



# FAMILY SUPPORT SERVICES, INC.

- Est. 1991 -

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## AUTHORIZATION TO RELEASE AND DISCLOSE PATIENT INFORMATION

<b>Patient Information</b>	Name: <u>Suzela Aubrey</u> Date of Birth: <u>03-27-72</u> Address: <u>7330 Gallagher Drive</u> Phone: _____ City: <u>Edina</u> State: <u>MN</u> Zip: <u>55435</u>	
<b>I Authorize</b>	Nystrom & Associates, Ltd. and Family Support Services, Inc. Address: _____ Fax: _____ City: _____ State: _____ Zip: _____ Phone: _____	
<b>To do the following:</b> <input checked="" type="checkbox"/> Release to <input type="checkbox"/> Receive from	Agency/Name: <u>Suzela Aubrey</u> Phone: <u>952-239-9643</u> Address: <u>7330 Gallagher Drive</u> Fax: _____ City: <u>#153, Edina</u> State: <u>MN</u> Zip: <u>55435</u>	
<b>Information to be Released</b> (What do you want sent or released?) Check the appropriate box(es):	<u>Only release records checked below</u> <input type="checkbox"/> Most Recent Diagnostic Assessment <input type="checkbox"/> Diagnostic Assessment, 3 most recent Progress Notes and Treatment Plan <input type="checkbox"/> Psychological Testing Interpretive Report <input type="checkbox"/> Itemized Billing Statement <input type="checkbox"/> Other: _____ <small>NOTE: Unless otherwise indicated, all related records regarding Mental Health will be included. This does not include records legally defined as Psychotherapy notes.</small>	<input checked="" type="checkbox"/> All Records Dated from: <u>5/17/2016</u> <u>7/11/2017</u> Or <input checked="" type="checkbox"/> Any/All Medical Records (Entire medical record may be sent) <u>to date</u>
<b>Method of Communication</b> (How would you like the information communicated/sent?) Check Appropriate box(es):	<u>Electronic Methods:</u> <input checked="" type="checkbox"/> Standard email (PDF) <input type="checkbox"/> Secure Email (PDF) Email Address: <u>Simi_24@yahoo.com</u> <input type="checkbox"/> FollowMyHealth (Requires FollowMyHealth account) <input type="checkbox"/> CD (Password Protected PDF) <small>NOTE: Transmission of records via standard email is not a secure method of transmission. By choosing email, I understand that I risk my information being intercepted by an unauthorized individual.</small>	<u>Standard Methods:</u> <input type="checkbox"/> Verbal/Phone <input type="checkbox"/> Fax <input type="checkbox"/> Pick up <input type="checkbox"/> Mail
<b>Purpose of Release</b> (Why is it needed?) Check the appropriate box(es):	<input checked="" type="checkbox"/> Coordination of Care <input type="checkbox"/> Social Security appeal <input type="checkbox"/> Social Security disability <input type="checkbox"/> Other: _____ <input type="checkbox"/> Insurance payment/claim <input type="checkbox"/> Litigation/legal <input type="checkbox"/> Personal use/review <small>Note: Purpose for release is not required if you are requesting your own records for personal use/review. Records sent to a third party must identify a purpose.</small>	

I understand the following: a. I have a right to revoke this authorization in writing at any time, except to the extent information has been released according to this authorization. b. The information released in response to this authorization may be re-disclosed to other parties. c. My treatment or payment for my treatment cannot be conditioned on the signing of this authorization. d. Communications resulting from this authorization will reveal I have received services from NAL/FSSI. e. My health information is protected by federal regulations and state laws. Disclosure is only allowed with my authorization, except in limited circumstance as described in NAL/FSSI Privacy Policy. f. I have the right to inspect and receive a copy of my treatment records that may be disclosed to others, as provided under applicable state and federal laws. A photocopy of this authorization will be treated in the same manner as the original. This authorization shall be in force and effect until 1 year from date of execution at which time this authorization expires. \*Fees may be charged in accordance with MN Statute 144.292 and Federal Rule 45 C.F.R. 5164.524

Patient Signature: Suzela Aubrey DATE: 07/11/2017  
 Or legally authorized representative signature: \_\_\_\_\_ DATE: \_\_\_\_\_  
 Representative's relationship to patient (parent, guardian, etc.) \_\_\_\_\_  
 Name (if not signed by patient): \_\_\_\_\_  
 NOTE: If signed by someone other than the patient, we need written proof of authority.

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Eden Prairie  
11010 Prairie Lakes Drive, Suite 350  
Eden Prairie, MN, 55344  
(952) 746-2522

**Encounter Date: 05/31/2017**

**Patient Name: Smeeta Antony**  
**DOB: - 03/27/1972, 45 years old**

## Clinical Progress Note

### Assessment (Axis I & II)

#### Assessed

- Schizophrenia, paranoid, chronic (295.32) (F20.0)

Start Time: 3:10p.m.

End Time: 4:10p.m.

Change: No Change

GAF Score: 50

### Results/Data

Vitals

26May2017

PHQ-9

PHQ-9 Score: 2

### INFORMATION

Smeeta came in for a second visit to orient toward getting started in Adult Day Treatment which she wishes to start as soon as possible.

Smeeta reported during her Functional Assessment more about how she experiences her symptoms when they occur and we talked about what that might look like if an episode should occur during her time in Day Treatment and what it might look like for other participants in the program.

Smeeta reported that she has been looking for work for 2 years now and has not been able to find a job. She hopes to make a treatment goal around finding work and we talked about her initial treatment plan.

Smeeta reported that she will start Neuropsych testing next Monday, June 5 and that she is also interested in getting a county case manager. We made a plan for an additional visit to complete treatment goals and to make a plan for how Smeeta will get set up with a county case manager.

### INTERPRETATION

Smeeta wishes to do Adult Day Treatment so this practitioner will work toward getting start date that fits with her needs. She has at least three areas of impairment: Mental Health Symptoms and Service Needs, Vocational and Financial, Interpersonal, and Social. Treatment goals will be completed at tomorrow's visit and a plan made for starting ADT.

### INTERVENTION

The following therapeutic approaches and techniques were used: therapeutic joining, active listening, validation and ADT Orientation

Smeeta Antony

DOB: 03/27/1972

1 of 2

8/8/17 1:48:25 PM

\*Voice recognition technology may have been utilized for some of the information in this medical record.

*Patient:* **Smeeta Antony**  
*Encounter:* **05/31/2017 MRN: 2487730**

Orientation toward starting Adult Day Treatment  
Processed how symptoms play out if they were to occur in the presence of others and viewed a video footage that Smeeta brought with her.

**INSTRUCTION**

Smeeta was instructed to return for her next appointment as needed

Smeeta will start ADT later this week or next week.

**Signatures**

Electronically signed by : Laura Anderson, MA, LPCC; Jun 7 2017 5:08PM CST

(Author)

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Eden Prairie  
11010 Prairie Lakes Drive, Suite 350  
Eden Prairie, MN, 55344  
(952) 746-2522

Encounter Date: 05/30/2017

Patient Name: Smeeta Antony  
DOB: - 03/27/1972, 45 years old

## Clinical Progress Note

### Assessment (Axis I & II)

#### Assessed

- Schizophrenia, paranoid, chronic (295.32) (F20.0)

Start Time: 2:05p.m.

End Time: 3p.m.

Change: No Change

GAF Score: 50

### Results/Data

Vitals

26May2017

PHQ-9

PHQ-9 Score: 2

### Mental Status Exam

Sensorium: Oriented

Mood: Normal

Affect: Appropriate/Normal

Safety: No Safety Issue

### INFORMATION

Smeeta came in for a second visit to orient toward getting started in Adult Day Treatment which she wishes to start as soon as possible.

Smeeta reported during her Functional Assessment more about how she experiences her symptoms when they occur and we talked about what that might look like if an episode should occur during her time in Day Treatment and what it might look like for other participants in the program.

Smeeta reported that she has been looking for work for 2 years now and has not been able to find a job. She hopes to make a treatment goal around finding work and we talked about her initial treatment plan.

Smeeta reported that she will start Neuropsych testing next Monday, June 5 and that she is also interested in getting a county case manager. We made a plan for an additional visit to complete treatment goals and to make a plan for how Smeeta will get set up with a county case manager.

### INTERPRETATION

Smeeta wishes to do Adult Day Treatment so this practitioner will work toward getting start date that fits with her needs. She has at least three areas of impairment: Mental Health Symptoms and Service Needs, Vocational and Financial, Interpersonal, and Social. Treatment goals will be completed at tomorrow's visit and a plan made for

Smeeta Antony

DOB: 03/27/1972

1 of 2

8/8/17 1:48:26 PM

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*Patient:* **Smeeta Antony**  
*Encounter:* **05/30/2017 MRN: 2487730**

starting ADT.

**INTERVENTION**

The following therapeutic approaches and techniques were used: therapeutic joining, active listening and validation  
Orientation toward starting Adult Day Treatment  
Processed how symptoms play out if they were to occur in the presence of others and viewed a video footage that Smeeta brought with her.

**INSTRUCTION**

Smeeta was instructed to return for her next appointment as needed

**Signatures**

Electronically signed by : Laura Anderson, MA, LPCC; May 31 2017 9:41AM CST

(Author)

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Eden Prairie  
11010 Prairie Lakes Drive, Suite 350  
Eden Prairie, MN, 55344  
(952) 746-2522

Encounter Date: 07/25/2017

Patient Name: Smeeta Antony  
DOB: - 03/27/1972, 45 years old

## ADT - Discharge Summary

### Assessment

- Schizophrenia, paranoid, chronic (295.32) (F20.0)

### Discharge Summary

#### Presenting Problems:

Smeeta was referred for Adult Day Treatment by Mercy Hospital, United Hospital, and Abbott Northwestern Hospital as well as her psychiatrist Dr. Jennifer Service, MD and Specialist Dr. Daniel Kessler, MD who specialize in psychotic and dissociative disorders respectively.

Smeeta reported that she suffers from Corpulalia which is a disorder she has chronically had for 6 years since a surgery she had in 2010, after a breast lumpectomy. She shared that she had outbursts of uncontrollable profanity and laughter that onset after the surgery. At first the symptoms only occurred within her home and this lasted for 6 years, and then in over the past 2-3 months this has happened outside the home.

Discharge Diagnosis: (include DSM-IV codes)

Schizophrenia, paranoid, chronic (F20.0)

#### Goals / Was it reached?

##### Goal #1:

Learn 3 Distress Tolerance skills to cope better with the "high volume stress that I have lived in."

No.

##### Goal #2:

Developing 3 additional social skills to use for making social and vocational connections in the community. No.

##### Goal #3:

##### Goal #4:

Response to Services: 0 - No Progress

Termination / Follow Up Letter Sent: Yes If So Date Sent: 07/25/2017.

Reason for Termination: Smeeta reported "she is checking into a facility in Arizona that is willing to observe her for up to 90 days." Smeeta reported "the main goal she had in ADT was to just see how she would do in this environment." Staff explained the purpose of ADT and how clients' goals need to fit within the scope of this purpose.

Follow Up on Mental Health Services: Continue with current providers

### Signatures

Electronically signed by : Caitlin Petersen, MS; Jul 25 2017 11:51AM CST

(Co-author)

Co-Signature:

Electronically Signed by: Beth Bordenave, LMFT; 07/25/2017 (Co-author)

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(952) 746-2522

Encounter Date: 07/25/2017

Patient Name: Smeeta Antony  
DOB: - 03/27/1972, 45 years old

## ADT - Individual Discharge Plan

### Assessment

- Schizophrenia, paranoid, chronic (295.32) (F20.0)

Axis II: Psychiatric Diagnosis Or Condition Deferred On Axis II

Axis III: None as reported by patient.

Axis IV - Psychosocial Environmental Stressors: custody battle, family stress, financial stress, recently divorced, legal problems, single parent, social isolation, unemployed

Axis V: GAF Score - 45

WHODAS (12 Item) Score: 14

### Discharge Summary

**Client's Overall Goal:** Smeeta has had more than one doctor tell her that her symptoms do not match with Paranoid Schizophrenia but it is what she has at this point due to being told she is "a very rare case." She hopes to some day have an accurate diagnosis for what she suffers with. She is hoping for a job and to start with part time.

**Goal # 1** Learn 3 Distress Tolerance skills to cope better with the "high volume stress that I have lived in."

..

**Objective (s):** Objective #1 - Within the next 4 months Smeeta will learn to practice Radical Acceptance, Turning the mind, and self soothing to better tolerate the stress of her situation with being separated from her children and being unemployed.

**Intervention(s)** for Objective #1: Smeeta will acquire Distress Tolerance Skills by meeting in Adult Day Treatment 3 day weekly for 3 hours per day where the skills will be trained by the instructor and modeled with examples.

**Objective #2** - Smeeta will develop a plan for how she will use the skills learned in Day Treatment in her every day life.

**Intervention(s)** for Objective #2: Radical Acceptance, Turning the Mind, and Self Soothing will become part of a written plan for tolerating Distress that Smeeta accesses when she is not at the treatment center.

**Objective #3** - Smeeta will learn to recognize 3 aspects of her life and circumstances that she is not accepting.

**Intervention(s)** for Objective #3: Through ADT Smeeta will receive teaching, modeling and role playing that will help her learn how to practice reality acceptance skills of life circumstances that are painful and not in her control.

**Community Resources Available:** Psychiatrist

**Functional Need Addressed:** MH Symptoms, Social Functioning, Interpersonal Func, Self- Care

**Goal # 2** Developing 3 additional social skills to use for making social and vocational connections in the community.

**Objective (s):** Objective #1 - Smeeta will get out of the house 5 times weekly in a social manner within 4 months

**Intervention(s)** for Objective #1: Smeeta will learn and practice social skills in Day Treatment group where she learns to ask someone out for coffee or to do informational interviews for various jobs.

**Objective #2** - Smeeta will contact 3 community sources for assistance with her job search.

**Intervention(s)** for Objective #2: ADT: Teaching and role playing as well as planning for making phone calls and

Smeeta Antony

DOB: 03/27/1972

1 of 2

8/8/17 1:49:50 PM

\*Voice recognition technology may have been utilized for some of the information in this medical record.

**Patient: Smeeta Antony**  
**Encounter: 07/25/2017 MRN: 2487730**

written inquiries or online researching for resources.

Objective #3 - Smeeta will continue going out dancing 3 times weekly and will expand her network by asking someone to join her in group dancing lessons and/or will ask someone from dance class to have lunch or coffee.  
Intervention(s) for Objective #3: Through ADT: Skills training, teaching, modeling and role playing

..

**Community Resources Available: Psychiatrist**

**Functional Need Addressed: MH Symptoms, Social Functioning, Interpersonal Func, Self- Care**

**Goal # 3**

**Objective (s):**

**Community Resources Available:**

**Goal # 4**

**Objective (s):**

**Community Resources Available:**

**Coordination of Services:**

**Referent: Mercy Hospital**

**Psychiatrist: Dr. Jennifer Service, MD and Specialist Dr. Daniel Kessler, MD**

### **Signatures**

Electronically signed by : Caitlin Petersen, MS; Jul 25 2017 11:43AM CST

(Co-author)



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**11010 Prairie Lakes Drive, Suite 350**  
**Eden Prairie, MN, 55344**  
**(952) 746-2522**

**Encounter Date: 07/21/2017**

**Patient Name: Smeeta Antony**  
**DOB: - 03/27/1972, 45 years old**

## **ADT - Progress Note**

### **Assessment**

- Schizophrenia, paranoid, chronic (295.32) (F20.0)

### **Clinical Progress Note**

**Start Time: 1:02pm**  
**End Time: 3:56pm**  
The Client Was On Tme

#### **Observations:**

- **Attendance:** Present
- **Appearance:** Neat, Dressed for season/occasion
- **Attention:** Attentive
- **Mood/Emotions Expressed:** Cooperative, Calm

**Goal(s) / Objectives from ITP:** Goal #1: Learn 3 Distress Tolerance skills to cope better with the "high volume stress that I have lived in."

Objective #1 - Within the next 4 months Smeeta will learn to practice Radical Acceptance, Turning the mind, and self soothing to better tolerate the stress of her situation with being separated from her children and being unemployed.

Intervention(s) for Objective #1: Smeeta will acquire Distress Tolerance Skills by meeting in Adult Day Treatment 3 day weekly for 3 hours per day where the skills will be trained by the instructor and modeled with examples.

Objective #2 - Smeeta will develop a plan for how she will use the skills learned in Day Treatment in her every day life.

Intervention(s) for Objective #2: Radical Acceptance, Turning the Mind, and Self Soothing will become part of a written plan for tolerating Distress that Smeeta accesses when she is not at the treatment center.

Objective #3 - Smeeta will learn to recognize 3 aspects of her life and circumstances that she is not accepting.

Intervention(s) for Objective #3: Through ADT Smeeta will receive teaching, modeling and role playing that will help her learn how to practice reality acceptance skills of life circumstances that are painful and not in her control.

#### **ADT - Goal #2:**

Goal #2: Developing 3 additional social skills to use for making social and vocational connections in the community.

Objective #1 - Smeeta will get out of the house 5 times weekly in a social manner within 4 months

Intervention(s) for Objective #1: Smeeta will learn and practice social skills in Day Treatment group where she learns to ask someone out for coffee or to do informational interviews for various jobs.

Objective #2 - Smeeta will contact 3 community sources for assistance with her job search.

Smeeta Antony      DOB: 03/27/1972      1 of 2      8/8/17 1:49:51 PM

\*Voice recognition technology may have been utilized for some of the information in this medical record.

**Patient:** Smeeta Antony  
**Encounter:** 07/21/2017 MRN: 2487730

Intervention(s) for Objective #2: ADT: Teaching and role playing as well as planning for making phone calls and written inquiries or online researching for resources.

Objective #3 - Smeeta will continue going out dancing 3 times weekly and will expand her network by asking someone to join her in group dancing lessons and/or will ask someone from dance class to have lunch or coffee. Intervention(s) for Objective #3: Through ADT: Skills training, teaching, modeling and role playing.

**Interventions:** Staff facilitated skills check-in asking Smeeta to identify how she has used a skill from last session and how she plans to incorporate today's skills. Staff facilitated check in, asking Smeeta to identify her feelings today/this week, something she is grateful for or proud of, something she needs from herself or others, and something she would like to work on. Staff led a meditation exercise. Staff led a discussion on a Ted Talk. Staff led clients in making their own grounding fidgets. Staff led a mindful image search activity. Staff led an icebreaker. **Response to Interventions / Progress towards Goals and Objectives:** Smeeta reported "she learned about mindfulness and meditation this week. She has used mindfulness a lot in the last couple of years, which has been a strength of hers. In the last day or so, she has used mindfulness in getting done the tasks she needs to complete, like paying rent, getting her paperwork in order, and getting ready to leave for the facility." She appeared engaged in discussing the Ted Talk and stated "she thought it was interesting how our brains work and that mindfulness changes how our brains work while doing tasks." She appeared engaged in making fidgets and reported enjoying the activity. She appeared willing to participate in the image search activity. She was willing to participate in the icebreaker.

**Recipient Actions:** Smeeta will practice mindfulness skills.

**Staff Actions:** Prepare psychoeducation materials and be available for consultation when needed.

#### **Signatures**

Electronically signed by : Caitlin Petersen, MS; Jul 21 2017 3:59PM CST (Co-author)

Co-Signature:

Electronically Signed by: Beth Bordenave, LMFT; 07/21/2017 (Co-author)

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Eden Prairie  
11010 Prairie Lakes Drive, Suite 350  
Eden Prairie, MN, 55344  
(952) 746-2522

**Encounter Date: 07/20/2017**

**Patient Name: Smeeta Antony**  
**DOB: - 03/27/1972, 45 years old**

## ADT - Progress Note

### Assessment

- Schizophrenia, paranoid, chronic (295.32) (F20.0)

### Clinical Progress Note

**Start Time: 1:00pm**  
**End Time: 4:00pm**  
The Client Was On Tme

#### Observations:

- **Attendance:** Present
- **Appearance:** Neat, Dressed for season/occasion
- **Attention:** Attentive
- **Mood/Emotions Expressed:** Cooperative, Calm

**Goal(s) / Objectives from ITP:** Goal #1: Learn 3 Distress Tolerance skills to cope better with the "high volume stress that I have lived in."

Objective #1 - Within the next 4 months Smeeta will learn to practice Radical Acceptance, Turning the mind, and self soothing to better tolerate the stress of her situation with being separated from her children and being unemployed.

Intervention(s) for Objective #1: Smeeta will acquire Distress Tolerance Skills by meeting in Adult Day Treatment 3 day weekly for 3 hours per day where the skills will be trained by the instructor and modeled with examples.

Objective #2 - Smeeta will develop a plan for how she will use the skills learned in Day Treatment in her every day life.

Intervention(s) for Objective #2: Radical Acceptance, Turning the Mind, and Self Soothing will become part of a written plan for tolerating Distress that Smeeta accesses when she is not at the treatment center.

Objective #3 - Smeeta will learn to recognize 3 aspects of her life and circumstances that she is not accepting.

Intervention(s) for Objective #3: Through ADT Smeeta will receive teaching, modeling and role playing that will help her learn how to practice reality acceptance skills of life circumstances that are painful and not in her control.

#### ADT - Goal #2:

Goal #2: Developing 3 additional social skills to use for making social and vocational connections in the community.

Objective #1 - Smeeta will get out of the house 5 times weekly in a social manner within 4 months

Intervention(s) for Objective #1: Smeeta will learn and practice social skills in Day Treatment group where she learns to ask someone out for coffee or to do informational interviews for various jobs.

Objective #2 - Smeeta will contact 3 community sources for assistance with her job search.

Smeeta Antony      DOB: 03/27/1972      1 of 2      8/8/17 1:49:52 PM

\*Voice recognition technology may have been utilized for some of the information in this medical record.

**Patient:** Smeeta Antony  
**Encounter:** 07/20/2017 MRN: 2487730

Intervention(s) for Objective #2: ADT: Teaching and role playing as well as planning for making phone calls and written inquiries or online researching for resources.

Objective #3 - Smeeta will continue going out dancing 3 times weekly and will expand her network by asking someone to join her in group dancing lessons and/or will ask someone from dance class to have lunch or coffee. Intervention(s) for Objective #3: Through ADT: Skills training, teaching, modeling and role playing.

**Interventions:** Staff facilitated skills check-in asking Smeeta to identify how she has used a skill from last session and how she plans to incorporate today's skills. Staff facilitated check in, asking Smeeta to identify her feelings today/this week, something she is grateful for or proud of, something she needs from herself or others, and something she would like to work on. Staff taught clients about mindfulness utilizing mindfulness exercises from the curriculum. Staff led a discussion of the obstacles to utilizing mindfulness. Staff led a mindfulness meditation and a zentangling activity.

**Response to Interventions / Progress towards Goals and Objectives:** Smeeta reported "she learned about mindfulness through different projects, like coloring, last time. She finds that she uses mindfulness a lot with the tasks she has to do. She focuses on what needs to get done and pushes away from other thoughts and emotions." She reported "she felt relieved that she was able to meet with a lawyer and hand over the information she has collected over the past 18 months. She is excited that she gets to go to the facility next week to hopefully get answers about what happens to her." She appeared receptive to validation from the group. She appeared engaged in discussing the mindfulness exercises and the obstacles to mindfulness, stating "she finds that she gets bored or restless so she needs to get up and move, like with dancing." She appeared willing to practice zentangling with the group.

**Recipient Actions:** Smeeta will practice mindfulness skills.

**Staff Actions:** Prepare psychoeducation materials and be available for consultation when needed.

### Signatures

Electronically signed by : Caitlin Petersen, MS; Jul 21 2017 7:50AM CST (Co-author)

Co-Signature:

Electronically Signed by: Beth Bordenave, LMFT; 07/20/2017 (Co-author)

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Eden Prairie  
11010 Prairie Lakes Drive, Suite 350  
Eden Prairie, MN, 55344  
(952) 746-2522

Encounter Date: 07/18/2017

Patient Name: Smeeta Antony  
DOB: - 03/27/1972, 45 years old

## ADT - Progress Note

### Assessment

- Schizophrenia, paranoid, chronic (295.32) (F20.0)

### Clinical Progress Note

Start Time: 1:00 PM  
End Time: 2:59 PM  
The Client Was On Tme

#### Observations:

- Attendance: Present
- Appearance: Neat, Dressed for season/occasion
- Attention: Attentive, Participated effectively in group
- Mood/Emotions Expressed: Cooperative

Goal(s) / Objectives from ITP: Goal #1: Learn 3 Distress Tolerance skills to cope better with the "high volume stress that I have lived in."

Objective #1 - Within the next 4 months Smeeta will learn to practice Radical Acceptance, Turning the mind, and self soothing to better tolerate the stress of her situation with being separated from her children and being unemployed.

Intervention(s) for Objective #1: Smeeta will acquire Distress Tolerance Skills by meeting in Adult Day Treatment 3 day weekly for 3 hours per day where the skills will be trained by the instructor and modeled with examples.

Objective #2 - Smeeta will develop a plan for how she will use the skills learned in Day Treatment in her every day life.

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Objective #3 - Smeeta will learn to recognize 3 aspects of her life and circumstances that she is not accepting.

Intervention(s) for Objective #3: Through ADT Smeeta will receive teaching, modeling and role playing that will help her learn how to practice reality acceptance skills of life circumstances that are painful and not in her control.

#### ADT - Goal #2:

Goal #2: Developing 3 additional social skills to use for making social and vocational connections in the community.

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Intervention(s) for Objective #1: Smeeta will learn and practice social skills in Day Treatment group where she learns to ask someone out for coffee or to do informational interviews for various jobs.

Objective #2 - Smeeta will contact 3 community sources for assistance with her job search.

Smeeta Antony      DOB: 03/27/1972      1 of 2      8/8/17 1:49:53 PM

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**Patient:** Smeeta Antony  
**Encounter:** 07/18/2017 MRN: 2487730

Intervention(s) for Objective #2: ADT: Teaching and role playing as well as planning for making phone calls and written inquiries or online researching for resources.

Objective #3 - Smeeta will continue going out dancing 3 times weekly and will expand her network by asking someone to join her in group dancing lessons and/or will ask someone from dance class to have lunch or coffee. Intervention(s) for Objective #3: Through ADT: Skills training, teaching, modeling and role playing.

**Interventions:** Staff facilitated skills check-in asking Smeeta to identify how she has used a skill from last session and how she plans to incorporate today's skills. Staff facilitated check in, asking Smeeta to identify her feelings today/this week, something she is grateful for or proud of, something she needs from herself or others, and something she would like to work on. Staff taught clients about mindfulness utilizing "Mindfulness." Staff provided clients with a worksheet for an mindfulness of emotions exercise. Staff facilitated mindfulness activities, including a guided meditation and mindful coloring. Staff administered the PHQ-9.

**Response to Interventions / Progress towards Goals and Objectives:** Smeeta stated "we talked about boundaries last time, and how I have difficulty setting healthy boundaries with my family because they didn't support me when I was diagnosed." Smeeta discussed how it is difficult for her to feel close to her family because of her past experiences, though recognized that she does have less rigid material boundaries, as she is currently "accepting financial help from my family to find a lawyer for the divorce proceeding." Smeeta checked in about meeting with someone over the weekend who focuses on "spiritual connections and energies," and discussed how her culture and growing up in India influences her view of mental health. Smeeta declined feedback from the group. Smeeta participated in the discussion about mindfulness and the mindfulness activities. Smeeta stated that the guided meditation "isn't really for me" and that "some people use mindfulness to focus in on their emotions and thoughts, and I'm more of the opposite. I like to focus on having fun and being active and keeping busy. My job required me to do so much thinking all the time, so I like to just tune out and be on autopilot whenever I can." Smeeta participated in mindful coloring and stated shes "always enjoyed coloring and being creative."

**Recipient Actions:** Smeeta will practice being mindful of her emotions and/or practicing a mindfulness activity.

**Staff Actions:** Prepare psychoeducation materials and be available for consultation when needed.

#### **Signatures**

Electronically signed by : Rebecca Darnell , ; Jul 18 2017 3:13PM CST (Co-author)

Co-Signature:

Electronically Signed by: Beth Bordenave, LMFT; 07/18/2017 (Co-author)

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Eden Prairie  
11010 Prairie Lakes Drive, Suite 350  
Eden Prairie, MN, 55344  
(952) 746-2522

Encounter Date: 07/13/2017

**Patient Name: Smeeta Antony**  
**DOB: - 03/27/1972, 45 years old**

## ADT - Progress Note

### Assessment

- Schizophrenia, paranoid, chronic (295.32) (F20.0)

### Clinical Progress Note

Start Time: 1:00pm  
End Time: 3:48pm  
The Client Was On Tme

#### Observations:

- Attendance: Present
- Appearance: Neat, Dressed for season/occasion
- Attention: Attentive
- Mood/Emotions Expressed: Cooperative, Calm

Goal(s) / Objectives from ITP: Goal #1: Learn 3 Distress Tolerance skills to cope better with the "high volume stress that I have lived in."

Objective #1 - Within the next 4 months Smeeta will learn to practice Radical Acceptance, Turning the mind, and self soothing to better tolerate the stress of her situation with being separated from her children and being unemployed.

Intervention(s) for Objective #1: Smeeta will acquire Distress Tolerance Skills by meeting in Adult Day Treatment 3 day weekly for 3 hours per day where the skills will be trained by the instructor and modeled with examples.

Objective #2 - Smeeta will develop a plan for how she will use the skills learned in Day Treatment in her every day life.

Intervention(s) for Objective #2: Radical Acceptance, Turning the Mind, and Self Soothing will become part of a written plan for tolerating Distress that Smeeta accesses when she is not at the treatment center.

Objective #3 - Smeeta will learn to recognize 3 aspects of her life and circumstances that she is not accepting.

Intervention(s) for Objective #3: Through ADT Smeeta will receive teaching, modeling and role playing that will help her learn how to practice reality acceptance skills of life circumstances that are painful and not in her control.

#### ADT - Goal #2:

Goal #2: Developing 3 additional social skills to use for making social and vocational connections in the community.

Objective #1 - Smeeta will get out of the house 5 times weekly in a social manner within 4 months

Intervention(s) for Objective #1: Smeeta will learn and practice social skills in Day Treatment group where she learns to ask someone out for coffee or to do informational interviews for various jobs.

Objective #2 - Smeeta will contact 3 community sources for assistance with her job search.

Smeeta Antony      DOB: 03/27/1972      1 of 2      8/8/17 1:49:54 PM

\*Voice recognition technology may have been utilized for some of the information in this medical record.

**Patient: Smeeta Antony**  
**Encounter: 07/13/2017 MRN: 2487730**

Intervention(s) for Objective #2: ADT: Teaching and role playing as well as planning for making phone calls and written inquiries or online researching for resources.

Objective #3 - Smeeta will continue going out dancing 3 times weekly and will expand her network by asking someone to join her in group dancing lessons and/or will ask someone from dance class to have lunch or coffee.

Intervention(s) for Objective #3: Through ADT: Skills training, teaching, modeling and role playing.

Interventions: Staff facilitated skills check-in asking Smeeta to identify how she has used a skill from last session and how she plans to incorporate today's skills. Staff facilitated check in, asking Smeeta to identify her feelings today/this week, something she is grateful for or proud of, something she needs from herself or others, and something she would like to work on. Staff taught clients about boundaries utilizing "What Are Personal Boundaries" and "Boundary Exploration." Staff led a discussion on feedback in ADT.

**Response to Interventions / Progress towards Goals and Objectives:** Smeeta reported "the last time she was here we talked about boundaries, like mental, emotional, and physical boundaries." She was able to recognize the role boundaries played in her life in the last couple of days stating "she has been working to find more information about her condition" indicating an internal mental boundary. She reported she did not need feedback from the group today. She appeared engaged in discussing feedback tips in ADT and reported she had no questions about the material. She appeared engaged in discussing "What are Personal Boundaries" and was able to recognize the difference between rigid, porous, and healthy boundaries. She was also able to recognize the role that her family and culture plays in her understanding about boundaries in relationships. She was willing to complete the self-reflection about her current boundaries with her family.

**Recipient Actions:** Smeeta will use skills to establish/maintain a boundary in her life.

**Staff Actions:** Prepare psychoeducation materials and be available for consultation when needed.

#### **Signatures**

Electronically signed by : Caitlin Petersen, MS; Jul 13 2017 3:56PM CST (Co-author)

Co-Signature:

Electronically Signed by: Beth Bordenave, LMFT; 07/13/2017 (Co-author)



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(952) 746-2522

**Encounter Date: 07/11/2017**

**Patient Name: Smeeta Antony**  
**DOB: - 03/27/1972, 45 years old**

## ADT - Progress Note

### Assessment

- Schizophrenia, paranoid, chronic (295.32) (F20.0)

### Clinical Progress Note

**Start Time: 1:00 PM**  
**End Time: 3:44 PM**  
The Client Was On Tme

#### Observations:

- **Attendance:** Present
- **Appearance:** Neat, Dressed for season/occasion
- **Attention:** Attentive
- **Mood/Emotions Expressed:** Cooperative

**Goal(s) / Objectives from ITP:** Goal #1: Learn 3 Distress Tolerance skills to cope better with the "high volume stress that I have lived in."

Objective #1 - Within the next 4 months Smeeta will learn to practice Radical Acceptance, Turning the mind, and self soothing to better tolerate the stress of her situation with being separated from her children and being unemployed.

Intervention(s) for Objective #1: Smeeta will acquire Distress Tolerance Skills by meeting in Adult Day Treatment 3 day weekly for 3 hours per day where the skills will be trained by the instructor and modeled with examples.

Objective #2 - Smeeta will develop a plan for how she will use the skills learned in Day Treatment in her every day life.

Intervention(s) for Objective #2: Radical Acceptance, Turning the Mind, and Self Soothing will become part of a written plan for tolerating Distress that Smeeta accesses when she is not at the treatment center.

Objective #3 - Smeeta will learn to recognize 3 aspects of her life and circumstances that she is not accepting.

Intervention(s) for Objective #3: Through ADT Smeeta will receive teaching, modeling and role playing that will help her learn how to practice reality acceptance skills of life circumstances that are painful and not in her control.

#### ADT - Goal #2:

Goal #2: Developing 3 additional social skills to use for making social and vocational connections in the community.

Objective #1 - Smeeta will get out of the house 5 times weekly in a social manner within 4 months

Intervention(s) for Objective #1: Smeeta will learn and practice social skills in Day Treatment group where she learns to ask someone out for coffee or to do informational interviews for various jobs.

Objective #2 - Smeeta will contact 3 community sources for assistance with her job search.

Smeeta Antony      DOB: 03/27/1972      1 of 2      8/8/17 1:49:55 PM

\*Voice recognition technology may have been utilized for some of the information in this medical record.

**Patient: Smeeta Antony**  
**Encounter: 07/11/2017 MRN: 2487730**

Intervention(s) for Objective #2: ADT: Teaching and role playing as well as planning for making phone calls and written inquiries or online researching for resources.

Objective #3 - Smeeta will continue going out dancing 3 times weekly and will expand her network by asking someone to join her in group dancing lessons and/or will ask someone from dance class to have lunch or coffee. Intervention(s) for Objective #3: Through ADT: Skills training, teaching, modeling and role playing.

**Interventions:** Staff facilitated skills check-in asking Smeeta to identify how she has used a skill from last session and how she plans to incorporate today's skills. Staff facilitated check in, asking Smeeta to identify her feelings today/this week, something she is grateful for or proud of, something she needs from herself or others, and something she would like to work on. Staff taught clients about how boundaries help us utilizing "Introduction to Boundaries." Staff taught clients about physical, mental, and emotional boundaries utilizing "What are Personal Boundaries?" Staff administered the PHQ-9.

**Response to Interventions / Progress towards Goals and Objectives:** Smeeta stated "last week we talked about "I feel" statements and assertiveness, and for me there isn't really a point to expressing how I feel about things. In my situation it works better to present evidence and facts and refute allegations, rather than talk about my emotions." Smeeta agreed with staff that presenting evidence and advocating for herself within the mental health system is a form of assertiveness that she uses frequently. Smeeta checked in about spending the weekend planning for a potential stay in a facility out of state to be observed, and reported she also went dancing this weekend. She stated that "all of the things that have happened over the last seven years are so overwhelming, and I just have to use that to keep myself going and working on finding an answer," and agreed with staff that emotions such as feeling overwhelmed, angry, or anxious can motivate people to take action. Smeeta stated she did not need any feedback from the group. Smeeta participated in the discussion about how healthy boundaries help us and the different types of boundaries.

**Recipient Actions:** Smeeta will practice being aware of her physical, mental, and emotional boundaries.

**Staff Actions:** Prepare psychoeducation materials and be available for consultation when needed.

### **Signatures**

Electronically signed by : Rebecca Darnell, ; Jul 11 2017 3:46PM CST (Co-author)

Co-Signature:

Electronically Signed by: Beth Bordenave, LMFT; 07/11/2017 (Co-author)

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**Encounter Date: 07/07/2017**

**Patient Name: Smeeta Antony**  
**DOB: - 03/27/1972, 45 years old**

## ADT - Progress Note

### Assessment

- Schizophrenia, paranoid, chronic (295.32) (F20.0)

### Clinical Progress Note

Start Time: 1:00pm  
End Time: 4:01pm  
The Client Was On Tme

#### Observations:

- Attendance: Present
- Appearance: Neat, Dressed for season/occasion
- Attention: Attentive
- Mood/Emotions Expressed: Cooperative, Calm

**Goal(s) / Objectives from ITP:** Goal #1: Learn 3 Distress Tolerance skills to cope better with the "high volume stress that I have lived in."

Objective #1 - Within the next 4 months Smeeta will learn to practice Radical Acceptance, Turning the mind, and self soothing to better tolerate the stress of her situation with being separated from her children and being unemployed.

Intervention(s) for Objective #1: Smeeta will acquire Distress Tolerance Skills by meeting in Adult Day Treatment 3 day weekly for 3 hours per day where the skills will be trained by the instructor and modeled with examples.

Objective #2 - Smeeta will develop a plan for how she will use the skills learned in Day Treatment in her every day life.

Intervention(s) for Objective #2: Radical Acceptance, Turning the Mind, and Self Soothing will become part of a written plan for tolerating Distress that Smeeta accesses when she is not at the treatment center.

Objective #3 - Smeeta will learn to recognize 3 aspects of her life and circumstances that she is not accepting.

Intervention(s) for Objective #3: Through ADT Smeeta will receive teaching, modeling and role playing that will help her learn how to practice reality acceptance skills of life circumstances that are painful and not in her control.

#### ADT - Goal #2:

Goal #2: Developing 3 additional social skills to use for making social and vocational connections in the community.

Objective #1 - Smeeta will get out of the house 5 times weekly in a social manner within 4 months

Intervention(s) for Objective #1: Smeeta will learn and practice social skills in Day Treatment group where she learns to ask someone out for coffee or to do informational interviews for various jobs.

Objective #2 - Smeeta will contact 3 community sources for assistance with her job search.

Smeeta Antony      DOB: 03/27/1972      1 of 2      8/8/17 1:49:57 PM

\*Voice recognition technology may have been utilized for some of the information in this medical record.

**Patient: Smeeta Antony**  
**Encounter: 07/07/2017 MRN: 2487730**

Intervention(s) for Objective #2: ADT: Teaching and role playing as well as planning for making phone calls and written inquiries or online researching for resources.

Objective #3 - Smeeta will continue going out dancing 3 times weekly and will expand her network by asking someone to join her in group dancing lessons and/or will ask someone from dance class to have lunch or coffee. Intervention(s) for Objective #3: Through ADT: Skills training, teaching, modeling and role playing.

**Interventions:** Staff facilitated skills check-in asking Smeeta to identify how she has used a skill from last session and how she plans to incorporate today's skills. Staff facilitated check in, asking Smeeta to identify her feelings today/this week, something she is grateful for or proud of, something she needs from herself or others, and something she would like to work on. Staff led a discussion on the Ted Talk "10 Ways to Have a Better Conversation." Staff taught clients about social skills utilizing "Self-Esteem." Staff led a self-esteem reflection. Staff led clients in practicing self-esteem building exercises.

**Response to Interventions / Progress towards Goals and Objectives:** Smeeta reported "she has learned about social skills this week. She is approaching a big milestone in that she found a facility that is willing to let her check herself in for observation for up to 30-45 days to see how she will do." She was able to recognize the role of social skills in communicating with others to obtain this information. She appeared receptive to support and validation from the group regarding her use of self-advocacy skills. She appeared engaged in listening to the discussion of the Ted Talk. She stated "she has lived alone for so long and she doesn't have many conversations with others" and did not identify an area of conversation that she could work to improve on in the next couple of days. She appeared engaged in listening to the discussion of self-esteem and self-compassion. She identified positive activities that she previously engaged in that helped her maintain a healthy level of self-esteem but did not identify current skills she uses to do this.

**Recipient Actions:** Smeeta will practice self-esteem building skills.

**Staff Actions:** Prepare psychoeducation materials and be available for consultation when needed.

#### **Signatures**

Electronically signed by : Caitlin Petersen, MS; Jul 7 2017 4:05PM CST (Co-author)

Co-Signature:

Electronically Signed by: Beth Bordenave, LMFT; 07/07/2017 (Co-author)

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Eden Prairie, MN, 55344  
(952) 746-2522

**Encounter Date: 07/06/2017**

**Patient Name: Smeeta Antony**  
**DOB: - 03/27/1972, 45 years old**

## ADT - Progress Note

### Assessment

- Schizophrenia, paranoid, chronic (295.32) (F20.0)

### Clinical Progress Note

Start Time: 1:02pm  
End Time: 3:52pm  
The Client Was On Tme

#### Observations:

- Attendance: Present
- Appearance: Neat, Dressed for season/occasion
- Attention: Attentive
- Mood/Emotions Expressed: Cooperative

**Goal(s) / Objectives from ITP:** Goal #1: Learn 3 Distress Tolerance skills to cope better with the "high volume stress that I have lived in."

Objective #1 - Within the next 4 months Smeeta will learn to practice Radical Acceptance, Turning the mind, and self soothing to better tolerate the stress of her situation with being separated from her children and being unemployed.

Intervention(s) for Objective #1: Smeeta will acquire Distress Tolerance Skills by meeting in Adult Day Treatment 3 day weekly for 3 hours per day where the skills will be trained by the instructor and modeled with examples.

Objective #2 - Smeeta will develop a plan for how she will use the skills learned in Day Treatment in her every day life.

Intervention(s) for Objective #2: Radical Acceptance, Turning the Mind, and Self Soothing will become part of a written plan for tolerating Distress that Smeeta accesses when she is not at the treatment center.

Objective #3 - Smeeta will learn to recognize 3 aspects of her life and circumstances that she is not accepting.

Intervention(s) for Objective #3: Through ADT Smeeta will receive teaching, modeling and role playing that will help her learn how to practice reality acceptance skills of life circumstances that are painful and not in her control.

#### ADT - Goal #2:

Goal #2: Developing 3 additional social skills to use for making social and vocational connections in the community.

Objective #1 - Smeeta will get out of the house 5 times weekly in a social manner within 4 months

Intervention(s) for Objective #1: Smeeta will learn and practice social skills in Day Treatment group where she learns to ask someone out for coffee or to do informational interviews for various jobs.

Objective #2 - Smeeta will contact 3 community sources for assistance with her job search.

Smeeta Antony      DOB: 03/27/1972      1 of 2      8/8/17 1:49:58 PM

\*Voice recognition technology may have been utilized for some of the information in this medical record.

**Patient:** Smeeta Antony  
**Encounter:** 07/06/2017 MRN: 2487730

Intervention(s) for Objective #2: ADT: Teaching and role playing as well as planning for making phone calls and written inquiries or online researching for resources.

Objective #3 - Smeeta will continue going out dancing 3 times weekly and will expand her network by asking someone to join her in group dancing lessons and/or will ask someone from dance class to have lunch or coffee. Intervention(s) for Objective #3: Through ADT: Skills training, teaching, modeling and role playing.

**Interventions:** Staff facilitated skills check-in asking Smeeta to identify how she has used a skill from last session and how she plans to incorporate today's skills. Staff facilitated check in, asking Smeeta to identify her feelings today/this week, something she is grateful for or proud of, something she needs from herself or others, and something she would like to work on. Staff taught clients about social skills utilizing "I Feel Statements." Staff led a role play exercise having clients practice "I feel" statements. Staff taught clients about social skills utilizing "Assertive Rights."

**Response to Interventions / Progress towards Goals and Objectives:** Smeeta stated "all last week we learned about emotional regulation and managing emotions. Her style is very different than getting into emotions. She just keeps herself busy with activities and tasks she needs to do." Staff prompted Smeeta to identify specific emotions she has experienced in the last few days but she appeared to struggle doing this as she continued to refer to higher intensity emotions from her past as opposed to current emotional experience. She stated "she has always been a very independent person and doesn't rely on the support of others" and declined she needed feedback from the group. She appeared engaged in the discussion of "I Feel" statements and was willing to practice "I Feel" statements with the group. She appeared to respond positively to staff's cues of utilizing the "I Feel" statement formula in hypothetical situations. She appeared willing to discuss "Assertive Rights" but appeared to struggle in identifying how she could incorporate these skills into her life stating "if she told people 'she has a right to this' that wouldn't help her in her situation. She finds it is more helpful to just present the facts."

**Recipient Actions:** Smeeta will practice "I Feel" statements.

**Staff Actions:** Prepare psychoeducation materials and be available for consultation when needed.

#### **Signatures**

Electronically signed by : Caitlin Petersen, MS; Jul 7 2017 8:12AM CST (Co-author)

Co-Signature:

Electronically Signed by: Beth Bordenave, LMFT; 07/06/2017 (Co-author)

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11010 Prairie Lakes Drive, Suite 350  
Eden Prairie, MN, 55344  
(952) 746-2522

**Encounter Date: 06/30/2017**

**Patient Name: Smeeta Antony**  
**DOB: - 03/27/1972, 45 years old**

## ADT - Progress Note

### Assessment

- Schizophrenia, paranoid, chronic (295.32) (F20.0)

### Clinical Progress Note

**Start Time: 1:15pm**

**End Time: 3:54pm**

The Client Was Not On Time

The Client Was 15 Minutes Late

### Observations:

- **Attendance:** Present, Smeeta checked in at 1:00pm but did not go to the group waiting room for staff to pick her up until 1:15pm.
- **Appearance:** Neat
- **Attention:** Attentive
- **Mood/Emotions Expressed:** Cooperative, Calm

**Goal(s) / Objectives from ITP:** Goal #1: Learn 3 Distress Tolerance skills to cope better with the "high volume stress that I have lived in."

Objective #1 - Within the next 4 months Smeeta will learn to practice Radical Acceptance, Turning the mind, and self soothing to better tolerate the stress of her situation with being separated from her children and being unemployed.

Intervention(s) for Objective #1: Smeeta will acquire Distress Tolerance Skills by meeting in Adult Day Treatment 3 day weekly for 3 hours per day where the skills will be trained by the instructor and modeled with examples.

Objective #2 - Smeeta will develop a plan for how she will use the skills learned in Day Treatment in her every day life.

Intervention(s) for Objective #2: Radical Acceptance, Turning the Mind, and Self Soothing will become part of a written plan for tolerating Distress that Smeeta accesses when she is not at the treatment center.

Objective #3 - Smeeta will learn to recognize 3 aspects of her life and circumstances that she is not accepting.

Intervention(s) for Objective #3: Through ADT Smeeta will receive teaching, modeling and role playing that will help her learn how to practice reality acceptance skills of life circumstances that are painful and not in her control.

ADT - Goal #2:

Goal #2: Developing 3 additional social skills to use for making social and vocational connections in the community.

Objective #1 - Smeeta will get out of the house 5 times weekly in a social manner within 4 months

Intervention(s) for Objective #1: Smeeta will learn and practice social skills in Day Treatment group where she learns to ask someone out for coffee or to do informational interviews for various jobs.

Smeeta Antony

DOB: 03/27/1972

1 of 2

8/8/17 1:49:59 PM

\*Voice recognition technology may have been utilized for some of the information in this medical record.

**Patient:** Smeeta Antony  
**Encounter:** 06/30/2017 MRN: 2487730

**Objective #2** - Smeeta will contact 3 community sources for assistance with her job search.  
**Intervention(s) for Objective #2:** ADT: Teaching and role playing as well as planning for making phone calls and written inquiries or online researching for resources.

**Objective #3** - Smeeta will continue going out dancing 3 times weekly and will expand her network by asking someone to join her in group dancing lessons and/or will ask someone from dance class to have lunch or coffee.  
**Intervention(s) for Objective #3:** Through ADT: Skills training, teaching, modeling and role playing.

**Interventions:** Staff facilitated skills check-in asking Smeeta to identify how she has used a skill from last session and how she plans to incorporate today's skills. Staff facilitated check in, asking Smeeta to identify her feelings today/this week, something she is grateful for or proud of, something she needs from herself or others, and something she would like to work on. Staff taught clients about emotions utilizing an emotion association activity. Staff led a discussion on the Ted Talk "The Power of Vulnerability" by Brene Brown. Staff led a game of true/false questions based on the emotions curriculum of the week.

**Response to Interventions / Progress towards Goals and Objectives:** Smeeta reported "she learned about positivity and emotions last time." She appeared to struggle to identify how she has utilized emotion regulation skills since last session, stating "she has to do this every day to stay above water" but was unable to provide specific examples to the group. She also appeared to struggle in identifying her own emotional experience in the last few days stating "she doesn't have time to deal with her emotions. She just needs to keep moving on to the task." She appeared willing to participate in the true/false game and was willing to share her thoughts about the questions with the group. She appeared willing to complete the emotion association activity but appeared to struggle in following all directions as she only completed one emotion association collage and then ended the activity instead of completing three as directed. She appeared willing to share her thoughts about the Ted Talk with the group.

**Recipient Actions:** Smeeta will practice emotion regulation skills.

**Staff Actions:** Prepare psychoeducation materials and be available for consultation when needed.

#### **Signatures**

Electronically signed by : Caitlin Petersen, MS; Jun 30 2017 3:58PM CST (Co-author)

Co-Signature:

Electronically Signed by: Beth Bordenave, LMFT; 06/30/2017 (Co-author)



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(952) 746-2522

**Encounter Date: 06/27/2017**

**Patient Name: Smeeta Antony**  
**DOB: - 03/27/1972, 45 years old**

## ADT - Progress Note

### Assessment

- Schizophrenia, paranoid, chronic (295.32) (F20.0)

### Clinical Progress Note

**Start Time:** 1:00 PM  
**End Time:** 4:00 PM  
The Client Was On Tme

#### Observations:

- **Attendance:** Present
- **Appearance:** Neat, Dressed for season/occasion
- **Attention:** Attentive
- **Mood/Emotions Expressed:** Cooperative, Calm

**Goal(s) / Objectives from ITP:** Goal #1: Learn 3 Distress Tolerance skills to cope better with the "high volume stress that I have lived in."

Objective #1 - Within the next 4 months Smeeta will learn to practice Radical Acceptance, Turning the mind, and self soothing to better tolerate the stress of her situation with being separated from her children and being unemployed.

Intervention(s) for Objective #1: Smeeta will acquire Distress Tolerance Skills by meeting in Adult Day Treatment 3 day weekly for 3 hours per day where the skills will be trained by the instructor and modeled with examples.

Objective #2 - Smeeta will develop a plan for how she will use the skills learned in Day Treatment in her every day life.

Intervention(s) for Objective #2: Radical Acceptance, Turning the Mind, and Self Soothing will become part of a written plan for tolerating Distress that Smeeta accesses when she is not at the treatment center.

Objective #3 - Smeeta will learn to recognize 3 aspects of her life and circumstances that she is not accepting.

Intervention(s) for Objective #3: Through ADT Smeeta will receive teaching, modeling and role playing that will help her learn how to practice reality acceptance skills of life circumstances that are painful and not in her control.

#### ADT - Goal #2:

Goal #2: Developing 3 additional social skills to use for making social and vocational connections in the community.

Objective #1 - Smeeta will get out of the house 5 times weekly in a social manner within 4 months

Intervention(s) for Objective #1: Smeeta will learn and practice social skills in Day Treatment group where she learns to ask someone out for coffee or to do informational interviews for various jobs.

Objective #2 - Smeeta will contact 3 community sources for assistance with her job search.

Smeeta Antony      DOB: 03/27/1972      1 of 2      8/8/17 1:50:00 PM

\*Voice recognition technology may have been utilized for some of the information in this medical record.

**Patient:** Smeeta Antony  
**Encounter:** 06/27/2017 MRN: 2487730

Intervention(s) for Objective #2: ADT: Teaching and role playing as well as planning for making phone calls and written inquiries or online researching for resources.

Objective #3 - Smeeta will continue going out dancing 3 times weekly and will expand her network by asking someone to join her in group dancing lessons and/or will ask someone from dance class to have lunch or coffee. Intervention(s) for Objective #3: Through ADT: Skills training, teaching, modeling and role playing.

**Interventions:** Staff facilitated skills check-in asking Smeeta to identify how she has used a skill from last session and how she plans to incorporate today's skills. Staff facilitated check in, asking Smeeta to identify her feelings today/this week, something she is grateful for or proud of, something she needs from herself or others, and something she would like to work on. Staff taught clients about emotions utilizing "PLEASE Skills" and "Emotion Regulation Skills," and provided clients with a gratitude worksheet and journal. Staff provided clients with an emotion wheel and facilitated an emotion identification exercise. Staff administered the PHQ-9.

**Response to Interventions / Progress towards Goals and Objectives:** Smeeta stated she "learned about distress tolerance last week, and how to cope with difficult emotions." She related this skill to the last year and a half throughout her divorce proceedings, and stated she uses distress tolerance by "keeping my head above water and staying on top of what I need to do by organizing and filing things." Smeeta participated in the discussions about PLEASE skills and positivity/gratitude. She identified how she had used this skills in the past "when I had my children," though appeared to struggle to identify how the skills could be useful currently, as she stated she "just needs to keep on top of things." Smeeta was present for the emotion wheel activity and was able to create her own emotion wheel and creatively express six main emotions.

**Recipient Actions:** Smeeta will practice using PLEASE skills and positive activities to help regulate her emotions.  
**Staff Actions:** Prepare psychoeducation materials and be available for consultation when needed.

### Signatures

Electronically signed by : Rebecca Darnell , ; Jun 28 2017 8:48AM CST (Co-author)  
Co-Signature:  
Electronically Signed by: Beth Bordenave, LMFT; 06/28/2017 (Co-author)

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Eden Prairie  
11010 Prairie Lakes Drive, Suite 350  
Eden Prairie, MN, 55344  
(952) 746-2522

Encounter Date: 06/26/2017

Patient Name: Smeeta Antony  
DOB: - 03/27/1972, 45 years old

## ADT - Functional Assessment

### Assessment

1. Schizophrenia, paranoid, chronic (295.32) (F20.0)

Five Axis\_NAL:

Axis II: Psychiatric Diagnosis Or Condition Deferred On Axis II

Axis III: None as reported by patient.

Axis IV - Psychosocial Environmental Stressors: custody battle, family stress, financial stress, recently divorced, legal problems, single parent, social isolation, unemployed

Axis V: GAF Score - 45

WHODAS (12 Item) Score: 14

### Adult Day Treatment

Functional Assessment (Free Text) - ADT:

Current Functional Assessment Activation Date: 6/26/2017

Functional Assessment Expiration Date: 7/26/2017

Last Diagnostic Assessment Date: 5/25/2017

### Life Domain - Mental Health Symptoms

Smeeta continues to report experiencing episodes of uncontrollable laughter and profanity while she is at home, and these behaviors have not been observed in group since the last update. Smeeta reports she "just stays on top of things and keeps her head above water," and denies experiencing any other mental health symptoms or feelings of stress in general. It appears Smeeta believes her symptoms are not related to a mental illness, as she frequently states that her experiences do not match the diagnosis she has been given. Staff have observed that Smeeta has displayed some paranoid thinking regarding her paperwork and diagnosis, as evidenced by stating that her medical records are "one-sided and inaccurate," and stating that her medical care providers "would rather read her paperwork and believe a diagnosis than talk to her and hear her side of things." It is possible that there is some truth to Smeeta's beliefs due to the unique circumstances surrounding the start of her symptoms and her recent divorce; however, it is also possible that Smeeta's symptoms may be evidence of a mental illness.

### Life Domain - Mental Health Services

Smeeta has a psychiatrist and therapist at Allina Health Shakopee clinic. Staff plan to follow up with Smeeta about her neuropsych testing and will ask for access to testing results.

### Life Domain - Use of Drugs or Alcohol

There have been no changes to this domain since last update.

### Life Domain - Vocational

Smeeta continues to report having difficulty finding employment despite reaching out to organizations in her field. She reports she is trying to figure out social security so that she can have some income while she is unemployed.

Smeeta Antony      DOB: 03/27/1972      1 of 3      8/8/17 1:50:01 PM

\*Voice recognition technology may have been utilized for some of the information in this medical record.

**Patient:** Smeeta Antony  
**Encounter:** 06/26/2017 MRN: 2487730

**Life Domain - Educational**

There have been no changes in this domain since last update.

**Life Domain - Social**

Smeeta states she enjoys singing and dancing. Smeeta reports being isolated socially and has been since her divorce and since the onset of her mental health problems. Her mental health symptoms create a barrier for her engaging in meaningful social contact and making connections.

**Life Domain - Interpersonal (including relationship with family)**

There have been no reported changes in this domain since last update. Smeeta continues to report working on the custody battle for her children, and states that she feels her ex-husband "gloats" and does not support her. Smeeta reports she has always been "someone who copes independently," and she feels that "this is seen as isolation and a sign of her mental illness by others, but it is not."

**Life Domain - Self-Care and Independent Living Capacity**

Smeeta's mental health symptoms do not affect her ability to care for herself and her environment, including paperwork completion. She reported that "episodes do not come on in these environments." Smeeta appears neat and well-groomed when she attends group, and does not appear to struggle with self-care or hygiene tasks. She reports sometimes experiencing episodes of laughter or profanity while she is trying to complete paperwork at home, though she continues to work on completing her tasks despite experiencing episodes.

**Life Domain - Medical**

Has private insurance for medical services and is able to access to medical services that she needs. Smeeta has not reported any medical health concerns.

**Life Domain - Dental**

Has a dentist and has no barriers to getting dental services. However currently she doesn't have dental coverage.

**Life Domain - Financial**

Finances are struggling, as living expenses almost equal to the amount of living expenses she has and she has been struggling to find work for 2 years. Smeeta reports she is trying to obtain social security so she can have some income while she is unemployed.

**Life Domain - Housing**

Smeeta has stable housing in an apartment and has fear that if she doesn't get employment she will not be able to afford the rent and is interested in finding support for finding alternative housing.

**Life Domain - Transportation**

Smeeta has her own vehicle and has no problem driving herself to appointments, errands, and other locations.

**Life Domain - Other**

**Interpretive Summary:**

Smeeta appears to have barriers in areas in her daily life as a result of her mental health symptoms. She reports that she disagrees with her diagnosis and struggles to advocate for herself in the mental health system, as well as reports that "the mental health system does not care about listening to my side of things." Smeeta states that the skills she has learned in group are "skills I use every day," though also frequently states that skills taught in group are "not applicable" to her. She does not appear to be open to learning more about her symptoms and diagnosis, as she has told staff that her diagnosis does not fit and "I'm here to see how I will do in this environment, my goal is to be observed by staff." Smeeta states that her episodes do not prevent her from completing paperwork or "staying on top of things," and she denies experiencing other mental health symptoms or stress in general. She continues to have difficulty finding employment and is working to obtain social security to help her finances and minimize fear that she will not be able to afford her current housing. Smeeta describes being isolated socially

*Patient:*           **Smeeta Antony**  
*Encounter:*   **06/26/2017   MRN: 2487730**

though does not connect this with any distress or barriers to well-being. In group, Smeeta appears to have difficulty identifying emotions linked to her distressing life circumstances, as evidenced by stating "I can let my emotions hold me back and get me down, but that won't do anything for me. There's no point in that. So I just keep my head above water and keep moving forward," when prompted to identify specific emotions that she experiences. Smeeta appears to have difficulty identifying current emotional experiences or areas of distress, as when prompted to do so she consistently discusses past experiences and emotions that she "could have felt" during those experiences.

**Signatures**

Electronically signed by : Rebecca Darnell, ; Jul 7 2017 10:37AM CST                    (Co-author)  
Co-Signature:  
Electronically Signed by: Beth Bordenave, LMFT; 07/07/2017 (Co-author)

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Eden Prairie, MN, 55344  
(952) 746-2522

Encounter Date: 06/23/2017

Patient Name: Smeeta Antony  
DOB: - 03/27/1972, 45 years old

## ADT - Progress Note

### Assessment

- Schizophrenia, paranoid, chronic (295.32) (F20.0)

### Clinical Progress Note

Start Time: 2:10pm  
End Time: 3:57pm  
The Client Was Not On Time  
The Client Was 70 Minutes Late

#### Observations:

- Attendance: Present
- Appearance: Neat, Dressed for season/occasion
- Attention: Withdrawn
- Mood/Emotions Expressed: Cooperative, Cheerful, Calm

Goal(s) / Objectives from ITP: Goal #1: Learn 3 Distress Tolerance skills to cope better with the "high volume stress that I have lived in."

Objective #1 - Within the next 4 months Smeeta will learn to practice Radical Acceptance, Turning the mind, and self soothing to better tolerate the stress of her situation with being separated from her children and being unemployed.

Intervention(s) for Objective #1: Smeeta will acquire Distress Tolerance Skills by meeting in Adult Day Treatment 3 day weekly for 3 hours per day where the skills will be trained by the instructor and modeled with examples.

Objective #2 - Smeeta will develop a plan for how she will use the skills learned in Day Treatment in her every day life.

Intervention(s) for Objective #2: Radical Acceptance, Turning the Mind, and Self Soothing will become part of a written plan for tolerating Distress that Smeeta accesses when she is not at the treatment center.

Objective #3 - Smeeta will learn to recognize 3 aspects of her life and circumstances that she is not accepting.

Intervention(s) for Objective #3: Through ADT Smeeta will receive teaching, modeling and role playing that will help her learn how to practice reality acceptance skills of life circumstances that are painful and not in her control.

#### ADT - Goal #2:

Goal #2: Developing 3 additional social skills to use for making social and vocational connections in the community.

Objective #1 - Smeeta will get out of the house 5 times weekly in a social manner within 4 months

Intervention(s) for Objective #1: Smeeta will learn and practice social skills in Day Treatment group where she learns to ask someone out for coffee or to do informational interviews for various jobs.

**Patient:** Smeeta Antony  
**Encounter:** 06/23/2017 MRN: 2487730

Objective #2 - Smeeta will contact 3 community sources for assistance with her job search.  
Intervention(s) for Objective #2: ADT: Teaching and role playing as well as planning for making phone calls and written inquiries or online researching for resources.

Objective #3 - Smeeta will continue going out dancing 3 times weekly and will expand her network by asking someone to join her in group dancing lessons and/or will ask someone from dance class to have lunch or coffee.  
Intervention(s) for Objective #3: Through ADT: Skills training, teaching, modeling and role playing

..  
**Interventions:** Staff facilitated skills check-in asking Smeeta to identify how she has used a skill from last session and how she plans to incorporate today's skills. Staff facilitated check in, asking Smeeta to identify her feelings today/this week, something she is grateful for or proud of, something she needs from herself or others, and something she would like to work on. Staff taught clients about distress tolerance utilizing "Improving Distress" and led a distress tolerance activity.

**Response to Interventions / Progress towards Goals and Objectives:** Smeeta was late for group and did not complete a check in today. She appeared engaged in listening to the discussion of "Improving Distress" and was willing to share her thoughts about the material when directed by staff. She stated "she had to use these skills every day for many years now." She appeared willing to complete the distress scale and identify coping skills to help manage her emotions as they intensify. She stated she had no concerns completing this task.

**Recipient Actions:** Smeeta will practice distress tolerance skills.

**Staff Actions:** Prepare psychoeducational materials and be available for consultation when needed.

### Signatures

Electronically signed by : Caitlin Petersen, MS; Jun 26 2017 7:53AM CST (Co-author)

Co-Signature:

Electronically Signed by: Beth Bordenave, LMFT; 06/26/2017 (Co-author)

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Eden Prairie, MN, 55344  
(952) 746-2522

Encounter Date: 06/22/2017

Patient Name: Smeeta Antony  
DOB: - 03/27/1972, 45 years old

## ADT - Progress Note

### Assessment

- Schizophrenia, paranoid, chronic (295.32) (F20.0)

### Clinical Progress Note

Start Time: 1:11pm  
End Time: 3:00pm  
The Client Was Not On Time  
The Client Was 11 Minutes Late

#### Observations:

- Attendance: Present
- Appearance: Neat, Dressed for season/occasion
- Attention: Attentive

Goal(s) / Objectives from ITP: Goal #1: Learn 3 Distress Tolerance skills to cope better with the "high volume stress that I have lived in."

Objective #1 - Within the next 4 months Smeeta will learn to practice Radical Acceptance, Turning the mind, and self soothing to better tolerate the stress of her situation with being separated from her children and being unemployed.

Intervention(s) for Objective #1: Smeeta will acquire Distress Tolerance Skills by meeting in Adult Day Treatment 3 day weekly for 3 hours per day where the skills will be trained by the instructor and modeled with examples.

Objective #2 - Smeeta will develop a plan for how she will use the skills learned in Day Treatment in her every day life.

Intervention(s) for Objective #2: Radical Acceptance, Turning the Mind, and Self Soothing will become part of a written plan for tolerating Distress that Smeeta accesses when she is not at the treatment center.

Objective #3 - Smeeta will learn to recognize 3 aspects of her life and circumstances that she is not accepting.

Intervention(s) for Objective #3: Through ADT Smeeta will receive teaching, modeling and role playing that will help her learn how to practice reality acceptance skills of life circumstances that are painful and not in her control.

#### ADT - Goal #2:

Goal #2: Developing 3 additional social skills to use for making social and vocational connections in the community.

Objective #1 - Smeeta will get out of the house 5 times weekly in a social manner within 4 months

Intervention(s) for Objective #1: Smeeta will learn and practice social skills in Day Treatment group where she learns to ask someone out for coffee or to do informational interviews for various jobs.

Objective #2 - Smeeta will contact 3 community sources for assistance with her job search.

Smeeta Antony      DOB: 03/27/1972      1 of 2      8/8/17 1:50:06 PM

\*Voice recognition technology may have been utilized for some of the information in this medical record.



**Patient:** Smeeta Antony  
**Encounter:** 06/22/2017 MRN: 2487730

Intervention(s) for Objective #2: ADT: Teaching and role playing as well as planning for making phone calls and written inquiries or online researching for resources.

Objective #3 - Smeeta will continue going out dancing 3 times weekly and will expand her network by asking someone to join her in group dancing lessons and/or will ask someone from dance class to have lunch or coffee.  
Intervention(s) for Objective #3: Through ADT: Skills training, teaching, modeling and role playing

..

**Interventions:** Staff facilitated skills check-in asking Smeeta to identify how she has used a skill from last session and how she plans to incorporate today's skills. Staff facilitated check in, asking Smeeta to identify her feelings today/this week, something she is grateful for or proud of, something she needs from herself or others, and something she would like to work on. Staff taught clients about distress tolerance utilizing "Understanding Distress Intolerance." Staff led a distress tolerance self-reflection. Staff administered the PHQ-9.

**Response to Interventions / Progress towards Goals and Objectives:** Smeeta reported "she learned about coping skills the last time she was in group. She has had to learn how to cope to deal with everything that has happened in her life in the last 7 years. It was the only thing she could do was to accept it and move on to keep up with everything." She reported she did not need feedback from the group. She appeared to struggle in identifying how the material in "Understanding Distress Intolerance" related to her own current experiences of uncomfortable emotions stating "she feels like she has had to use these distress tolerance skills as her main way of coping since everything started happening" and denied current issues related to managing emotions. She was willing to complete the distress tolerance self-reflection.

**Recipient Actions:** Smeeta will practice distress tolerance skills.

**Staff Actions:** Prepare psychoeducational materials and be available for consultation when needed.

### Signatures

Electronically signed by : Caitlin Petersen, MS; Jun 22 2017 4:03PM CST (Co-author)

Co-Signature:

Electronically Signed by: Beth Bordenave, LMFT; 06/22/2017 (Co-author)

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Eden Prairie, MN, 55344  
(952) 746-2522

**Encounter Date: 06/14/2017**

**Patient Name: Smeeta Antony**  
**DOB: - 03/27/1972, 45 years old**

## ADT - Progress Note

### Assessment

- Schizophrenia, paranoid, chronic (295.32) (F20.0)

### Clinical Progress Note

**Start Time: 1:07pm**

**End Time: 3:54pm**

The Client Was Not On Time

The Client Was 7 Minutes Late

### Observations:

- **Attendance:** Present
- **Appearance:** Neat, Dressed for season/occasion
- **Attention:** Attentive
- **Mood/Emotions Expressed:** Cooperative, Cheerful, Calm

**Goal(s) / Objectives from ITP:** Goal #1: Learn 3 Distress Tolerance skills to cope better with the "high volume stress that I have lived in."

Objective #1 - Within the next 4 months Smeeta will learn to practice Radical Acceptance, Turning the mind, and self soothing to better tolerate the stress of her situation with being separated from her children and being unemployed.

Intervention(s) for Objective #1: Smeeta will acquire Distress Tolerance Skills by meeting in Adult Day Treatment 3 day weekly for 3 hours per day where the skills will be trained by the instructor and modeled with examples.

Objective #2 - Smeeta will develop a plan for how she will use the skills learned in Day Treatment in her every day life.

Intervention(s) for Objective #2: Radical Acceptance, Turning the Mind, and Self Soothing will become part of a written plan for tolerating Distress that Smeeta accesses when she is not at the treatment center.

Objective #3 - Smeeta will learn to recognize 3 aspects of her life and circumstances that she is not accepting.

Intervention(s) for Objective #3: Through ADT Smeeta will receive teaching, modeling and role playing that will help her learn how to practice reality acceptance skills of life circumstances that are painful and not in her control.

ADT - Goal #2:

Goal #2: Developing 3 additional social skills to use for making social and vocational connections in the community.

Objective #1 - Smeeta will get out of the house 5 times weekly in a social manner within 4 months

Intervention(s) for Objective #1: Smeeta will learn and practice social skills in Day Treatment group where she learns to ask someone out for coffee or to do informational interviews for various jobs.

Smeeta Antony

DOB: 03/27/1972

1 of 2

8/8/17 1:50:08 PM

\*Voice recognition technology may have been utilized for some of the information in this medical record.

**Patient: Smeeta Antony**  
**Encounter: 06/14/2017 MRN: 2487730**

**Objective #2 - Smeeta will contact 3 community sources for assistance with her job search.**  
**Intervention(s) for Objective #2: ADT: Teaching and role playing as well as planning for making phone calls and written inquiries or online researching for resources.**

**Objective #3 - Smeeta will continue going out dancing 3 times weekly and will expand her network by asking someone to join her in group dancing lessons and/or will ask someone from dance class to have lunch or coffee.**  
**Intervention(s) for Objective #3: Through ADT: Skills training, teaching, modeling and role playing**

**Interventions:** Staff facilitated skills check-in asking Smeeta to identify how she has used a skill from last session and how she plans to incorporate today's skills. Staff facilitated check in, asking Smeeta to identify her feelings today/this week, something she is grateful for or proud of, something she needs from herself or others, and something she would like to work on. Staff taught clients about coping skills utilizing "Coping Skills" and "99 Coping Skills." Staff administered the PHQ-9.

**Response to Interventions / Progress towards Goals and Objectives:** Smeeta reported "she learned about stigma last time. She actually finds that it has been less helpful for her to talk about her mental health with other people. They don't understand and they try to take everything you do to and attribute it to you mental health." She reported she did not need feedback from the group today. She appeared engaged in discussing "Coping Skills" and was able to identify the differences between positive and negative coping skills. She appeared engaged in discussing "99 Coping Skills" and was able to list several coping skills she would be willing to try to use.

**Recipient Actions:** Smeeta will use at least one positive coping skill.

**Staff Actions:** Prepare psychoeducational materials and be available for consultation when needed.

### **Signatures**

Electronically signed by : Caitlin Petersen, MS; Jun 14 2017 3:58PM CST (Co-author)

Co-Signature:

Electronically Signed by: Beth Bordenave, LMFT; 06/14/2017 (Co-author)

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Eden Prairie  
11010 Prairie Lakes Drive, Suite 350  
Eden Prairie, MN, 55344  
(952) 746-2522

**Encounter Date: 06/09/2017**

**Patient Name: Smeeta Antony**  
**DOB: - 03/27/1972, 45 years old**

## ADT - Progress Note

### Assessment

- Schizophrenia, paranoid, chronic (295.32) (F20.0)

### Clinical Progress Note

**Start Time:** 2:20pm  
**End Time:** 4:00pm  
The Client Was Not On Time  
The Client Was 80 Minutes Late

#### Observations:

- **Attendance:** Present
- **Appearance:** Neat, Dressed for season/occasion
- **Attention:** Attentive
- **Mood/Emotions Expressed:** Cooperative, Cheerful, Calm

**Goal(s) / Objectives from ITP:** Goal #1: Learn 3 Distress Tolerance skills to cope better with the "high volume stress that I have lived in."

Objective #1 - Within the next 4 months Smeeta will learn to practice Radical Acceptance, Turning the mind, and self soothing to better tolerate the stress of her situation with being separated from her children and being unemployed.

Intervention(s) for Objective #1: Smeeta will acquire Distress Tolerance Skills by meeting in Adult Day Treatment 3 day weekly for 3 hours per day where the skills will be trained by the instructor and modeled with examples.

Objective #2 - Smeeta will develop a plan for how she will use the skills learned in Day Treatment in her every day life.

Intervention(s) for Objective #2: Radical Acceptance, Turning the Mind, and Self Soothing will become part of a written plan for tolerating Distress that Smeeta accesses when she is not at the treatment center.

Objective #3 - Smeeta will learn to recognize 3 aspects of her life and circumstances that she is not accepting.

Intervention(s) for Objective #3: Through ADT Smeeta will receive teaching, modeling and role playing that will help her learn how to practice reality acceptance skills of life circumstances that are painful and not in her control.

#### ADT - Goal #2:

Goal #2: Developing 3 additional social skills to use for making social and vocational connections in the community.

Objective #1 - Smeeta will get out of the house 5 times weekly in a social manner within 4 months

Intervention(s) for Objective #1: Smeeta will learn and practice social skills in Day Treatment group where she learns to ask someone out for coffee or to do informational interviews for various jobs.

**Patient:** Smeeta Antony  
**Encounter:** 06/09/2017 MRN: 2487730

**Objective #2 -** Smeeta will contact 3 community sources for assistance with her job search.  
**Intervention(s) for Objective #2:** ADT: Teaching and role playing as well as planning for making phone calls and written inquiries or online researching for resources.

**Objective #3 -** Smeeta will continue going out dancing 3 times weekly and will expand her network by asking someone to join her in group dancing lessons and/or will ask someone from dance class to have lunch or coffee.  
**Intervention(s) for Objective #3:** Through ADT: Skills training, teaching, modeling and role playing

**Interventions:** Staff facilitated skills check-in asking Smeeta to identify how she has used a skill from last session and how she plans to incorporate today's skills. Staff facilitated check in, asking Smeeta to identify her feelings today/this week, something she is grateful for or proud of, something she needs from herself or others, and something she would like to work on. Staff taught clients about mental health utilizing "Disclosing to Others" from NAMI. Staff directed clients in completing a crisis plan. Staff taught clients about mental health utilizing "Stigma." Staff led a discussion on the Ted Talk by Alix Generous.

**Response to Interventions / Progress towards Goals and Objectives:** Smeeta was late for group and did not complete a check-in. She appeared engaged in discussing "Disclosing to Others" and was willing to share barriers she has experienced in the past with talking to others about her mental health. She was able to complete a crisis plan. She appeared engaged in discussing "Stigma" and the Ted Talk and stated "she has experienced where doctors or other people will read too much into your mental health diagnosis and blame it for just having a bad day or having an appropriate emotional display of some kind."

**Recipient Actions:** Smeeta will use her crisis plan.

**Staff Actions:** Prepare psychoeducational materials and be available for consultation when needed.

**Signatures**

Electronically signed by : Caitlin Petersen, MS; Jun 9 2017 4:06PM CST (Co-author)  
Co-Signature:  
Electronically Signed by: Beth Bordenave, LMFT; 06/09/2017 (Co-author)

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11010 Prairie Lakes Drive, Suite 350  
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(952) 746-2522

Encounter Date: 06/08/2017

Patient Name: Smeeta Antony  
DOB: - 03/27/1972, 45 years old

## ADT - Progress Note

### Assessment

- Schizophrenia, paranoid, chronic (295.32) (F20.0)

### Clinical Progress Note

Start Time: 1:15pm  
End Time: 3:47pm  
The Client Was Not On Time  
The Client Was 15 Minutes Late

#### Observations:

- Attendance: Present
- Appearance: Neat, Dressed for season/occasion
- Attention: Attentive
- Mood/Emotions Expressed: Cooperative, Cheerful, Calm

Goal(s) / Objectives from ITP: Goal #1: Learn 3 Distress Tolerance skills to cope better with the "high volume stress that I have lived in."

Objective #1 - Within the next 4 months Smeeta will learn to practice Radical Acceptance, Turning the mind, and self soothing to better tolerate the stress of her situation with being separated from her children and being unemployed.

Intervention(s) for Objective #1: Smeeta will acquire Distress Tolerance Skills by meeting in Adult Day Treatment 3 day weekly for 3 hours per day where the skills will be trained by the instructor and modeled with examples.

Objective #2 - Smeeta will develop a plan for how she will use the skills learned in Day Treatment in her every day life.

Intervention(s) for Objective #2: Radical Acceptance, Turning the Mind, and Self Soothing will become part of a written plan for tolerating Distress that Smeeta accesses when she is not at the treatment center.

Objective #3 - Smeeta will learn to recognize 3 aspects of her life and circumstances that she is not accepting.

Intervention(s) for Objective #3: Through ADT Smeeta will receive teaching, modeling and role playing that will help her learn how to practice reality acceptance skills of life circumstances that are painful and not in her control.

ADT - Goal #2:

Goal #2: Developing 3 additional social skills to use for making social and vocational connections in the community.

Objective #1 - Smeeta will get out of the house 5 times weekly in a social manner within 4 months

Intervention(s) for Objective #1: Smeeta will learn and practice social skills in Day Treatment group where she learns to ask someone out for coffee or to do informational interviews for various jobs.

Smeeta Antony      DOB: 03/27/1972      1 of 2      8/8/17 1:50:10 PM

\*Voice recognition technology may have been utilized for some of the information in this medical record.

**Patient:** Smeeta Antony  
**Encounter:** 06/08/2017 MRN: 2487730

**Objective #2** - Smeeta will contact 3 community sources for assistance with her job search.  
**Intervention(s) for Objective #2:** ADT: Teaching and role playing as well as planning for making phone calls and written inquiries or online researching for resources.

**Objective #3** - Smeeta will continue going out dancing 3 times weekly and will expand her network by asking someone to join her in group dancing lessons and/or will ask someone from dance class to have lunch or coffee.  
**Intervention(s) for Objective #3:** Through ADT: Skills training, teaching, modeling and role playing

**Interventions:** Staff facilitated skills check-in asking Smeeta to identify how she has used a skill from last session and how she plans to incorporate today's skills. Staff facilitated check in, asking Smeeta to identify her feelings today/this week, something she is grateful for or proud of, something she needs from herself or others, and something she would like to work on. Staff taught clients about mental health utilizing "Mental Illness Is Not A Choice" and "Hope for Mental Health Recovery."

**Response to Interventions / Progress towards Goals and Objectives:** Smeeta reported "she learned about how our thoughts, behaviors, and emotions are connected on Tuesday. She is a very task-oriented person and for her just going on to the next task helps to manage any emotions that may come up. She doesn't get wrapped up in her thoughts." Smeeta appeared receptive to feedback from the group regarding her use of community resources. She appeared engaged in discussing "Mental Illness Is Not A Choice" and reported "she has learned quite a bit about mental health issues in the last 18 months with her situation." She appeared engaged in discussing "Hope for Mental Health Recovery" and stated "she feels her main focus is just putting everything with her divorce behind her and being able to find a job to support herself."

**Recipient Actions:** Smeeta will learn more about her mental health symptoms.

**Staff Actions:** Prepare psychoeducational materials and be available for consultation when needed.

#### **Signatures**

Electronically signed by : Caitlin Petersen, MS; Jun 8 2017 3:51PM CST (Co-author)

Co-Signature:

Electronically Signed by: Beth Bordenave, LMFT; 06/08/2017 (Co-author)

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Eden Prairie  
11010 Prairie Lakes Drive, Suite 350  
Eden Prairie, MN, 55344  
(952) 746-2522

**Encounter Date: 06/06/2017**

**Patient Name: Smeeta Antony**  
**DOB: - 03/27/1972, 45 years old**

## ADT - Progress Note

### Assessment

- Schizophrenia, paranoid, chronic (295.32) (F20.0)

### Clinical Progress Note

**Start Time:** 1:16pm  
**End Time:** 3:49pm  
The Client Was Not On Time  
The Client Was 16 Minutes Late

#### Observations:

- **Attendance:** Present
- **Appearance:** Neat, Dressed for season/occasion
- **Attention:** Attentive
- **Mood/Emotions Expressed:** Cooperative, Cheerful, Calm

**Goal(s) / Objectives from ITP:** Goal #1: Learn 3 Distress Tolerance skills to cope better with the "high volume stress that I have lived in."

Objective #1 - Within the next 4 months Smeeta will learn to practice Radical Acceptance, Turning the mind, and self soothing to better tolerate the stress of her situation with being separated from her children and being unemployed.

Intervention(s) for Objective #1: Smeeta will acquire Distress Tolerance Skills by meeting in Adult Day Treatment 3 day weekly for 3 hours per day where the skills will be trained by the instructor and modeled with examples.

Objective #2 - Smeeta will develop a plan for how she will use the skills learned in Day Treatment in her every day life.

Intervention(s) for Objective #2: Radical Acceptance, Turning the Mind, and Self Soothing will become part of a written plan for tolerating Distress that Smeeta accesses when she is not at the treatment center.

Objective #3 - Smeeta will learn to recognize 3 aspects of her life and circumstances that she is not accepting.

Intervention(s) for Objective #3: Through ADT Smeeta will receive teaching, modeling and role playing that will help her learn how to practice reality acceptance skills of life circumstances that are painful and not in her control.

#### ADT - Goal #2:

Goal #2: Developing 3 additional social skills to use for making social and vocational connections in the community.

Objective #1 - Smeeta will get out of the house 5 times weekly in a social manner within 4 months

Intervention(s) for Objective #1: Smeeta will learn and practice social skills in Day Treatment group where she learns to ask someone out for coffee or to do informational interviews for various jobs.

Smeeta Antony

DOB: 03/27/1972

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\*Voice recognition technology may have been utilized for some of the information in this medical record.



**Patient:** Smeeta Antony  
**Encounter:** 06/06/2017 MRN: 2487730

**Objective #2 -** Smeeta will contact 3 community sources for assistance with her job search.  
**Intervention(s) for Objective #2:** ADT: Teaching and role playing as well as planning for making phone calls and written inquiries or online researching for resources.

**Objective #3 -** Smeeta will continue going out dancing 3 times weekly and will expand her network by asking someone to join her in group dancing lessons and/or will ask someone from dance class to have lunch or coffee.  
**Intervention(s) for Objective #3:** Through ADT: Skills training, teaching, modeling and role playing

**Interventions:** Staff facilitated skills check-in asking Smeeta to identify how she has used a skill from last session and how she plans to incorporate today's skills. Staff facilitated check in, asking Smeeta to identify her feelings today/this week, something she is grateful for or proud of, something she needs from herself or others, and something she would like to work on. Staff taught clients about mental health and managing mental health symptoms utilizing "Thought-Emotion-Behavior Chain." Staff administered the PHQ-9.

**Response to Interventions / Progress towards Goals and Objectives:** Smeeta was willing to observe skills check-in and ADT check-in today. She was willing to share with the group about some of the struggles she has had in recent years related to her mental health and experiencing "profanity and uncontrollable laughter spilling from her mouth." She appeared engaged in discussing the "Thought-Emotion-Behavior Chain" and was able to identify how our thoughts affect our emotions and behaviors in situations. She was willing to practice challenging thoughts to create a more realistic perspective in the scenarios presented with the group.

**Recipient Actions:** Smeeta will practice skills related to the "Thought-Emotion-Behavior Chain."

**Staff Actions:** Prepare psychoeducational materials and be available for consultation when needed.

**Signatures**

Electronically signed by : Caitlin Petersen, MS; Jun 6 2017 3:55PM CST (Co-author)

Electronically signed by : Caitlin Petersen, MS; Jun 6 2017 3:56PM CST (Co-author)

Co-Signature:

Electronically Signed by: Beth Bordenave, LMFT; 06/06/2017 (Co-author)

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(952) 746-2522

**Encounter Date: 05/26/2017**

**Patient Name: Smeeta Antony**  
**DOB: - 03/27/1972, 45 years old**

## **Initial Day Treatment Diagnostic Assessment**

### **Informed Consent**

**County of Financial Responsibility:** Hennepin

**INFORMED CONSENT:** Smeeta Antony was reminded of the limits of confidentiality and previously informed that this diagnostic assessment may include all of the following: a face to face mental status interview, psychological testing, clinical observations, records review, and consultation with other treatment providers to ascertain Smeeta's medical necessity and eligibility for Adult Day Treatment. Smeeta was informed that the diagnostic assessment would become part of the Day Treatment clinical record and that its primary use would be to guide Smeeta Antony's treatment planning and coordinating care with other available providers. Smeeta willingly participated in the initial diagnostic assessment process to determine, in part, medical necessity.

**REFERRAL REASON:** This is an Initial Diagnostic Assessment to ascertain Smeeta Antony's current mental status, and lend support of Smeeta's global level of functioning relative to Smeeta's eligibility for Day Treatment services and the coordination/collaboration with other available community service providers. This NAL/ADT Diagnostic Assessment will be completed in accordance to 245.462. Subd. 9. to determine Smeeta Antony's eligibility for medically necessary mental health services. The ultimate goal is to reduce this client's duration and intensity of medical care to the least intrusive level possible which sustains health.

**Referent:** Mercy Hospital Staff.

**Start Time:** 1:12p.m.

**End Time:** 2:07p.m.

### **Reason For Visit**

**Presenting Problem\_NAL:** Smeeta was referred for Adult Day Treatment by Mercy Hospital, United Hospital, and Abbott Northwestern Hospital as well as her psychiatrist Dr. Jennifer Service, MD and Specialist Dr. Daniel Kessler, MD who specialize in psychotic and dissociative disorders respectively.

Smeeta reported that she suffers from Corpolalia which is a disorder she has chronically had for 6 years since a surgery she had in 2010, after a breast lumpectomy. She shared that she had outbursts of uncontrollable profanity and laughter that onset after the surgery. At first the symptoms only occurred within her home and this lasted for 6 years, and then in over the past 2-3 months this has happened outside the home.

### **Past Medical History**

Smeeta indicated she is currently under the care of a physician for her primary care needs. She reports seeing Dr. Leslie Schwartz Williams, MD, at Allina Health Shakopee. She currently works with Dr. Service, MD, at Allina Clinic Shakopee for her psychiatric care. She indicated that she is currently being treated for the following conditions: Folic Acid based on genetic testing. She reports that she is not currently taking medication.

### **Current Meds**

Smeeta denies currently taking medication.

### **Past Psychiatric History**

Smeeta Antony

DOB: 03/27/1972

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**Patient:** Smeeta Antony  
**Encounter:** 05/26/2017 MRN: 2487730

Smeeta has received the following mental health services: individual therapy, medication management (2012 but didn't work: Invega, Cytralopram, Abilify, resperdal where she gained 30 pounds and side effects like tremors, shivers, lethargy. is not on medications currently) and Will start neuropsych testing on June 5 at Abbott Northwestern Hospital. Smeeta is currently in therapy.

Smeeta has been hospitalized for mental health reasons. She has been hospitalized 1 time(s) for mental health reasons.

**Year:** 2012

**Location/Hospital:** Owatana Hospital for 30 days

**Reason:** Delusions, Hallucinations Previously diagnosed with a psychotic disorder (The diagnosis is under question at the moment and she will start Neurological Psychological Testing at Abbott Northwestern Hospital on June 5 per orders from psychiatrist and therapist)

## Social History

Smeeta was born and raised in Bombay India She has earned her Masters Degree in Computer Science and Development. She denies any military service history and was not involved in direct combat.

**Current Living Situation:** Stable Housing - Renting. She is actively seeking employment. She describes her support system as non existant.

Smeeta reports she is divorced.

### Domestic Violence Screening:

Is anyone at home harming you? No.

Do you feel safe at home? Yes. She noted she has been married once before, and this marriage lasted 19 year(s).

**Children:** has school aged child(ren).

**Number of Children:** 2

**Ages/Names:** 11 year old twin girls

Supervised time for two hours every other weekend.

### Legal History

Smeeta is currently going through a combative divorce.

She is going through a child custody battle

## Family History

Smeeta grew up in an intact home. She has 1 younger sister(s). Smeeta denies any family history of mental health problems. Smeeta denies any family history of chemical dependency problems

## Mental Status Exam

**Oriented:** to time, to person, to place and to situation

**Eye Contact:** normal

**Appearance:** well groomed

**Speech:** normal rate and rhythm

**Attitude:** cooperative

**Mood:** normal

**Affect:** appropriate

**Thought Content:** logical

**Suicidal Ideation:** denies

**Homicidal Ideation:** denies

**Attention Span/Concentration:** focused

## Review of Systems

**Symptoms (Depression):**

Smeeta denies currently experiencing depression symptoms.

**Suicide Assessment:** Smeeta denies suicidal ideation, she does not have an organized suicide plan, no lethal

**Patient:** Smeeta Antony  
**Encounter:** 05/26/2017 MRN: 2487730

means available, no intention to act on plan and no command verbal hallucinations.

**Symptoms (Anxiety):**

Smeeta denies currently experiencing any anxiety symptoms.

**Symptoms (Panic Attacks):**

Some panic feelings with heights and escalators.

**Symptoms (Manic):**

Smeeta denies currently experiencing any manic symptoms.

**Symptoms (ADD/ADHD)\_NAL:**

Smeeta currently denies experiencing any ADD or ADHD symptoms

**Symptoms (PTSD):**

Smeeta denies currently experiencing any PTSD symptoms.

**Symptoms (Eating Disorders):**

Smeeta denies currently struggling with any eating disorder symptoms.

**Symptoms (Other)\_NAL:**

Psychotic symptoms are present (This diagnosis is in question and she will start neuropsych testing in June).

Smeeta suffers from the following psychotic symptoms: delusions, paranoid delusions and disorganized behavior.

Smeeta indicated her symptoms started within the past 6 year(s) and have occurred on and off since they started. She reports that the symptoms currently occur 10-15 times a day and last for few minute(s). She describes symptoms as moderate in severity. (Smeeta reported that she had surgery 6 years ago which onset paranoid symptoms and feeling like people were watching her and started having episodes where profanity starts flowing out of her mouth and episodic uncontrollable euphoric laughter that happens mostly at home where she is talking in the third person using her own name)

No impulse control symptoms are present.

**Substance Use History**

Denies use of alcohol or drugs

**CAGE-AID:**

Have you ever felt you should cut down on your drinking or drug usage? No.

Have people annoyed you by criticizing your drinking or drug usage? No.

Have you ever felt guilty about your drinking or drug usage? No.

Have you ever had a drink or used drugs first thing in the morning to steady your nerves or get rid of a hangover?

No.

Score: 0

Patient has a potential chemical dependency problem? No.

**Assessment (Axis I & II)**

- Schizophrenia, paranoid, chronic (295.32) (F20.0)

**Axis I:** By History: Paranoid Schizophrenia.

**Patient:** Smeeta Antony  
**Encounter:** 05/26/2017 MRN: 2487730

**Axis II:** Psychiatric Diagnosis Or Condition Deferred On Axis II

**Axis III:** None as reported by patient.

**Axis IV - Psychosocial Environmental Stressors:** custody battle, family stress, financial stress, recently divorced, legal problems, single parent, social isolation, unemployed

**Axis V: GAF Score - 45**

**WHODAS (12 Item) Score: 14**

#### **Plan/Referral**

no psychological testing and report no for therapy order urinalysis was normal no for test orders

#### **Clinical Summary**

Smeeta was referred for Adult Day Treatment by Mercy Hospital, United Hospital, and Abbott Northwestern Hospital as well as her psychiatrist Dr. Jennifer Service, MD and Specialist Dr. Daniel Kessler, MD who specialize in psychotic and dissociative disorders respectively. Smeeta reported that she suffers from Corporea which is a disorder she has chronically had for 6 years since a surgery she had in 2010, after a breast lumpectomy. She shared that she had outbursts of uncontrollable profanity and laughter that onset after the surgery. At first the symptoms only occurred within her home and this lasted for 6 years, and then in over the past 2-3 months this has happened outside the home. Smeeta wishes to attend Adult Day treatment per referral from medical providers. She wishes to improve distress tolerance and social skills as her symptoms and a contentious divorce have left her socially isolated. Smeeta also reported that she has been unemployed for 2 years which is causing her distress and she wishes to gain skills in pursuing alternative ways to go about looking for work. She also stated that she wishes to be set up with County Case management which will be discussed further at her follow up visit.

#### **Signatures**

Electronically signed by : Laura Anderson, MA, LPCC; May 31 2017 7:04PM CST

(Author)

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(952) 746-2522

Encounter Date: 05/26/2017

Patient Name: Smeeta Antony  
DOB: - 03/27/1972, 45 years old

## ADT - Functional Assessment

### Assessment

1. Schizophrenia, paranoid, chronic (295.32) (F20.0)

Five Axis\_NAL:

Axis II: Psychiatric Diagnosis Or Condition Deferred On Axis II

Axis III: None as reported by patient.

Axis IV - Psychosocial Environmental Stressors: custody battle, family stress, financial stress, recently divorced, legal problems, single parent, social isolation, unemployed

Axis V: GAF Score - 45

WHODAS (12 Item) Score: 14

### Adult Day Treatment

Functional Assessment (Free Text) - ADT:

Current Functional Assessment Activation Date: 5/30/2017

Last Diagnostic Assessment Date: 5/25/2017

### Life Domain - Mental Health Symptoms

Episodes of uncontrollable euphoric laughter and uttering odd and disjointed sentences like "the dinosaur laid eggs." And also at times there is swearing and at times it has relevance to what she is doing at the moment but often is completely out of context. After the episodes she has no memory of the statements that flow out of her. They often have racist or gender specific language. These symptoms began directly following a surgery in 2010 for a breast lumpectomy, where she experienced paranoia, feeling like people were watching her and getting information from her phone or computer and then the episodes usually occurred within her home. In 2012 she was hospitalized for 30 days following which she had a stay of commitment where she was asked to meet with Scott County mental health professionals and with their psychiatrists for medication compliance and the stay was lifted within 4 months. She is currently not on medication because she has very negative side effects for medications.

### Life Domain - Mental Health Services

Smeeta has a psychiatrist and therapist at Allina Health Shakopee clinic. She will be obtaining neuropsych testing starting June 5 at Abbott Northwestern Hospital.

### Life Domain - Use of Drugs or Alcohol

No use of alcohol or drugs.

### Life Domain - Vocational

Smeeta is currently unemployed and has been for two years. She is in the field of software development and had a contract for 6 months during the time of being on a stay of commitment she held her job for 6 months. She is struggling to find work and has been for 2 years but is not getting responses from employers despite trying weekly and sometimes daily. She is interested in help from Job Placement Services.

Smeeta Antony

DOB: 03/27/1972

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\*Voice recognition technology may have been utilized for some of the information in this medical record.

**Patient: Smeeta Antony**  
**Encounter: 05/26/2017 MRN: 2487730**

**Life Domain - Educational**

Smeeta has a Masters Degree in Software Design and Development and is not interested in going back to school at this time.

**Life Domain - Social**

Smeeta is isolated socially and has been since her divorce and since the onset of her mental health problems. She stated: "people from my past with my spouse did not stick by me, and I did not ask them to." The mental health symptoms create a barrier for her engaging in meaningful social contact and making connections.

**Life Domain - Interpersonal (including relationship with family)**

Smeeta had an episode at a school function for her 11 year old twins 2 years ago that caused her to have to have supervised visits with her children for only 2 hours every other week. She has very few friends who have stayed with her since her divorce and functions on her own

**Life Domain - Self-Care and Independent Living Capacity**

Smeeta's mental health symptoms do not affect her ability to care for herself and her environment including paperwork completion. She reported that "episodes do not come on in these environments."

**Life Domain - Medical**

Has private insurance for medical services and is able to access to medical services that she needs.

**Life Domain - Dental**

Has a dentist and has no barriers to getting dental services. However currently she doesn't have dental coverage.

**Life Domain - Financial**

Finances are struggling, as living expenses almost equal to the amount of living expenses she has and she has been struggling to find work for 2 years.

**Life Domain - Housing**

Smeeta has stable housing in an apartment and has fear that is she doesn't get employment she will not be able to afford the rent and is interested in finding support for finding alternative housing.

**Life Domain - Transportation**

Smeeta has her own vehicle and has no problem driving herself to appointments, errands, and other locations.

**Life Domain - Other**

**Interpretive Summary:**

Based on the results of Smeeta's assessments, interview, and other data, Smeeta seems to have barriers in areas in her daily life as a result of her symptoms of paranoid schizophrenia. She reports that she disagrees with the diagnosis and struggles to advocate for herself in the mental health system. Smeeta hopes to develop skills in managing the high intensity stress that she finds herself in within her environment due to legal and child custody issues with her divorce, feeling that she needs more information around her symptoms and diagnosis, and from being unemployed, unable to find a job in her field for the past two years. She is isolated socially because she was not able to maintain friendships that she shared with her spouse and the friends did not pursue further contact with her. She hopes to develop social skills that she can use to increase her connections in the community and to increase her skills in finding a part time job.

**Signatures**

Electronically signed by : Laura Anderson, MA, LPCC; Jul 7 2017 1:46PM CST

(Author)

Electronically signed by : Laura Anderson, MA, LPCC; Aug 7 2017 4:12PM CST

(Author)

Treatment Plan Attestation:

Electronic Patient Signature: Smeeta Antony,08/07/2017<sup>1</sup>

*Patient:* **Smeeta Antony**  
*Encounter:* **05/26/2017 MRN: 2487730**

Attestation: <sup>1</sup> Provider attests to discussing this treatment plan with Smeeta, including the possible outcomes from treatment and alternative treatment options. Smeeta agreed with the content outlined in this treatment plan and indicated her desire to pursue the staff recommendations for treatment as outlined in this plan. Please let this electronic signature serve as a true and valid signature.<sup>1</sup>

**<sup>1</sup> Amended By: Anderson, Laura A.; Aug 07 2017 4:12 PM CST**