

Psychotherapy Intake Note

Bluegrass Family Consultants, LLC
Clinician: Kay Hubbard, LCSW
Patient: E [REDACTED] J [REDACTED] DOB [REDACTED]
Primary Insurance: Aetna Better Health of Kentucky,
0032637531

Date and Time: June 16, 2017 12:00PM - 1:00PM
Duration: 60 minutes
Service Code: 90791
Location: MAIN OFFICE
Participants: Mother and father; client not present

Presenting Problem

E [REDACTED] disclosed he had been sexually assaulted by three boys at school. He reported the boys broke down the bathroom stall door grabbed him by the throat and shoved him against the wall and touched his penis and grabbed his buttocks. He was also assaulted in computer class and forced to suck on a pencil.

Current Mental Status

Patient not present.

Safety Issues

No safety issues.

Background Information

Identification:	E [REDACTED] is a 13 year old boy who resides with his mother and father in Garrard County, KY.
History of Present Problem:	He was in an FDM classroom until 4th grade. He has been pushed, shover, kicked in the knee cap, had his backpack ripped, etc.
Past Psychiatric History:	He was evaluated by a psychologist in the Garrard County School System. He carries a diagnosis of mild mental retardation. He sees a developmental specialist in Cincinnati Children's Hospital. She has diagnosed him with and articulation disorder, autism, ADHD and Anxiety. She prescribed Zoloft for his anxiety after the assault happened. She also wrote a letter indicating he should not return to school for the last 10 days of school.
Trauma History:	He has been bullied and assaulted at school.
Family Psychiatric History:	Paternal grandmother has a history of anxiety. Father reported he struggles with anxiety as well.
Medical Conditions & History:	Low Muscle Tone, Aushgush Sliders Disease (causing his knee cap to come off)
Current Medications:	Adderall 10 mg and Zoloft 25 mg
Substance Use:	None
Family History:	E [REDACTED] was described as very close to his mother. He also has a good relationship with his father. He and his brother (11 y/o) have a typical relationship.
Social History:	He has a friend with whom he enjoys spending time.
Developmental History:	E [REDACTED] is developmentally delayed.
Educational / Occupational History:	E [REDACTED] attends Gerrard Middle School. He will be in

Diagnosis

- F43.11 Post-Traumatic Stress Disorder, Acute
- F41.1 Generalized Anxiety Disorder
- F90.2 Attention-Deficit/Hyperactivity Disorder, Combined presentation

Kay Hubbard, LCSW, Licensed Clinical Social Worker, License #3097 signed this note and declared this information to be accurate and complete on June 16, 2017 at 12:49PM.

Psychotherapy Progress Note

Bluegrass Family Consultants, LLC
Clinician: Kay Hubbard, LCSW
Patient: E [REDACTED] J [REDACTED], DOB [REDACTED]
Primary Insurance: Aetna Better Health of Kentucky,
0032637531

Date and Time: June 30, 2017 12:00PM - 12:45PM
Duration: 45 minutes
Service Code: 90834
Location: MAIN OFFICE
Participants: Client only

Diagnosis

F43.11 Post-Traumatic Stress Disorder, Acute
F41.1 Generalized Anxiety Disorder
F90.2 Attention-Deficit/Hyperactivity Disorder, Combined presentation

Patient Presentation

Cognitive Functioning: Oriented / Alert
Mood: Anxious
Functional Status: Intact
Affect: Restricted
Interpersonal: Interactive

Safety Issues

No safety issues.

Medications

Aderall and Zoloft - taking as prescribed

Symptom Description and Subjective Report

E [REDACTED] was observed to be very anxious. He engaged in repetitive activities (hand and leg tapping), a high degree of hypermotor activity. E [REDACTED]'s mother accompanied him to the session. He requested that she do so.

Relevant Content

Client and therapist engaged in rapport building. Client was proficient in differentiating feelings (i.e. happy, sad, mad, scared.)

Interventions Used

Rapport Building

Treatment Plan Progress

Objectives

1. Develop adaptive coping skills
Progress: Not Addressed
2. Process sexual assault
Progress: Not Addressed

Plan:

Client to return for follow up appt on July 14, 2017

Prescribed frequency of treatment: Weekly

Recommendation: Continue current therapeutic focus

Psychotherapy Progress Note

Bluegrass Family Consultants, LLC

Clinician: Kay Hubbard, LCSW

Patient: E█████J█████ DOB ██████████

Primary Insurance: Aetna Better Health of Kentucky,
0032637531

Date and Time: June 30, 2017 12:00PM - 12:45PM

Duration: 45 minutes

Service Code: 90834

Location: MAIN OFFICE

Participants: Client only

Kay Hubbard, LCSW, Licensed Clinical Social Worker, License #3097 signed this note and declared this information to be accurate and complete on September 21, 2017 at 11:33AM.

Psychotherapy Treatment Plan

Bluegrass Family Consultants, LLC

Date and Time: June 30, 2017 12:17PM

Clinician: Kay Hubbard, LCSW

Patient: E. J. ██████████ DOB ██████████

Primary Insurance: Aetna Better Health of Kentucky, 0032637531

Diagnosis

F43.11 Post-Traumatic Stress Disorder, Acute
F41.1 Generalized Anxiety Disorder
F90.2 Attention-Deficit/Hyperactivity Disorder, Combined presentation

Presenting Problem

E. J. disclosed he had been sexually assaulted by three boys at school. He reported the boys broke down the bathroom stall door grabbed him by the throat and shoved him against the wall and touched his penis and grabbed his buttocks. He was also assaulted in computer class and forced to suck on a pencil.

Treatment Goals

Decrease PTSD symptoms

Estimated Completion: 3 Months

Objective #1

Develop adaptive coping skills

Treatment Strategy / Interventions: Cognitive Behavioral Therapy, Relaxation/Deep Breathing, Psycho-Education

Estimated Completion: 2 Months

Objective #2

Process sexual assault

Treatment Strategy / Interventions: TF-CBT

Estimated Completion: 5 Months

Prescribed Frequency of Treatment

Every 2 Weeks

I declare that these services are medically necessary and appropriate to the recipient's diagnosis and needs.

Kay Hubbard, LCSW, Licensed Clinical Social Worker, License #3097 signed this note and declared this information to be accurate and complete on September 9, 2017 at 4:19PM.

Psychotherapy Progress Note

Bluegrass Family Consultants, LLC
Clinician: Kay Hubbard, LCSW
Patient: E■■■■ J■■■■, DOB ■■■■■
Primary Insurance: Aetna Better Health of Kentucky,
0032637531

Date and Time: July 14, 2017 1:00PM - 1:45PM
Duration: 45 minutes
Service Code: 90834
Location: MAIN OFFICE
Participants: Client only

Diagnosis

F43.11 Post-Traumatic Stress Disorder, Acute
F41.1 Generalized Anxiety Disorder
F90.2 Attention-Deficit/Hyperactivity Disorder, Combined presentation

Patient Presentation

Cognitive Functioning: Oriented / Alert
Mood: Anxious
Functional Status: Intact
Affect: Restricted
Interpersonal: Interactive

Safety Issues

No safety issues.

Medications

Taking as prescribed.

Symptom Description and Subjective Report

Client presented as distressed and anxious. He was reluctant to discuss why he feels scared, however, he was cooperative with the session. E■■■■'s mother reported that he had been overly rough with his brother and had attempted to touch his brother inappropriately.

Relevant Content

E■■■■ reported that he often feels scared when he is around people who are in his family. He stated that when he was at his school some boys broke down a bathroom stall door grabbed E■■■■ by the throat and shoved him against the wall. He reported these same boys touched E■■■■'s penis and grabbed his buttocks. E■■■■ said he was assaulted in computer class and forced to suck on a pencil.

Interventions Used

Evaluation

Psychotherapy Progress Note

Bluegrass Family Consultants, LLC
Clinician: Kay Hubbard, LCSW
Patient: E [REDACTED] J [REDACTED], DOB [REDACTED]
Primary Insurance: Aetna Better Health of Kentucky,
0032637531

Date and Time: July 14, 2017 1:00PM - 1:45PM
Duration: 45 minutes
Service Code: 90834
Location: MAIN OFFICE
Participants: Client only

Treatment Plan Progress

Objectives

1. Develop adaptive coping skills
Progress: Not Addressed
2. Process sexual assault
Progress: Progressing

Plan:

Continue to develop rapport

Prescribed frequency of treatment: Weekly

Recommendation: Continue current therapeutic focus

Kay Hubbard, LCSW, Licensed Clinical Social Worker, License #3097 signed this note and declared this information to be accurate and complete on September 21, 2017 at 1:13PM.

Psychotherapy Progress Note

Bluegrass Family Consultants, LLC
Clinician: Kay Hubbard, LCSW
Patient: E■■■■ J■■■■ DOB ■■■■
Primary Insurance: Aetna Better Health of Kentucky,
0032637531

Date and Time: July 19, 2017 12:00PM - 12:45PM
Duration: 45 minutes
Service Code: 90834
Location: MAIN OFFICE
Participants: Client only

Treatment Plan Progress

Objectives

1. Develop adaptive coping skills
Progress: Progressing
2. Process sexual assault
Progress: Progressing

Plan:

Continue to develop proficiency at dimensionalizing emotional states.

Prescribed frequency of treatment: Weekly

Recommendation: Continue current therapeutic focus

Kay Hubbard, LCSW, Licensed Clinical Social Worker, License #3097 signed this note and declared this information to be accurate and complete on September 21, 2017 at 1:24PM.

Psychotherapy Progress Note

Bluegrass Family Consultants, LLC
Clinician: Kay Hubbard, LCSW
Patient: E. J. ██████ DOB ██████
Primary Insurance: Aetna Better Health of Kentucky,
0032637531

Date and Time: August 12, 2017 1:30PM - 2:15PM
Duration: 45 minutes
Service Code: 90834
Location: MAIN OFFICE
Participants: Client only

Diagnosis

F43.11 Post-Traumatic Stress Disorder, Acute
F41.1 Generalized Anxiety Disorder
F90.2 Attention-Deficit/Hyperactivity Disorder, Combined presentation

Patient Presentation

Cognitive Functioning: Oriented / Alert
Mood: Anxious
Functional Status: Intact
Affect: Restricted
Interpersonal: Guarded

Safety Issues

No safety issues.

Medications

Zoloft and Adderall

Symptom Description and Subjective Report

Client reported he began school and liked the teachers. He stated he had friends but was unable to name the friends. Child reported he was experiencing intrusive thoughts at school and at home.

Relevant Content

Discussed physiological responses to fear. Discussed various coping strategies for interrupting intrusive thoughts at school.

Interventions Used

Supportive Reflection and TF-CBT

Treatment Plan Progress

Objectives

1. Develop adaptive coping skills
Progress: Progressing
2. Process sexual assault
Progress: Progressing

Plan:

Client to attempt to utilize relaxation strategies while at school.

Prescribed frequency of treatment: Weekly

Recommendation: Continue current therapeutic focus

Psychotherapy Progress Note

Bluegrass Family Consultants, LLC

Clinician: Kay Hubbard, LCSW

Patient: E [REDACTED] DOB [REDACTED]

Primary Insurance: Aetna Better Health of Kentucky,
0032637531

Date and Time: August 12, 2017 1:30PM - 2:15PM

Duration: 45 minutes

Service Code: 90834

Location: MAIN OFFICE

Participants: Client only

Kay Hubbard, LCSW, Licensed Clinical Social Worker, License #3097 signed this note and declared this information to be accurate and complete on September 21, 2017 at 11:25AM.

Psychotherapy Progress Note

Bluegrass Family Consultants, LLC
Clinician: Kay Hubbard, LCSW
Patient: E [REDACTED] J [REDACTED] DOB [REDACTED]
Primary Insurance: Aetna Better Health of Kentucky,
0032637531

Date and Time: August 26, 2017 2:15PM - 3:00PM
Duration: 45 minutes
Service Code: 90834
Location: MAIN OFFICE
Participants: Client only

Diagnosis

F43.11 Post-Traumatic Stress Disorder, Acute
F41.1 Generalized Anxiety Disorder
F90.2 Attention-Deficit/Hyperactivity Disorder, Combined presentation

Patient Presentation

Cognitive Functioning: Oriented / Alert
Mood: Anxious
Functional Status: Intact
Affect: Appropriate
Interpersonal: Interactive

Safety Issues

No safety issues.

Medications

Zoloft and Adderall

Symptom Description and Subjective Report

Mother reported increased agitation (aggression toward brother), increased nightmares. Child reported he was experiencing intrusive thoughts. He discussed feeling scared of the boys who hurt him. Client reported liking his school.

Relevant Content

Client discussed his fearfulness of kids hurting him. Discussed other things that make him feel anxious (unpredictability, new people, kids from Garrard County.) Introduced thought differentiation (true, untrue, true but unhelpful.)

Interventions Used

Cognitive Behavioral Therapy

Psychotherapy Progress Note

Bluegrass Family Consultants, LLC
Clinician: Kay Hubbard, LCSW
Patient: E [REDACTED] J [REDACTED] DOB [REDACTED]
Primary Insurance: Aetna Better Health of Kentucky,
0032637531

Date and Time: August 26, 2017 2:15PM - 3:00PM
Duration: 45 minutes
Service Code: 90834
Location: MAIN OFFICE
Participants: Client only

Treatment Plan Progress

Objectives

1. Develop adaptive coping skills
Progress: Progressing
2. Process sexual assault
Progress: Not Addressed

Plan:

Mother to consider therapist's recommendation that child begin attending school 3 days a week so that his symptoms could become stable. See letter in EMR

Prescribed frequency of treatment: Weekly

Recommendation: Continue current therapeutic focus

Kay Hubbard, LCSW, Licensed Clinical Social Worker, License #3097 signed this note and declared this information to be accurate and complete on September 14, 2017 at 3:42PM.

Psychotherapy Progress Note

Bluegrass Family Consultants, LLC
Clinician: Kay Hubbard, LCSW
Patient: E [REDACTED] J [REDACTED] DOB [REDACTED]
Primary Insurance: Aetna Better Health of Kentucky,
0032637531

Date and Time: September 9, 2017 3:45PM - 4:30PM
Duration: 45 minutes
Service Code: 90834
Location: MAIN OFFICE
Participants: Client only

Diagnosis

F43.11 Post-Traumatic Stress Disorder, Acute
F41.1 Generalized Anxiety Disorder
F90.2 Attention-Deficit/Hyperactivity Disorder, Combined presentation

Patient Presentation

Cognitive Functioning: Oriented / Alert
Mood: Euthymic
Functional Status: Intact
Affect: Appropriate
Interpersonal: Interactive

Safety Issues

No safety issues.

Symptom Description and Subjective Report

E [REDACTED] appeared happier and more content. He was observed to be less engaged in excessive hypermotor activity. Mother reported since he has been attending school 3 days per week rather than 5 he has stopped experiencing nightmares and has not been excessively rough with his brother.

Relevant Content

Feeling Heart Activity

Interventions Used

Relaxation/Deep Breathing and TF-CBT

Treatment Plan Progress

Objectives

1. Develop adaptive coping skills
Progress: Progressing
2. Process sexual assault
Progress: On Hold

Plan:
Participate in IEP meeting

Prescribed frequency of treatment: Weekly
Recommendation: Continue current therapeutic focus

Psychotherapy Progress Note

Bluegrass Family Consultants, LLC

Clinician: Kay Hubbard, LCSW

Patient: E. J. ██████ DOB ██████

Primary Insurance: Aetna Better Health of Kentucky,
0032637531

Date and Time: September 9, 2017 3:45PM - 4:30PM

Duration: 45 minutes

Service Code: 90834

Location: MAIN OFFICE

Participants: Client only

Kay Hubbard, LCSW, Licensed Clinical Social Worker, License #3097 signed this note and declared this information to be accurate and complete on September 9, 2017 at 4:27PM.

Consultation Note

Bluegrass Family Consultants, LLC
Clinician: Kay Hubbard, LCSW
Patient: E■■■■ J■■■■, DOB ■■■■■■■■■■
Primary Insurance: Aetna Better Health of Kentucky,
0032637531

Date and Time: September 11, 2017 11:30AM - 12:00PM
Duration: 30 minutes
Service Code: 40001
Location: MAIN OFFICE
Participants: Client only

Diagnosis

F43.11 Post-Traumatic Stress Disorder, Acute
F41.1 Generalized Anxiety Disorder
F90.2 Attention-Deficit/Hyperactivity Disorder, Combined presentation

Note Content

Conversation with school counselor. The Counselor advised that she received the therapist's letter and disagreed with the recommendations. She stated that the staff at the school had not observed any of the emotional difficulties described in the letter and stated that if the mother did not start sending him to school everyday E■■■■ would have to return to his old school district and school. She stated that during the accommodations meeting she would be recommending that the therapists recommendations not be followed.

Kay Hubbard, LCSW, Licensed Clinical Social Worker, License #3097 signed this note and declared this information to be accurate and complete on September 14, 2017 at 3:31PM.

Psychotherapy Progress Note

Bluegrass Family Consultants, LLC
Clinician: Kay Hubbard, LCSW
Patient: E [REDACTED] J [REDACTED] DOB [REDACTED]
Primary Insurance: Aetna Better Health of Kentucky,
0032637531

Date and Time: September 14, 2017 3:00PM - 3:30PM
Duration: 30 minutes
Service Code: 90832
Location: MAIN OFFICE
Participants: Client only

Diagnosis

F43.11 Post-Traumatic Stress Disorder, Acute
F41.1 Generalized Anxiety Disorder
F90.2 Attention-Deficit/Hyperactivity Disorder, Combined presentation

Patient Presentation

Cognitive Functioning: Oriented / Alert
Mood: Euthymic
Functional Status: Intact
Affect: Appropriate
Interpersonal: Interactive

Safety Issues

No safety issues.

Medications

Zoloft and Adderall - Rx'd by Dr. Manning from Cincinnati Children's Hospital

Symptom Description and Subjective Report

Mother reported child was angry when he returned to school on Tuesday instead of Wednesday. E [REDACTED] did not report any nightmares.

Relevant Content

E [REDACTED] reported that he likes school. He stated his favorite subject is Math and his hardest subject is reading. He named some friends from his class with whom he enjoys spending time. Discussed not hiding in the bathroom when kids walk into his mother's store over the weekend. He stated that he may be able to stop hiding in the restroom if he can stand next to his mother. E [REDACTED] stated that he feels scared when other kids are around.

Interventions Used

Cognitive Behavioral Therapy and Supportive Reflection

Psychotherapy Progress Note

Bluegrass Family Consultants, LLC

Clinician: Kay Hubbard, LCSW

Patient: E [REDACTED] J [REDACTED], DOB [REDACTED]

Primary Insurance: Aetna Better Health of Kentucky,
0032637531

Date and Time: September 14, 2017 3:00PM - 3:30PM

Duration: 30 minutes

Service Code: 90832

Location: MAIN OFFICE

Participants: Client only

Treatment Plan Progress

Objectives

1. Develop adaptive coping skills
Progress: Progressing
2. Process sexual assault
Progress: No Progress

Plan:

Patient to refrain from hiding in restroom when frightened and seek help from mother.

Prescribed frequency of treatment: Weekly

Recommendation: Continue current therapeutic focus

Kay Hubbard, LCSW, Licensed Clinical Social Worker, License #3097 signed this note and declared this information to be accurate and complete on September 14, 2017 at 3:23PM.

Contact Note

Bluegrass Family Consultants, LLC

Date and Time: September 21, 2017 4:43PM

Note Completed By: Emily E. Skaggs, PsyD

Patient: E [REDACTED] DOB [REDACTED]

Primary Insurance: Aetna Better Health of Kentucky, 0032637531

Contacted Party

Name: DDD

Relationship to Patient: Other

Method of Communication

Fax

Reason for Communication

DDD benefits

Billing Information

Time spent: 5 minutes

The patient will not be billed for this communication.

Communication Details

Faxed a copy of client's record to the DDD at client's request.

Emily E. Skaggs, PsyD, Licensed Clinical Psychologist, License #130317 signed this note and declared this information to be accurate and complete on September 21, 2017 at 4:43PM.

Psychotherapy Progress Note

Bluegrass Family Consultants, LLC
Clinician: Kay Hubbard, LCSW
Patient: E■■■■ J■■■■ DOB ■■■■■
Primary Insurance: Aetna Better Health of Kentucky,
0032637531

Date and Time: September 25, 2017 12:00PM - 12:45PM
Duration: 45 minutes
Service Code: 90834
Location: MAIN OFFICE
Participants: Client only

Diagnosis

F43.11 Post-Traumatic Stress Disorder, Acute
F41.1 Generalized Anxiety Disorder
F90.2 Attention-Deficit/Hyperactivity Disorder, Combined presentation

Patient Presentation

Cognitive Functioning: Oriented / Alert
Mood: Anxious
Functional Status: Intact
Affect: Appropriate
Interpersonal: Interactive

Safety Issues

No safety issues.

Medications

Taking as prescribed

Symptom Description and Subjective Report

E■■■■ reportedly became frightened when he saw other kids in front of her shop. He proceeded to run inside and hide behind his father. Mother reported that E■■■■ did not go to the bathroom to escape from the children.

Relevant Content

Discussed E■■■■'s perceptions of the kids in Garrard county vs. the kids in Lincoln county. He stated there was only one nice person in Garrard County. E■■■■ reported that he remembered being in Ms. Trumble's class (i.e. 4th grade teacher.) He recalled children calling him names and throw a basketball in his face. In 5th grade his teacher was Ms. Yance. He remembered she was a good teacher. He said he got punched in the back by C■■■■ but his friend, D■■■■ helped him. E■■■■ remembered that Ms. Yance told C■■■■ to stop. E■■■■ recalled that C■■■■ had ripped his binder and broke the zipper on E■■■■'s backpack. E■■■■ reported that he and C■■■■ had a fight over E■■■■'s Pokemon book and C■■■■ ripped the book. E■■■■ stated he was told not to bring the book back.

Interventions Used

Relaxation/Deep Breathing and TF-CBT

Psychotherapy Progress Note

Bluegrass Family Consultants, LLC
Clinician: Kay Hubbard, LCSW
Patient: E [REDACTED] J [REDACTED] DOB [REDACTED]
Primary Insurance: Aetna Better Health of Kentucky,
0032637531

Date and Time: September 25, 2017 12:00PM - 12:45PM
Duration: 45 minutes
Service Code: 90834
Location: MAIN OFFICE
Participants: Client only

Treatment Plan Progress

Objectives

1. Develop adaptive coping skills
Progress: Progressing
2. Process sexual assault
Progress: No Progress

Plan:

Client to continue using his coping strategies when exposed to children from Garrard county.

Prescribed frequency of treatment: Weekly

Recommendation: Continue current therapeutic focus

Kay Hubbard, LCSW, Licensed Clinical Social Worker, License #3097 signed this note and declared this information to be accurate and complete on September 25, 2017 at 12:35PM.

Psychotherapy Progress Note

Bluegrass Family Consultants, LLC
Clinician: Kay Hubbard, LCSW
Patient: E [REDACTED] J [REDACTED] DOB [REDACTED]
Primary Insurance: Aetna Better Health of Kentucky,
0032637531

Date and Time: October 2, 2017 10:00AM - 10:45AM
Duration: 45 minutes
Service Code: 90834
Location: MAIN OFFICE
Participants: Client only

Diagnosis

F43.11 Post-Traumatic Stress Disorder, Acute
F41.1 Generalized Anxiety Disorder
F90.2 Attention-Deficit/Hyperactivity Disorder, Combined presentation

Patient Presentation

Cognitive Functioning: Oriented / Alert
Mood: Euthymic
Functional Status: Intact
Affect: Appropriate
Interpersonal: Interactive

Safety Issues

No safety issues.

Medications

Taking as prescribed

Symptom Description and Subjective Report

Mother reported that child continues to express significant anxiety when other children enter her store.

Relevant Content

Discussed physical sensations associated with fearfulness and anxiety. Reviewed how the brain responds to both real and perceived fear. Practiced deep breathing.

Interventions Used

Supportive Reflection and TF-CBT

Treatment Plan Progress

Objectives

1. Develop adaptive coping skills
Progress: Progressing
2. Process sexual assault
Progress: Progressing

Plan:

Continue to manage triggers with coping strategies.

Prescribed frequency of treatment: Weekly

Recommendation: Continue current therapeutic focus

Psychotherapy Progress Note

Bluegrass Family Consultants, LLC

Clinician: Kay Hubbard, LCSW

Patient: E. J. [REDACTED] DOB [REDACTED]

Primary Insurance: Aetna Better Health of Kentucky,
0032637531

Date and Time: October 2, 2017 10:00AM - 10:45AM

Duration: 45 minutes

Service Code: 90834

Location: MAIN OFFICE

Participants: Client only

Kay Hubbard, LCSW, Licensed Clinical Social Worker, License #3097 signed this note and declared this information to be accurate and complete on December 27, 2017 at 12:17PM.

Psychotherapy Progress Note

Bluegrass Family Consultants, LLC
Clinician: Kay Hubbard, LCSW
Patient: E■■■■ J■■■■ DOB ■■■■
Primary Insurance: Aetna Better Health of Kentucky,
0032637531

Date and Time: October 9, 2017 10:00AM - 10:45AM
Duration: 45 minutes
Service Code: 90834
Location: MAIN OFFICE
Participants: Client only

Diagnosis

F43.11 Post-Traumatic Stress Disorder, Acute
F41.1 Generalized Anxiety Disorder
F90.2 Attention-Deficit/Hyperactivity Disorder, Combined presentation

Patient Presentation

Cognitive Functioning: Oriented / Alert
Mood: Anxious
Functional Status: Intact
Affect: Appropriate
Interpersonal: Interactive

Safety Issues

No safety issues.

Medications

Taking medications as rx'd (Addreall and Zoloft.)

Symptom Description and Subjective Report

Mother reported child began experiencing nightmares during the last week and sleep walking at his grandmother's homes. Mother reported there were many new kids at his grandmother's home and that E■■■■ refused to leave the bedroom.

Relevant Content

Discussed his memory of the boys forcing him to eat the "nasty salad." He recalled that they pured chocolate milk, oj, ketch up mustard, mayo, etc on salad and made him eat it. Client drew pic for therapist in order to talk about his experience.

Practiced relaxation techniques in relation to panic symptoms. Client described his anxiety as feeling like a heart attack.

Interventions Used

Relaxation/Deep Breathing and TF-CBT

Psychotherapy Progress Note

Bluegrass Family Consultants, LLC
Clinician: Kay Hubbard, LCSW
Patient: E [REDACTED] J [REDACTED], DOB [REDACTED]
Primary Insurance: Aetna Better Health of Kentucky,
0032637531

Date and Time: October 9, 2017 10:00AM - 10:45AM
Duration: 45 minutes
Service Code: 90834
Location: MAIN OFFICE
Participants: Client only

Treatment Plan Progress

Objectives

1. Develop adaptive coping skills
Progress: Progressing
2. Process sexual assault
Progress: Progressing

Plan:

Client to practice coping skills when he feels activated

Prescribed frequency of treatment: Weekly

Recommendation: Continue current therapeutic focus

Kay Hubbard, LCSW, Licensed Clinical Social Worker, License #3097 signed this note and declared this information to be accurate and complete on October 9, 2017 at 10:48AM.

Psychotherapy Progress Note

Bluegrass Family Consultants, LLC
Clinician: Kay Hubbard, LCSW
Patient: E [REDACTED] J [REDACTED] DOB [REDACTED]
Primary Insurance: Aetna Better Health of Kentucky,
0032637531

Date and Time: October 16, 2017 10:00AM - 10:45AM
Duration: 45 minutes
Service Code: 90834
Location: MAIN OFFICE
Participants: Client only

Diagnosis

F43.11 Post-Traumatic Stress Disorder, Acute
F41.1 Generalized Anxiety Disorder
F90.2 Attention-Deficit/Hyperactivity Disorder, Combined presentation

Patient Presentation

Cognitive Functioning: Oriented / Alert
Mood: Euthymic
Functional Status: Intact
Affect: Appropriate
Interpersonal: Interactive

Safety Issues

No safety issues.

Medications

Taking as prescribed

Symptom Description and Subjective Report

Mother reported child was struggling with nightmares and sleep disturbance. She noted that he often wakes when he is spending the night at his grandmother's home.

Relevant Content

Reinforced coping skills, practiced using mindfulness as a method to reduce anxiety.

Interventions Used

Mindfulness Training, Relaxation/Deep Breathing, and TF-CBT

Treatment Plan Progress

Objectives

1. Develop adaptive coping skills
Progress: Progressing
2. Process sexual assault
Progress: Progressing

Plan:

Continue to attend weekly therapy. Use sleep meditations to achieve better sleep.

Prescribed frequency of treatment: Weekly

Recommendation: Continue current therapeutic focus

Psychotherapy Progress Note

Bluegrass Family Consultants, LLC

Clinician: Kay Hubbard, LCSW

Patient: E■■■■ J■■■■ DOB ■■■■■

Primary Insurance: Aetna Better Health of Kentucky,
0032637531

Date and Time: October 16, 2017 10:00AM - 10:45AM

Duration: 45 minutes

Service Code: 90834

Location: MAIN OFFICE

Participants: Client only

Kay Hubbard, LCSW, Licensed Clinical Social Worker, License #3097 signed this note and declared this information to be accurate and complete on December 27, 2017 at 12:45PM.

Psychotherapy Progress Note

Bluegrass Family Consultants, LLC
Clinician: Kay Hubbard, LCSW
Patient: E■■■■ J■■■■ DOB ■■■■■
Primary Insurance: Aetna Better Health of Kentucky,
0032637531

Date and Time: October 30, 2017 10:00AM - 10:45AM
Duration: 45 minutes
Service Code: 90834
Location: MAIN OFFICE
Participants: Client only

Diagnosis

F43.11 Post-Traumatic Stress Disorder, Acute
F41.1 Generalized Anxiety Disorder
F90.2 Attention-Deficit/Hyperactivity Disorder, Combined presentation

Patient Presentation

Cognitive Functioning: Oriented / Alert
Mood: Anxious
Functional Status: Intact
Affect: Appropriate
Interpersonal: Interactive

Safety Issues

No safety issues.

Medications

Taking as prescribed

Symptom Description and Subjective Report

Mother reported child became very anxious and became emotional when they passed his former school in Gerrard County. She stated he has had a similar experience at the mall. Mother reported child experienced nightmares after he passed by his school.

Relevant Content

E■■■■ acknowledged feeling scared and overwhelmed when he passed his school. E■■■■ and the therapist discussed how triggers affect the brain. E■■■■ was receptive to the psycho education but seemed to have difficulty internalizing the concepts.

Interventions Used

Exploration of Emotions and Supportive Reflection

Psychotherapy Progress Note

Bluegrass Family Consultants, LLC
Clinician: Kay Hubbard, LCSW
Patient: E [REDACTED] J [REDACTED] DOB [REDACTED]
Primary Insurance: Aetna Better Health of Kentucky,
0032637531

Date and Time: October 30, 2017 10:00AM - 10:45AM
Duration: 45 minutes
Service Code: 90834
Location: MAIN OFFICE
Participants: Client only

Treatment Plan Progress

Objectives

1. Develop adaptive coping skills
Progress: Progressing
2. Process sexual assault
Progress: Progressing

Plan:

Continue to process triggers.

Prescribed frequency of treatment: Weekly

Recommendation: Continue current therapeutic focus

Kay Hubbard, LCSW, Licensed Clinical Social Worker, License #3097 signed this note and declared this information to be accurate and complete on March 14, 2018 at 3:06PM.