

Progress Note

Client Name: Karl (he/him)

Date: 9-2-2022

Service: **Psychotherapy (16-37min) X**
 Psychotherapy (38-52)
 Psychotherapy (53+)
 Add on for Interactive Complexity:

Reason: Mental Health Crisis evaluation
 Family therapy with patient present
 Family therapy without patient present
 Psychotherapy for crisis X

Sources of information:

Client: Karl

Mother/Father: Father

Other VIPS: Nurse

What's better/ Positive differences (Exceptions): Some benefit from pain medications, sleeping better, using video games as a form of distraction

How well have you been coping 1-10? (10 is the best) **5**

Sleeping, managing pain, reflecting on his strength and on what he has already coped with, including the loss of his mother; how he and his father help each other; strength to persevere and not give up

What are your Best hopes for this session? My father would not want me to do anything unsafe; Let people know when I am unsafe and reach out for help; Go to college and become a nurse

Scaling Progress: _____ **Confidence in safety 5/10**

What is a “Good enough” number: 7

What keeps it from being lower (What else): **know his father will be coming soon and not wanting to do anything to hurt his father** _____

VIPs scaling assessment: 3

Next steps: **Have a plan for when he leaves the hospital; arrange a safety plan with his father that they both agree on and have someone to talk with after he leaves the hospital**

How helpful are your medications from 1-10? 5

How well are you managing your medical conditions from 1-10? 5

What have you done to help your medications work? **get sleep and manage pain with video game distraction** _____

How confident are you in your skills to graduate from this treatment episode from 1-10?
 7/10 if a plan is agreed upon with his father

What is a good enough number? 7

What keeps the number from being lower? **Knowing his father is on the way and that his father has been helpful and supportive and he has gotten through things before**

What will help raise the number by one point? **have a meeting with his father to discuss safety planning and treatment after discharge** _____

Interventions:

**Solution-focused safety assessment planning with his father and treatment team
Collaboration with Karl and treatment team on how well he is managing his pain and anxiety from 1-10 Family meeting to confirm agreement on solution-focused safety assessment**

Solution-Focused Safety assessment (If needed): Yes - see attached form

[LINK TO SOLUTION-FOCUSED SAFETY ASSESSMENT TOOL ARTICLE](#)

How confident are you that you can keep yourself safe from 1-10? 5

How confident are your VIPs that you can keep yourself safe from 1-10? 3

What is a "Good enough" number for you to stay safe? 7

What keeps the number from being lower? What else? support of his father

What is one thing you could do to raise the number by one point? meeting with father to discuss agreed upon solution-focused safety plan

Treatment Plans: complete solution-focused safety assessment with his father; monitor safety scale daily; discuss safety scaling with the nursing staff and scaling how well he is managing sleep and pain from 1-10 (10 being the best)

Follow up: daily until safety assessment is good enough per client, father and staff

Signature AL

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