Staff), 10/18/2024 07:34 PM

Ahmad Nasser MR SIR2024-152 DOB: 12/01/1983 Male Anthem Blue Cross Blue Shield of California (WellPoint) F41.1 Generalized anxiety disorder, F33.1 Major depressive disorder, Recurrent episode, Moderate, F10.20 Alcohol use disorder, Moderate, F13.20 Sedative, hypnotic, or anxiolytic use disorder, Moderate

## Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 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), Anthem Blue Cross Blue Shield of California (WellPoint), 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.

Ahmad Nasser MR SIR2024-152 DOB: 12/01/1983 Male Anthem Blue Cross Blue Shield of California (WellPoint) F41.1 Generalized anxiety disorder,F33.1 Major depressive disorder, Recurrent episode, Moderate,F10.20 Alcohol use disorder, Moderate,F13.20 Sedative, hypnotic, or anxiolytic use disorder, Moderate

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

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AN

---

Ahmad Nasser (participant), 10/18/2024 07:34 PM  
Staff present: Kasey Samanc

KaseyS

---

Kasey Samanc (Staff), 10/18/2024 07:36 PM



**Ahmad Nasser ♂ SIR2024-152**

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

**Screen - Pain 10/18/2024 07:42 PM**

**Evaluation Date:** 10/18/2024 07:42 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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Kasey Samanc (Staff), 10/18/2024 07:45 PM

## Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

## Tuberculosis Skin Testing Questionnaire 10/18/2024 07:46 PM

**Date/Time:** 10/18/2024 07:46 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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AIV

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Ahmad Nasser (participant), 10/18/2024 07:46 PM

Staff present: Kasey Samanc

KaseyS

---

Kasey Samanc (Staff), 10/18/2024 07:46 PM

## Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

## Medications Informed Consent 10/18/2024 07:46 PM

**Date/Time:** 10/18/2024 07:46 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.*

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AN

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Ahmad Nasser (participant), 10/18/2024 07:46 PM

Staff present: Kasey Samanc

## Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

## History and Physical Exam 10/18/2024 07:47 PM

Date of	Start time	End time
Exam:	10/18/2024	
	07:47 PM	

### Chief Complaint(s):

Ahmad presents with chronic and worsening symptoms of anxiety, depression, and substance use disorder. He reports feelings of hopelessness, passive suicidal ideation, and an increased reliance on alcohol and benzodiazepines to manage his symptoms. He has been unable to function in daily life and seeks help due to his deteriorating mental and physical health.

**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:

Ahmad is physically healthy but has reported weight loss due to poor appetite and frequent alcohol use. He suffers from generalized anxiety disorder, major depressive disorder, alcohol use disorder, and benzodiazepine misuse. He denies any significant chronic medical conditions.

**Surgical History:** None

### Family History:

Ahmad's family has a history of mental health issues and substance use. His family relationships are strained, and there is minimal social support. No specific medical conditions are reported in his family.

### Social History:

Ahmad is socially isolated and lives alone. He struggles with maintaining daily responsibilities, employment, and personal relationships. His family relationships are strained due to ongoing substance use, and he has little to no support from friends or community.

**Marital Status:** Single

**Children:** No

**Work:** None

**Cigarettes/Vape:** Smoker , Details:: 1 pack daily for 10  
years

### 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.

Allergies:

No Known Allergies/NKA

Review of Systems					
Physical Exam Vitals:	Blood Pressure (systolic/diastolic)	Temperature	Pulse	Respirations	O2 Saturation
	139 / 87	98.2	93	17	97
Comments	-				
Height/Weight:	Height: 5' 9"	Weight: 190 lbs	BMI: 28.06		
Skin:					
No issues reported.					
HEENT:					
No issues reported.					
Neck:					
No issues reported.					
Respiratory:					
No issues reported.					
Cardiovascular:					
No issues reported.					
Abdominal:					
Occasional nausea and frequent reflux reported, likely due to alcohol use. No significant abdominal pain reported.					
Extremities:					
No issues reported.					
GU/Rectal:					
No issues reported.					
Neurological:					
No issues reported.					
Musculoskeletal:					
No issues reported.					

Mental Status: Guarded , Lethargic

**Assessment/Plan:**

Ahmad Nasser presents with severe anxiety, depression, and substance use disorder involving alcohol and benzodiazepines. His symptoms have significantly impaired his ability to function in daily life, and he requires a structured treatment plan. Based on his current condition, Partial Hospitalization Program (PHP) level of care is recommended to provide the necessary support and structure. The primary goals at this level of care will be to stabilize his mental health and address his co-occurring substance use disorders.

Ahmad's PHP treatment plan will involve comprehensive psychiatric care, including therapy and medication management, to control his anxiety and depression. Intensive therapy will focus on building coping mechanisms, emotional regulation, and addressing the underlying psychological issues driving his substance use. In addition to individual therapy, group therapy and psychoeducational sessions will support his recovery process.

Given his poor appetite and recent weight loss, a referral to a nutritionist will be necessary to evaluate his nutritional needs and help improve his overall physical health. The treatment plan will also include ongoing substance use counseling to support long-term recovery. Aftercare planning and a structured transition to lower levels of care, such as outpatient therapy or support groups, will be essential for maintaining his progress and preventing relapse.

Ahmad will receive close monitoring during his time in PHP, with regular psychiatric evaluations to ensure his treatment is effective and appropriately tailored to his evolving needs.

---

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

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## Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

### Initial Psychiatric Evaluation 10/18/2024 07:49 PM

Start and End Time:	Start time	End time
	10/18/2024	
	07:49 PM	

#### I. Identifying Information:

**Admit Date/Time:** 10/18/2024 07:49 PM

**Admission Type:** Voluntary ☒ Involuntary ☐

**Marital Status:** Single

**Allergies/Drug Reactions:**

**No Known Allergies/NKA**

**Current Medications:**

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

#### II. Chief Complaint:

Ahmad Nasser presents with chronic and worsening symptoms of anxiety, depression, and substance use disorder. He reports feelings of hopelessness, passive suicidal ideation, and increased reliance on alcohol and benzodiazepines to manage his symptoms. He has not been able to function in his daily life and is seeking help due to the deterioration in his mental and physical health.

#### 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.)**

Ahmad is experiencing severe anxiety, frequent panic attacks, low mood, social withdrawal, and feelings of worthlessness. He reports daily alcohol use and misuse of prescription medications (benzodiazepines) to manage his mental health symptoms, which has led to increased physical and emotional distress.

#### IV. Past Psychiatric & Substance Treatment History:

Ahmad has a history of generalized anxiety disorder and major depressive disorder. He has been self-medicating with



alcohol and benzodiazepines, which have worsened his symptoms. Previous outpatient treatments were short-term, and he has not consistently engaged in mental health care.

Ahmad reports daily alcohol use and benzodiazepine misuse to cope with his anxiety. His substance use has escalated over the past year, and he struggles with withdrawal symptoms when not using.

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

- Failure of outpatient/IOP treatment
- H/O recurrent problems with psycho-active substances

**VI. Background & Social History:**

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

Ahmad lives alone and has minimal contact with his family, who also struggle with addiction, making his relationships with them a source of distress. No specific educational background is provided. Vocationally, he faces challenges maintaining employment due to his mental health and substance use disorders. Socially, Ahmad is isolated with limited external support and often feels overwhelmed by his circumstances.

**VII. Medical/Surgical History:**

No significant medical conditions. Ahmad is physically healthy but reports weight loss due to poor appetite and frequent alcohol use.

**VIII. Seizure History:**

No history of seizures provided.

**IX. Head/Trauma History:**

No history of head trauma provided.

**X. Trauma/Abuse History:**

Ahmad has not reported any traumatic events in his life.

**XI. Psychosocial/Development/Family History Overview:**

Ahmad comes from a family where addiction is prevalent, contributing to his distress and isolation.

**XII. Previous History Suicidal/Homicidal Ideation/Plan:**

Ahmad reports passive suicidal ideation but no active plan or intent.

**XIII. Current Suicidal/Homicidal Ideation/Plan:**

Ahmad experiences passive suicidal ideation but does not have a specific plan. He denies any homicidal ideation.

---

**XIV. Mental Status Exam:**

*(Check All Symptoms Present)*

**A. Appearance:**

Disheveled , Poorly Groomed , Casually Dressed , Age Appropriate , Little Facial Expression , Inappropriate

**B. Speech:** Slow

**C. Behavior:** Poor Eye Contact , Other/Comments:: lethargic, slowed movements

**D. Attitude:** Cooperative , Other/Comments:: minimal engagement

**E. Mood:** Anxious ,  
Irritable

**F. Affect:** Blunted , Depressed ,  
Anxious

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

**Suicidal Ideation:** Yes , Other/Comments:: Passive

**Homicidal Ideation:** No

**Self Destructive Behaviors:** No

**H. Thought Process:** Coherent , Other/Comments:: linear but slowed, guilt

**I. Thought Content:**

- Other/Comments: passive suicidal ideation

**J. Vegetative Signs:**

Dysphoria , Hopelessness , Decreased Appetite , Decreased Sleep , Weight Loss , Helplessness , Anhedonia , Anergia , Decreased Concentration

---

**XV. Cognitive Assessment:**

**A. Orientation:** WNL

**B. Last Five Presidents.  
Able to Recall:** 5

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

<b>D. Digit Span (e.g. 9 6 4 6 1 7) :</b>	Number forward Correctly	Number backward Correctly
	Number forward	Number backward
	Correctly	Correctly

**E. Repeat Three Objects** 3 of 3  
**(See “C”):** Correct

**F. Intelligence Estimate:** Average

**G. Memory:**

**1. Immediate Recall:** Intact

**2. Short Term:** Intact

3. Long Term:	Intact
4. Concentration:	Impaired
5. Attention:	Impaired
H. Impulse Control:	Below Average
I. Introspection:	Below Average
J. Judgement:	Unemployed

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

- Physical Health
- Capacity to Perform ADL/s

**XVII. Liabilities/Barriers to Recovery:**

Ahmad exhibits limited insight into his substance use, which is a common challenge for individuals struggling with substance use disorders. This lack of awareness can hinder his ability to fully understand the impact of his substance use on his mental and physical health. Additionally, he faces minimal social support, further exacerbating his condition, as strong social networks are often key to building resilience against stress and improving treatment outcomes. Without meaningful connections or a supportive environment, Ahmad's ability to cope with his challenges is significantly compromised. Compounding these issues is his ongoing substance use, which continues to worsen his anxiety and depression, creating a cycle of dependency that makes recovery more difficult.

**XVIII. Diagnostic Impressions/Diagnosis:**

Ahmad Nasser presents with significant psychiatric and substance use concerns. His primary diagnosis is Generalized Anxiety Disorder (F41.1), as he exhibits pervasive anxiety, frequent panic attacks, and social withdrawal. His mood symptoms, including feelings of hopelessness and worthlessness, alongside his impaired daily functioning, support a secondary diagnosis of Major Depressive Disorder, Recurrent, Moderate (F33.1). Ahmad's substance use history reveals Alcohol Use Disorder, Moderate (F10.20) and Benzodiazepine Use Disorder, Moderate (F13.20), both of which are ongoing and contribute to his emotional and functional deterioration. His substance misuse has escalated to the point of withdrawal symptoms and increased emotional distress. Ahmad also experiences passive suicidal ideation, though without a current active plan.

This co-occurrence of psychiatric disorders and substance use highlights the complexity of Ahmad's case and the necessity for integrated treatment addressing both mental health and substance use.

**DSM 5 Diagnosis:**

Diagnoses

F41.1 Generalized anxiety disorder,F33.1 Major depressive disorder, Recurrent episode, Moderate,F10.20 Alcohol use disorder, Moderate,F13.20 Sedative, hypnotic, or anxiolytic use disorder, Moderate

**Medical Conditions:** None

**Psychosocial Stressors:**

- Problems with primary support group
- Problems related to social environment
- Occupational problems
- Housing problems
- Economic problems

**Need for Suicide** Yes  
**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.** Yes

---

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

- Acute history of psychoactive substance abuse
- Acute history inability to maintain any type of long-term absence from psychoactive substances
- Other (specify):: Requires a structured, controlled environment for stabilization.

---

**XXI. Treatment Recommendations:**

- PHP Level of Care
- Medication Management
- Individual Psychotherapy
- Group Psychotherapy
- Family Psychotherapy
- Psychoeducational Groups
- Aftercare Plan

---

**XXII. Psychopharmacologic Interventions:** None

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

**Client verbalized understanding of teaching:** Yes

**Follow-up:**

Ahmad experiences multiple challenges, including a lack of support from his family, who also struggle with addiction. This family dysfunction contributes to his social isolation and emotional distress. Although no specific issues with access to healthcare services have been reported, Ahmad has not been consistent in engaging with long-term mental health care. His social environment is unstable, with limited external support and overwhelming stress. Fortunately, there are no reported legal issues, educational problems, or instances of domestic violence. However, Ahmad faces significant occupational difficulties, as his mental health and substance use disorders have impaired his ability to maintain employment. He has not reported any history of sexual abuse or physical abuse. Ahmad's housing situation is stable, but his ability to manage daily

responsibilities is severely impacted, adding to his financial difficulties. Economically, he struggles to manage his finances due to the combined impact of his mental health and substance use issues. These factors all contribute to Ahmad's need for suicide precautions, as he has expressed passive suicidal ideation, though he does not have a plan. Ahmad is aware of the potential risks and benefits of treatment, as discussed with his psychiatrist.

**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.** No

---

### **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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## Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

## Self Preservation Statement 10/18/2024 07:51 PM

**Evaluation Date:** 10/18/2024 07:51 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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## Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 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.

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## 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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Ahmad Nasser (participant), 10/18/2024 07:53 PM

Staff present: Kasey Samanc



Kasey Samanc (Staff), 10/18/2024 07:54 PM

Ahmad Nasser MR SIR2024-152 DOB: 12/01/1983 Male Anthem Blue Cross Blue Shield of California (WellPoint) F41.1 Generalized anxiety disorder, F33.1 Major depressive disorder, Recurrent episode, Moderate, F10.20 Alcohol use disorder, Moderate, F13.20 Sedative, hypnotic, or anxiolytic use disorder, Moderate

**Ahmad Nasser ♂ SIR2024-152**

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 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: Ahmad Nasser**

**MR #: SIR2024-152**

**DOB: 12/01/1983**

---

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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Ahmad Nasser (participant), 10/18/2024 07:54 PM  
Staff present: Kasey Samanc



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Kasey Samanc (Staff), 10/18/2024 07:54 PM



## Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

### Trauma Assessment 10/18/2024 07:55 PM

**Date/Time:** 10/18/2024 07:55 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?** 1 True (1)

**Please list your  
traumas:**

Ahmad has experienced family violence, emotional neglect, and substance abuse within his family, which have contributed to his mental health struggles.

**2. During the traumatic event, did you experience or witness serious injury or death, or the threat of injury or death?** 0 False (0)

**3. During the traumatic event did you feel intense fear, helplessness, and/or horror?** 1 True (1)

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

**5. Do you sometimes feel like you are re-living the event or that it is happening all over again?** 0 False (0)

**6. Do you have recurrent nightmares or distressing dreams about the traumatic event?** 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?** 1 True (1)

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

**9. Do you try to avoid activities, people, or places that remind you of the traumatic event?** 1 True (1)

**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?** 1 True (1)

**12. Since the trauma took place, do you feel distant from other people or have**

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

---

Score: (18)

---

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)**

Ahmad's trauma assessment reveals severe symptoms stemming from unresolved trauma, emotional distress, and ongoing substance use disorder. His history of family violence, emotional neglect, and exposure to substance abuse within his family has left him with deep psychological wounds that continue to affect his mental health. These unresolved traumas manifest in symptoms of depression, anxiety, hypervigilance, and emotional isolation, all of which severely impact his day-to-day functioning and recovery.

It is recommended that Ahmad receive trauma-focused therapy as a key component of his treatment plan. Evidence-based approaches such as Cognitive Behavioral Therapy (CBT) and Eye Movement Desensitization and Reprocessing (EMDR) should be utilized to help him process and resolve traumatic memories. Group therapy with a focus on trauma may also help Ahmad realize that he is not alone in his struggles and provide an opportunity for him to build connections with others who have similar experiences.

In addition to trauma therapy, Ahmad requires medication management for his co-occurring mental health disorders, including major depressive disorder and generalized anxiety disorder. Psychiatric medications, such as Selective Serotonin Reuptake Inhibitors (SSRIs), could help regulate his mood and reduce his anxiety, allowing him to engage more effectively in therapy.

Ahmad's trauma symptoms, including hypervigilance, difficulty trusting others, and social isolation, may initially hinder his engagement in treatment. It will be important for his treatment team to establish a safe and supportive therapeutic environment early on to foster trust. Gradual exposure to emotionally difficult topics will be necessary, and Ahmad's therapists must provide strong support as he navigates these challenges. Regular assessments of his mental health will be critical in evaluating his progress and making any necessary adjustments to his treatment plan.

Ahmad's untreated trauma has been a direct contributor to his substance use, which he has used as a maladaptive coping mechanism. His inability to confront or process these traumatic memories has kept him reliant on alcohol and benzodiazepines to numb his emotional distress. This cycle of avoidance has perpetuated his addiction and worsened his mental health. By incorporating trauma-informed care into his treatment, the therapeutic process can break this cycle, helping Ahmad develop healthier coping mechanisms that do not involve substances. Trauma work will also reduce his symptoms of depression, anxiety, and hypervigilance, improving his ability to re-engage in social relationships, rebuild trust, and work toward his life goals. Due to the intensity of his trauma symptoms, long-term therapy will be necessary for lasting recovery.

Treatment Plan:

1. Trauma-Focused Therapy (CBT, EMDR) to address unresolved trauma.
2. Individual Therapy with a trauma-informed focus to explore emotions, triggers, and recovery strategies.
3. Group Therapy to connect Ahmad with others who have faced similar experiences, fostering peer support and reducing social isolation.
4. Medication Management to stabilize depression and anxiety, including potential use of SSRIs or other mood stabilizers.
5. Substance Use Counseling to focus on alternative coping mechanisms and relapse prevention.
6. Ongoing Psychiatric Evaluation to assess progress and modify treatment as needed.
7. Nutritional Support to address physical health deterioration due to substance abuse and poor diet.

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Ahmad Nasser (participant), 10/18/2024 07:56 PM

Staff present: Kasey Samanc

Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

Legal Assessment 10/18/2024 07:55 PM

Date/Time: 10/18/2024 07:55 PM

1. Have you ever committed a crime?

- No, Skip to Question # 5

2. What was the first crime you ever committed?

- Other Crime:: N/A

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

Sell to Dealers: Age: N/A

Manufactured Drugs: Age: N/A

Shoplifting: Age: N/A

Robbery (including drugs): Age: N/A

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

Con Game: Age: N/A

Petty Theft: Age: N/A

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

Weapon: Age: N/A

Other Crime: Age: N/A

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

Smuggle Drugs: Age: N/A

Sell to Users: Age: N/A

Burglary: Age: N/A

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

**Pickpocket:** Age: N/A

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

**Unarmed Assault:** Age: N/A

**Other Assault:** Age: N/A

---

**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***

Ahmad has not been arrested, so this question does not apply.

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

None

Ahmad has not been arrested.

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

Ahmad has never been incarcerated, so this question does not apply.

**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:**

Ahmad is not currently involved in any legal situations, such as probation, parole, or DUI-related issues.

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Kasey Samanc (Staff), 10/18/2024 07:55 PM

## Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

### Fagerstrom Test for Nicotine Dependence 10/18/2024 07:56 PM

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

---

**Date/Time:** 10/18/2024 07:56 PM

**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?** Yes (1)

*(No = 0; Yes = 1)*

**3. Which cigarette would you hate most to give up?** The first one in the morning (1)

*(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:** (7)

**Your level of dependency on nicotine is:**

☐ Score 1-2: Low  
dependence

☐ Score 3-4: Low to moderate  
dependence

☒ Score 5-7: Moderate  
dependence

Ahmad Nasser MR SIR2024-152 DOB: 12/01/1983 Male Anthem Blue Cross Blue Shield of California (WellPoint) F41.1 Generalized anxiety disorder,F33.1 Major depressive disorder, Recurrent episode, Moderate,F10.20 Alcohol use disorder, Moderate,F13.20 Sedative, hypnotic, or anxiolytic use disorder, Moderate

☐ Score 8+: High dependence

---

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

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AN

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Ahmad Nasser (participant), 10/18/2024 07:56 PM

Staff present: Kasey Samanc

KaseyS

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Kasey Samanc (Staff), 10/18/2024 07:57 PM



## Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

## Bio-psychosocial Assessment 10/18/2024 07:57 PM

Date/Time: 10/18/2024 07:57 PM

### I. SOCIAL AREA

#### A. Family of Origin

##### 1. Where were you raised and by whom?

Ahmad was raised by his parents in Southern California. His father worked long hours and was emotionally distant, while his mother struggled with mental health issues and alcoholism.

2. Do you have any ☒ None  
siblings?

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

Relationships were strained due to his parents' substance use and mental health issues. His father was often absent, and his mother's alcoholism created a chaotic and unstable environment.

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

Ahmad does not feel particularly close to any family member. The constant tension in the household led to emotional detachment. He was closest to his mother growing up but distanced himself due to her alcoholism.

##### 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:

Ct stated they abused substances my whole life.

#### B. Family of Choice

1. Are you involved in a significant No

**relationship?**

**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 restitution? No

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

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?

HS DIPLOMA

2. Are you currently enrolled and attending school? No

3. Do you have any future educational goals? No

#### B. Employment History

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

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

Job/Position	Employment Dates	Reason for Leaving	Salary
Manager	on and off over 15 years	addiction	

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:**

Heterosexual

**Check all that apply:**

For all checked, describe below.

**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?**

Client state no

#### TRAUMA ASSESSMENT:

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

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

**Witnessing an Accident:** ☐ Yes ☒ No

**Community Violence:** ☐ Yes ☒ No

**Domestic Violence:** ☐ Yes ☒ No

**Childhood Trauma:** ☐ Yes ☒ No

**Natural Disaster:** ☐ Yes ☒ No

**Family Violence:** ☒ Yes ☐ No

**Neglect:** ☒ Yes ☐ No

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

**School Violence:** ☐ Yes ☒ No

**Do you have a history of past or current types of trauma listed above, or sexual, psychological or physical abuse or any other type of abuse, and/or neglect, trauma or exploitation explain below:**

Ahmad has experienced emotional neglect and trauma related to growing up in a household affected by addiction and mental illness. His mother's alcoholism and his father's absence caused emotional distress throughout his childhood.

**Do you feel that this trauma may interfere with treatment and/or has led to past relapses?**

Client stated yes

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

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

---

## V. LEISURE/RECREATIONAL ACTIVITIES

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

Ahmad used to enjoy playing sports and video games but has lost interest due to his substance use and mental health challenges.

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

Ahmad's substance use has caused him to isolate and withdraw from previously enjoyable activities, and he no longer engages in hobbies or recreational activities.

Money , Lack of time ,  
Transportation

---

## 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):**

Ahmad currently lives alone in a small apartment but lacks a stable support system. He feels disconnected from friends and family due to the strained relationships caused by his substance use.

---

## VII. CURRENT FINANCIAL STATUS

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

Ahmad's financial situation is poor due to inconsistent employment and the costs associated with his addiction. He has had to borrow money from friends and sell personal belongings to fund his substance use.

---

## VIII. CONSEQUENCES OF ADDICTION

**1. Describe client's consequences of addiction:**

Physical

Ahmad has experienced weight loss, fatigue, and poor overall health as a result of his addiction.

Emotional

He struggles with severe anxiety and depression, often feeling overwhelmed and hopeless

Spiritual

Ahmad feels disconnected from any sense of purpose or meaning in life.

Value System

His addiction has eroded his values, leading him to make choices he regrets.

Legal

No legal consequences.

Financial

Ahmad's addiction has drained his finances, leading to debt and instability

Social

He is isolated and has strained relationships with family and friends.

Ahmad Nasser MR SIR2024-152 DOB: 12/01/1983 Male Anthem Blue Cross Blue Shield of California (WellPoint) F41.1 Generalized anxiety disorder,F33.1 Major depressive disorder, Recurrent episode, Moderate,F10.20 Alcohol use disorder, Moderate,F13.20 Sedative, hypnotic, or anxiolytic use disorder, Moderate

Mental

His mental health has deteriorated significantly, exacerbating his substance use.

Behavioral

Ahmad has developed unhealthy coping mechanisms, primarily turning to substances to escape emotional pain.

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	21 yrs old	10/18/2024	daily	750 ml	oral	periods of episodic binge drinking
Marijuana						
Cocaine (Powder)						
Crack Cocaine						
Crystal Meth						
Heroin						
Suboxone/Zubsolv						
Oxycontin						
Methadone						
Other Opiates						
Benzodiazepines	Xanax 38 yrs old	10/18/2024	daily	10 mg	oral	Continued
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	Sedatives, Hypnotics and Anxiolytics	Alprazolam
Tertiary		

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

8

Treatment History

Number of Times:

0

Previous Treatment: ☒ None

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

Client stated having never been in treatment but has heard of AA/NA and has experienced relapses in the past from attempting to get sober on his own.

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

Client stated the events leading up to my relapse were my inability to maintain employment, financial problems, and deterioration of family relationships.

---

## X. TREATMENT ACCEPTANCE / RESISTANCE DIMENSION

### 1. Describe your external motivation for Treatment?

Ahmad is externally motivated by the desire to avoid further deterioration of his health and repair his strained relationships with family members.

### 2. Describe your internal motivation for Treatment?

Ahmad is internally motivated by the desire to regain control over his life and find a sense of purpose.

### 3. Relapse/Continued Use Potential

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

**Client's Weaknesses:**

Lacks coping skills , Poor impulse control , Inability to form relationships , Low self esteem , Poor motivation

**Barriers to Treatment:** Financial

---

## XI. RECOVERY ENVIRONMENT

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

No, Ahmad lacks a strong support system, which has contributed to his ongoing struggles with addiction.

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

No, Ahmad's environment is isolating and unsupportive, which has negatively impacted his recovery efforts in the past.

**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?

Client stated some of the strengths she has that will assist her in her recovery are being extremely motivated, persistent, friendly, and goal oriented.

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

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## 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, Ahmad's family views his substance use as a major problem.

**2. Has any family member / significant other attempted to address/intervene in Client's behavior and/or usage?**

☒ Yes ☐ No

**Why or Why Not?**

Yes, the family wanted to help bring back the old Ahmad

**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.***

Ahmad Nasser presents with a complex clinical profile that includes Major Depressive Disorder, Recurrent Episode, Moderate (F33.1), Generalized Anxiety Disorder (F41.1), and Severe Alcohol Use Disorder (F10.20), along with Severe Benzodiazepine Use Disorder (F13.20). His co-occurring mental health and substance use disorders are deeply intertwined with a significant trauma history, leading to ongoing emotional instability, impaired functioning, and poor impulse control. Ahmad has been using substances as a way to self-medicate his anxiety and depression, which has caused a progressive deterioration in his physical, psychological, and social well-being. Given his current condition, a Partial Hospitalization Program (PHP) is recommended to address his complex treatment needs through a structured therapeutic environment. Internal conflict has exacerbated his depressive symptoms and worsened his overall mental health. Reintegrating spiritual support into Ahmad's treatment plan is essential, as addressing these internal struggles will help reduce the emotional burdens contributing to his addiction. Referrals to spiritually-informed counseling or faith-based recovery groups, such as Alcoholics Anonymous (AA) or Narcotics Anonymous (NA), may help Ahmad reconcile his spiritual beliefs with his recovery process, providing a supportive community that aligns with his values.

Ahmad faces several barriers to successful treatment engagement, with feelings of shame and guilt acting as major obstacles. His low self-worth and internalized guilt, especially regarding his spiritual conflict, may hinder his full participation in therapy and lead to withdrawal or resistance. Overcoming these barriers will require a compassionate and inclusive approach, ensuring that Ahmad feels supported as he works through his emotional and spiritual challenges. The treatment plan should focus on addressing these barriers while helping Ahmad develop healthier coping mechanisms.

The immediate treatment goals for Ahmad include stabilizing his mental health and achieving sobriety. PHP will provide daily therapeutic interventions, including Cognitive Behavioral Therapy (CBT) to challenge maladaptive thought patterns, and Dialectical Behavioral Therapy (DBT) to improve emotional regulation. His substance use issues, particularly his alcohol and benzodiazepine dependencies, will be addressed through relapse prevention planning, craving management, and skill-building sessions. Integrating spiritual practices into his recovery will be a key component of his treatment plan, helping Ahmad reconnect with his spiritual values and reduce his feelings of guilt and shame.

Further assessments will be necessary to fully understand the extent of Ahmad's trauma and spiritual distress. A spiritual assessment will help clarify how his beliefs influence his recovery, while a trauma assessment will uncover the impact of past experiences on his current mental health and substance use patterns. A dual diagnosis assessment will also ensure that both his psychiatric conditions and substance use disorders are addressed concurrently, allowing for a coordinated and comprehensive treatment plan.

In conclusion, Ahmad's treatment in the PHP setting will focus on mental health stabilization, substance use recovery, and spiritual reintegration. By providing daily therapeutic interventions, addressing trauma, and incorporating spiritual support, Ahmad will have the opportunity to develop healthier coping strategies and move toward long-term recovery. The structured yet flexible nature of PHP will allow Ahmad to receive the care he needs while gradually transitioning to a more independent lifestyle, supported by ongoing therapeutic and medical oversight.

---

## XII. ASSESSMENT OF MENTAL STATUS DURING INTERVIEW

**APPEARANCE:** Clean/neat

**AFFECT:** Appropriate

**MOOD:** Anxious

**BEHAVIOR:** Cooperative

**ORIENTATION:** Person , Time , Place

**INSIGHT:** Fair

**JUDGMENT:** Mature

---

## 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:** 3 – Considerably (3)

**MEDICAL:** 2 – Moderately (2)

**EMPLOYMENT:** 2 – Moderately (2)

**PEER SUPPORT:** 2 – Moderately (2)

**DRUG/ALCOHOL USAGE:** 4 – Extremely (4)

**LEGAL:** 1 – Slightly (1)

**FAMILY/SOCIAL:** 3 – Considerably (3)

**PSYCHIATRIC - MENTAL HEALTH:** 4 – Extremely (4)

**TOTAL SCORE:** (21)

**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:**

Ahmad’s overall functioning is considerably impaired due to the combined impact of his substance use, underlying psychiatric disorders, and his lack of a supportive social network. His substance use disorder (alcohol and benzodiazepines) has led to significant deterioration in physical health, emotional regulation, and daily living skills. Additionally, his psychiatric conditions, including Major Depressive Disorder and Generalized Anxiety Disorder, have compounded his challenges, contributing to poor impulse control, low motivation, and persistent feelings of hopelessness. The absence of a stable support system further exacerbates his condition, leaving him vulnerable to relapse and emotional instability. Partial Hospitalization Program (PHP) is the most appropriate next step as it offers intensive therapeutic intervention while enabling him to gradually regain personal responsibility in a supportive, semi-structured environment.

Ahmad’s treatment history reveals multiple failed attempts at maintaining sobriety in outpatient settings, highlighting his need for a higher level of care. His polysubstance use, trauma history, and co-occurring mental health conditions have proven to be too complex to manage in less structured environments. While residential care initially provided the intensive oversight and stability he needed to achieve early recovery, PHP is now recommended to bridge the gap between 24-hour residential care and independent living.

The Partial Hospitalization Program will allow Ahmad to continue receiving intensive therapy and medical oversight during the day, addressing both his psychiatric conditions and his substance use. He will benefit from evidence-based interventions such as Cognitive Behavioral Therapy (CBT) to help manage his anxiety and depression, while Dialectical Behavioral Therapy (DBT) will target emotional dysregulation and improve his distress tolerance. Additionally, trauma-informed therapy will help him process his past experiences, which are critical contributors to his substance use and psychiatric conditions. The structure of PHP ensures that Ahmad remains engaged in treatment while gradually assuming more independence, reducing the risk of relapse while promoting long-term recovery.

Clinically, PHP provides the opportunity for daily monitoring of his progress, particularly in the areas of mood stabilization, impulse control, and relapse prevention. Medications for mood and anxiety management can be adjusted as necessary, and any emerging withdrawal symptoms or cravings can be managed promptly. Given his history of poor judgment and difficulty managing stress, the structured environment of PHP is critical to preventing further psychological and physiological deterioration.

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

Ahmad’s presentation includes both physical and psychological symptoms indicative of deteriorating health, including severe anxiety, sleep disturbances, and fluctuating moods. His ongoing substance use and trauma history have led to persistent difficulties in functioning, with an inability to maintain stable relationships or employment. PHP offers the intensity of care required to stabilize his condition while working toward longer-term recovery.

The immediate goals for Ahmad’s treatment include:

Achieving sobriety: Through the support of the PHP, Ahmad will be able to abstain from substances in a controlled environment, while developing coping strategies to resist cravings and manage triggers.

Stabilizing his mental health: Psychiatric treatment will focus on stabilizing his depressive and anxious symptoms, with close monitoring of medication efficacy and therapy to improve emotional regulation and mood stability.

Developing healthy coping strategies: Ahmad will engage in both individual and group therapy sessions that will focus on building skills for managing his anxiety and depression without resorting to substances. He will also work on understanding the link between his past trauma and current behaviors, breaking the cycle of substance use as a coping mechanism.

Long-term goals include:

Rebuilding relationships: Ahmad will explore his strained familial relationships, especially the detachment from supportive family members. Family therapy may be considered as part of his recovery plan to help repair these connections.

Regaining a sense of purpose: In PHP, Ahmad will be guided toward setting realistic personal and professional goals, such as resuming work or education once stabilized, which will contribute to a sense of meaning and fulfillment in his life.

---

### INTEGRATED DIAGNOSTIC SUMMARY/CLINICAL IMPRESSION:

Ahmad Nasser presents with a moderate-to-severe substance use disorder, primarily involving alcohol and benzodiazepines, as well as co-occurring Major Depressive Disorder and Generalized Anxiety Disorder. His substance use has escalated in response to underlying trauma, anxiety, and depression, resulting in a pattern of self-medication that has severely compromised his physical and mental health. Ahmad's history includes frequent relapses in outpatient settings, with poor treatment outcomes due to a lack of sustained therapeutic support and inadequate coping skills. His background also includes a significant trauma history, contributing to his emotional instability and complicating his recovery process.

From a clinical perspective, Ahmad exhibits:

Poor impulse control: His substance use has been a maladaptive response to emotional distress and unresolved trauma.

Impaired judgment: Ahmad continues to engage in self-destructive behaviors despite awareness of the negative consequences.

High risk of relapse: Without the daily structure and support provided by PHP, Ahmad is likely to relapse, given his difficulties in managing stress and anxiety in less supervised environments.

The Partial Hospitalization Program is the appropriate level of care at this time because it provides Ahmad with a high degree of therapeutic support and structure, without the 24-hour supervision of a residential setting. PHP will help him transition to more autonomous living while ensuring that he continues to receive intensive therapy and medical monitoring. This approach will allow Ahmad to work through his underlying trauma, build emotional resilience, and develop the skills necessary for sustained sobriety and mental health stabilization.

### Diagnosis:

#### Diagnoses

F41.1 Generalized anxiety disorder,F33.1 Major depressive disorder, Recurrent episode, Moderate,F10.20 Alcohol use disorder, Moderate,F13.20 Sedative, hypnotic, or anxiolytic use disorder, Moderate

### List Problems Identified in Bio-Psychosocial:

Problem List Empty

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

---

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

Ahmad Nasser MR SIR2024-152 DOB: 12/01/1983 Male Anthem Blue Cross Blue Shield of California (WellPoint) F41.1 Generalized anxiety disorder,F33.1 Major depressive disorder, Recurrent episode, Moderate,F10.20 Alcohol use disorder, Moderate,F13.20 Sedative, hypnotic, or anxiolytic use disorder, Moderate



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Jamila Charles Cometa, LMFT (Staff), 10/19/2024 03:51 PM

**Reviewed by**



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Jamila Charles Cometa, LMFT (Review), 10/19/2024 03:51 PM

## Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

### Social Risk Assessment 10/18/2024 08:19 PM

Evaluation Date: 10/18/2024 08:19 PM

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

1. Have you ever taken drugs using a needle? ☐ Yes ☒ No
2. Are you the sex partner of a person diagnosed with HIV/AIDS? ☐ Yes ☒ No
3. Have you ever had sex while using non-injecting drugs? ☒ Yes ☐ No
4. Have you ever had sex in exchange for money, drugs, etc? ☐ Yes ☒ No
5. Do you currently have a sexually transmitted disease (STD)? ☐ Yes ☒ No
6. Have you ever been diagnosed with an STD? ☐ Yes ☒ No
7. Are you the child of a woman who has HIV/AIDS? ☐ Yes ☒ No
8. Did you receive any blood or blood products between 1977 and 1985? ☐ Yes ☒ No
9. Have you been exposed to HIV/AIDS through the Health Care Industry? ☐ Yes ☒ No
10. Have you had sex with more than one person in the past year? ☒ Yes ☐ No
11. Are you a survivor of a sexual assault? ☐ Yes ☒ No
12. Have you ever had sexual relations with an injection drug user? ☒ Yes ☐ No
13. Have you ever had sex with a man you know had sex with another man in the past? ☐ Yes ☒ No
14. Have you ever had sex with a person who would be considered at risk for HIV/AIDS? ☐ Yes ☒ No
15. Have you ever been tested for HIV/AIDS? ☐ Yes ☒ No
16. Have you tested positive for HIV/AIDS? ☐ Yes ☒ No

If Yes, give  
date: N/A

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

☐ Yes ☒ No

18. Have you ever experienced blackouts when under the influence of a drug and/or alcohol?

☒ Yes ☐ No

19. Have you ever had Herpes, Hepatitis B, Syphilis, Gonorrhea, Chlamydia or Genital Sores (sores on the sex organs)?

☐ Yes ☒ No

20. Would you like to be referred for HIV testing?

☐ Yes ☒ No

---

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

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

**Location of Referral:**

N/A

**Date of Referral:** 10/18/2024

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

☐ Yes ☒ No

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## Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

### Golden Thread

	Date Established	Status	Updated At
Clinical: Treatment Plan			
Goal: Decrease the frequency, intensity, and duration of angry thoughts, feelings, and actions and increase the ability to recognize and respectfully express frustration and resolve conflict.	09/19/2024	in progress	09/19/2024
Objective: A standardized outcomes measure assessment will be completed on date of admission and per assessment schedule thereafter.	09/19/2024		
Intervention: Staff will administer the assessment to client.	09/19/2024		
Status: Open	09/19/2024		
	09/26/2024		
Objective: Agree to learn new alternative ways to recognize and manage anger.			
Intervention: Ask the client to agree to learn new ways to recognize and manage anger.	09/19/2024		
Status: Open	09/19/2024		
	09/26/2024		
Objective: Develop a long-term plan to recover from substance abuse and anger.			
Intervention: Assist the client in developing a 5-year personal recovery plan.	09/19/2024		
Status: Open	09/19/2024		
	09/26/2024		
Clinical: Treatment Plan			
Goal: Accept the powerlessness and unmanageability over gambling and participate in a recovery-based program.	09/19/2024	in progress	09/19/2024
Objective: Learn and implement a strategy to limit the association between various environmental settings and worry, delaying the worry until a designated "worry time."	09/19/2024		
Intervention: Explain the rationale for using a worry time as well as how it is to be used; agree upon a worry time with the client and implement.	09/19/2024		
Status: Open	09/19/2024		
	09/26/2024		



Intervention: Teach the client how to recognize, stop, and postpone worry to the agreed-upon worry time using skills such as thought- stopping, relaxation, and redirecting attention (or assign "Making Use of the Thought-Stopping Technique" and/or "Worry Time" in the Adult Psychotherapy Homework Planner by Jongsma to assist skill development); encourage use in daily life; review and reinforce success while providing corrective feedback toward improvement.

Status: Open

09/19/2024

09/26/2024

#### Clinical: Treatment Plan

Goal: Accept the importance of working a program of recovery that necessitates attendance at recovery groups and helping others.

09/19/2024

in progress

09/19/2024

Objective: Develop a written plan as to how to react to family members who are addicted.

09/19/2024

Intervention: Help the client to develop a plan as to how to deal with family members who are addicted.

09/19/2024

Status: Open

09/19/2024

Status: Open

09/26/2024

09/30/2024

Objective: Family members verbalize what each can do to assist the client in recovery.

Intervention: In a family session, review what each member can do to assist the client in recovery.

09/19/2024

Status: Open

09/19/2024

09/26/2024

Intervention: Provide the family members with information about borderline syndrome and the steps that the client must take to recover successfully.

Status: Open

09/19/2024

09/26/2024

#### Clinical: Treatment Plan

Goal: Develop and implement effective coping skills to carry out normal responsibilities, participate constructively in relationships, and bring addiction under control.

09/19/2024

in progress

09/19/2024

Objective: Complete psychological tests designed to assess and/or track the nature and severity of PTSD symptoms.

09/19/2024

Intervention: Administer or refer the client for administration of psychological testing or objective measures of the PTSD symptoms and/or other comorbidity (e.g., Minnesota Multiphasic Personality Inventory - 2; Impact of Event Scale-Revised; PTSD Symptom Scale; or Posttraumatic Stress Diagnostic Scale); discuss results with the client; re-administer as needed to assess treatment response).

09/19/2024

Status: Open

09/19/2024

09/26/2024

Objective: Describe the history and nature of PTSD symptoms.

Intervention: Establish rapport with the client toward building a

09/19/2024

therapeutic alliance.

Status: Open

09/19/2024

09/26/2024

Intervention: Gently and sensitively explore the client's recollection of the facts of the traumatic incident and his/her cognitive and emotional reactions at the time; assess frequency, intensity, duration, and history of the client's PTSD symptoms and their impact on functioning (see "How the Trauma Affects Me" in the Adult Psychotherapy Homework Planner by Jongsma); supplement with semistructured assessment instrument if desired (see the Anxiety Disorders Interview Schedule-Adult Version).

Status: Open

09/19/2024

09/26/2024

Objective: Acknowledge the need to implement anger control techniques; learn and implement anger management techniques.

Intervention: Assess the client for instances of poor anger management that have led to threats or actual violence that caused damage to property and/or injury to people (or assign "Anger Journal" in the Adult Psychotherapy Homework Planner by Jongsma).

Status: Open

09/19/2024

09/19/2024

09/26/2024

Intervention: Teach the client anger management techniques (see the "Anger" chapter in this Planner).

Status: Open

09/19/2024

09/26/2024

#### Clinical: Treatment Plan

Goal: Practice a program of recovery that includes regular attendance at recovery group meetings, working with a sponsor, and helping others in recovery.

09/19/2024

in progress

09/19/2024

Objective: Identify projects and other social and recreational activities that sobriety will now afford and that will support sobriety.

09/19/2024

Intervention: Assist the client in planning social and recreational activities that are free from association with substance abuse; revisit routinely and facilitate toward development of a new set of activities (or assign the client to complete the "Relapse Prevention" exercise from The Alcoholism & Drug Abuse Patient Workbook by Perkinson).

Status: Open

09/19/2024

09/19/2024

09/26/2024

Intervention: Plan household, work-related, and/or other free-time projects that can be accomplished to build the client's self-esteem and self-concept as clean and sober.

Status: Open

09/19/2024

09/26/2024

#### Clinical: Treatment Plan

Goal: Accept the powerlessness and unmanageability over mood-altering substances, and participate in a recovery-based program.

09/19/2024

in progress

09/19/2024

Objective: Agree to make amends to significant others who have been

09/19/2024

hurt by the life dominated by substance abuse.

Intervention: Discuss the negative effects the client's substance abuse has had on family, friends, and work relationships and encourage a plan to make amends for such hurt.

09/19/2024

Status: Open

09/19/2024

09/26/2024

Intervention: Elicit from the client a verbal commitment to make initial amends now to key individuals and further amends when working Steps 8 and 9 of the AA program.

Status: Open

09/19/2024

09/26/2024

Objective: Commit self to an action plan directed toward termination of substance use.

Intervention: Assign the client to write a list of reasons to be abstinent from addiction (or assign "Alternatives to Addictive Behavior" in the Addiction Treatment Homework Planner by Finley and Lenz).

09/19/2024

Status: Open

09/19/2024

09/26/2024

Intervention: Develop an abstinence contract with the client regarding the termination of the use of his/her drug of choice; process the client's feelings related to the commitment.

Status: Open

09/19/2024

09/26/2024

Intervention: Encourage and support the client's self-efficacy for change toward the goal of developing an action plan for termination of substance use to which the client is willing to commit.

Status: Open

09/19/2024

09/26/2024

#### Clinical: Treatment Plan

Goal: Develop a sense of worth to other addicts and family members.

09/19/2024

in progress

09/19/2024

Objective: Encourage someone else in recovery at least once a day.

09/19/2024

Intervention: Assign the client to encourage someone in treatment each day; record each event and discuss with the therapist.

09/19/2024

Status: Open

09/19/2024

09/26/2024

#### Clinical: Treatment Plan

Goal: Develop healthy interpersonal relationships that lead to the alleviation of, and help prevent the relapse of, depression.

09/19/2024

in progress

09/19/2024

Objective: Describe current and past experiences with depression and other mood episodes, including their impact on function and attempts to resolve or treat them.

09/19/2024

Intervention: Assess current and past mood episodes including their features, frequency, intensity, and duration; impact on role functioning; previous treatments;

09/19/2024

and response to treatments (e.g., Clinical Interview supplemented by the Inventory to Diagnose Depression).

Status: Open	09/19/2024
	09/26/2024
Intervention: Utilize a graphic display, such as a timeline, to help the client identify the pattern of his/her mood symptoms.	
Status: Open	09/19/2024
	09/26/2024

Ahmad Nasser MR SIR2024-152 DOB: 12/01/1983 Male Anthem Blue Cross Blue Shield of California (WellPoint) F41.1 Generalized anxiety disorder,F33.1 Major depressive disorder, Recurrent episode, Moderate,F10.20 Alcohol use disorder, Moderate,F13.20 Sedative, hypnotic, or anxiolytic use disorder, Moderate

Insurance Information

Insurance	Policy No.	Effective Date	Termination Date	Status	Insurance Type/Priority
Anthem Blue Cross Blue Shield of California (WellPoint)	LTB701W1847 6	12/01/2023		Active	Primary
Internal ID / External ID	Group Plan Name	Group ID	Plan Type	Payor Type	Insurance Phone
13551 /		276444M240	PPO		
Rx Name	Rx Group	Rx BIN	Rx PCN	Rx Phone	Plan Period

Claims

Street Address 1	Street Address 2	Claims Fax
------------------	------------------	------------

City Subscriber	State	Relationship of Patient to Subscriber	SSN	ZIP Code	DOB	Country	Gender
Ahmad Nasser		Self			12/01/1983		Female
Subscriber Address Street		Subscriber Address Street 2			Subscriber City		
17077 Roscoe Blvd Apt 5					Northridge		
Subscriber Address Zip		Subscriber Address State			Subscriber Address Country		
913255211		CA			United States		
Subscriber Employer							
Laborers Health & Welfare Trust for So Calif							

Ahmad Nasser MR SIR2024-152 DOB: 12/01/1983 Male Anthem Blue Cross Blue Shield of California (WellPoint) F41.1 Generalized anxiety disorder,F33.1 Major depressive disorder, Recurrent episode, Moderate,F10.20 Alcohol use disorder, Moderate,F13.20 Sedative, hypnotic, or anxiolytic use disorder, Moderate

Vital Signs

Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 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
10/18/24 07:47 PM PDT	139	87	98.2	97	93	17		Kasey Samanc	10/18/24 07:47 PM PDT

Ahmad Nasser MR SIR2024-152 DOB: 12/01/1983 Male Anthem Blue Cross Blue Shield of California (WellPoint) F41.1 Generalized anxiety disorder,F33.1 Major depressive disorder, Recurrent episode, Moderate,F10.20 Alcohol use disorder, Moderate,F13.20 Sedative, hypnotic, or anxiolytic use disorder, Moderate

## Glucose Logs

No records available.

Ahmad Nasser MR SIR2024-152 DOB: 12/01/1983 Male Anthem Blue Cross Blue Shield of California (WellPoint) F41.1 Generalized anxiety disorder,F33.1 Major depressive disorder, Recurrent episode, Moderate,F10.20 Alcohol use disorder, Moderate,F13.20 Sedative, hypnotic, or anxiolytic use disorder, Moderate

Weights

Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 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
10/18/2024 07:47 PM	5' 9"	190	28.06	Kasey Samanc	10/18/2024 07:47 PM



Heights

Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

Date	Height	Logged By	Logged At
10/18/2024 07:47 PM	5' 9"	Kasey Samanc	10/18/2024 07:47 PM

Orthostatic Vital Signs

Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 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

Ahmad Nasser MR SIR2024-152 DOB: 12/01/1983 Male Anthem Blue Cross Blue Shield of California (WellPoint) F41.1  
Generalized anxiety disorder,F33.1 Major depressive disorder, Recurrent episode, Moderate,F10.20 Alcohol use disorder,  
Moderate,F13.20 Sedative, hypnotic, or anxiolytic use disorder, Moderate

## CIWA-Ar

No CIWA-Ar assessment logged

Ahmad Nasser MR SIR2024-152 DOB: 12/01/1983 Male Anthem Blue Cross Blue Shield of California (WellPoint) F41.1  
Generalized anxiety disorder,F33.1 Major depressive disorder, Recurrent episode, Moderate,F10.20 Alcohol use disorder,  
Moderate,F13.20 Sedative, hypnotic, or anxiolytic use disorder, Moderate

## CIWA-B

No CIWA-B assessment logged

Ahmad Nasser MR SIR2024-152 DOB: 12/01/1983 Male Anthem Blue Cross Blue Shield of California (WellPoint) F41.1  
Generalized anxiety disorder,F33.1 Major depressive disorder, Recurrent episode, Moderate,F10.20 Alcohol use disorder,  
Moderate,F13.20 Sedative, hypnotic, or anxiolytic use disorder, Moderate

## COWS

No COWS assessment logged

Ahmad Nasser MR SIR2024-152 DOB: 12/01/1983 Male Anthem Blue Cross Blue Shield of California (WellPoint) F41.1 Generalized anxiety disorder,F33.1 Major depressive disorder, Recurrent episode, Moderate,F10.20 Alcohol use disorder, Moderate,F13.20 Sedative, hypnotic, or anxiolytic use disorder, Moderate

## Medications Brought In

### Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

No Medications Brought In Logged.

Ahmad Nasser MR SIR2024-152 DOB: 12/01/1983 Male Anthem Blue Cross Blue Shield of California (WellPoint) F41.1 Generalized anxiety disorder,F33.1 Major depressive disorder, Recurrent episode, Moderate,F10.20 Alcohol use disorder, Moderate,F13.20 Sedative, hypnotic, or anxiolytic use disorder, Moderate

## Rounds

### Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 Care Team

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

Ahmad Nasser MR SIR2024-152 DOB: 12/01/1983 Male Anthem Blue Cross Blue Shield of California (WellPoint) F41.1 Generalized anxiety disorder,F33.1 Major depressive disorder, Recurrent episode, Moderate,F10.20 Alcohol use disorder, Moderate,F13.20 Sedative, hypnotic, or anxiolytic use disorder, Moderate

MAT Orders

Ahmad Nasser ♂ SIR2024-152

Birthdate: 12/01/1983

Allergies: No Known Allergies/NKA

Admission: 10/18/2024 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
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