Setting
At LifeWorks site

Progress on goals
Some

Evidence Based Practices Used
Cognitive Behavioral Therapy
Motivational Interviewing

Current situation/status (related to treatment plan)
Client arrived with ACORN scores that did not show much improvement. She stated she was answering them for the past month. She endorsed thinking she was doing well overall and wanted to discuss stopping counseling.

Interventions
Reviewed the directions on the ACORN form and assisted her in identifying her experiences in the past two weeks with what "sometimes" and "hardly ever" represent for her. Discussed information Gerald Peake obtained from her PCP with wanting her to stay in services at LWNW. Explored options of counseling for chronic pain.

Client response to the intervention
She appeared to have a difficult time identifying what "sometimes" and "hardly ever" mean for her on a bi-weekly basis. She presented as frustrated with the process of getting specific information. She endorsed thinking she doesn't need to continue with mental health counseling and was frustrated with her PCP saying he wants her in counseling when he doesn't know her well enough to make that determination. She stated she got referred to pain management and thinks they will be working on chronic pain issues. She endorsed feeling uncomfortable with me working on her physical pain with her, thinking it is separate from mental health. She did agree to meet with me in 6 weeks and go over literature on MH therapy techniques for chronic pain before she makes a final decision. She requested to be medication only and agreed to have me consult with Gerald on the matter.

Homework/Follow-up
Will see in 6 weeks. I consulted with Gerald Peake who does not want her to be medication only at this time. He would like to see her stable for at least 3 more months. I will obtain literature on therapy for chronic pain and review it, along with expectations on how to become medication only.

Electronically signed.

Staff Signature, Natalie Seibel, LPC, CADC I, 4052 **09/26/2012 12:21:08 PM**

The user was authenticated and this Progress Notes report was recorded at 12:21:08 on 09/26/2012 by Natalie Seibel, LPC, CADC I.

Evidence Based Practices Used
Cognitive Behavioral Therapy

Current situation/status (related to treatment plan)
Client reported not liking the ACORN questionnaire and had decided she would not be filling it out anymore.

She stated she had moved into her own place, but had no money to furnish it and was feeling unhappy with Portland and her circumstances.

Interventions
Explored her thoughts/feelings about the ACORN and living in Portland. Completed treatment planning.

Client response to the intervention
She stated she thought the ACORN was taking away from her connection with me. She shared that she thought she is having a hard time being herself with not having any friends in the area and feeling like she belongs with not having furniture. She stated she is waiting to get paid for the two part-time jobs she has, but that she is frustrated she continues to have to start over. She engaged in finishing the treatment plan and signed it.

Homework/Follow-up
Will see in three weeks. I will not have her complete the ACORN anymore in an effort to build rapport and trust. We will continue to focus on ways for her to feel more connected to herself and the community.

Electronically signed.

Staff Signature, Natalie Seibel, LPC, CADC I, 4052 **09/13/2012 12:34:41 PM**

The user was authenticated and this Progress Notes report was recorded at 12:34:41 on 09/13/2012 by Natalie Seibel, LPC, CADC I.

I'm Successful When	**in at least one relaxation activity in order to effectively problem-solve on 4 out of 5 opportunities.**

Setting
At LifeWorks site

Progress on goals
Moderate

Evidence Based Practices Used
Cognitive Behavioral Therapy

Current situation/status (related to treatment plan)
Client reported doing well overall, being able to connect with her children better and using the cognitive exercises to help with memory and concentration. She wondered about switching groups to help with scheduling.

Interventions
Discussed her progress in treatment, with also showing her the ACORN graph. Introduced the idea of stopping counseling.

Client response to the intervention
She endorsed having thought earlier in the morning about how long she has been in treatment here and wondering about stopping services. She agreed with the progress she has made in the two year she has been here and with her ACORN data indicating she most likely won't benefit from further sessions. She agreed she has all the tools she needs to continue on her own, as well as having access to a PCP who can prescribe her medication. She appeared aware that if there are any issues in the future or she has a positive UA, she will return to attend group.

Homework/Follow-up
No further sessions scheduled. I consulted with her PO and Gerald Peake on closing her file.

Electronically signed.

Staff Signature, Natalie Seibel, LPC, CADC I, 4052 **09/24/2012 12:24:02 PM**

The user was authenticated and this Progress Notes report was recorded at 12:24:02 on 09/24/2012 by Natalie Seibel, LPC, CADC I.

LifeWorks NW
Treatment Planning

Client Name [redacted] **ID:** [redacted]

Plan Status: Active

Reporting Unit 415 **Start** 05/11/2012
Plan Type Update **Review** 05/11/2013

Treatment Issues [redacted]

Issues: Depression

My Current Situation: Depressed affect, mood

My Goal: To feel good about myself
To maintain how I appreciate my strengths, skills, and other positive qualities.

I'll Know I'm Successful When: My overall functioning is improved.
My ACORN answers remain in the "never" to "sometimes" range with a score no greater than 1.5.

Issues: Anxiety

My Current Situation: Cognitive impairment

My Goal: To improve my thinking and concentration.
To identify and adopt ways to improve my thinking and concentration skills.

I'll Know I'm Successful When: I am making the effort to take care of myself.
I am taking care of myself by taking my medication as prescribed 7 days per week and consulting with my prescriber on any issues/concerns.

Services: Individual Therapy
List Services One to one therapy focused on a specific treatment plan item. We will engage in treatment at a minimum of three sessions to then determine, in consulting with medication prescriber, if he can then be medication only.

Frequency and duration Every 6 weeks for 60 minutes
Treatment provided by Natalie Seibel, MA, CADC I 4052

Services: Psychiatric services
List Services Psychiatric assessment, with medication management as ordered by a licensed medical practitioner

Frequency and duration Assessment plus services recommended by LMP
Treatment provided by Gerald Peake, P.M.H.N.P. 6261

Service Conclusion

Service Conclusion Critera: *ACORN scores remain below 1.5 for a minimum of 2 months.
*He has made progress on treatment goals for a minimum of 2 months.

Electronically signed.

Staff Signature, Natalie Seibel, MA, CADC I, 4052 **05/11/2012 10:18:04 AM**

Electronically signed.

Client Signature, **05/11/2012 10:18:25 AM**

Electronically signed.

Staff Signature, Gerald Peake, P.M.H.N.P., 6261 **05/16/2012 12:00:02 PM**

The user was authenticated and this Treatment Planning report was recorded at 10:18:25 on 05/11/2012 by Natalie Seibel, MA, CADC I.