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Holly Hill Residential Facility

Date of Exam: 9/5/2015

Time of Exam: 12:35:55 PM

Patient Name: Jones, Sheila

Patient Number: 1000010660967

GROUP THERAPY NOTE: SUBSTANCE ABUSE

Session Remarks:

Group Type: The focus of today's group was the subject of sobriety management. Group members were first encouraged to examine the ways substance abuse has adversely effected their lives. Group members were then directed to share and explore methods and strategies for remaining sober in the outpatient setting.

Present at today's session were the following:

Six members of the group were present today.

Group Leader Interventions:

Group Leader facilitated discussion about behavior management techniques.

Extrapolated to Life

Facilitated Group Process

Involved all Group

Kept Group Focused

Helped group members set limits and boundaries

Therapist provided psycho-education regarding clarifying areas of difficulty and identifying coping skills.

Made Therapeutic Interpretations

Therapist provided support and structure

Assigned worksheet/activity with topic of finding a sober peer group after discharge.

Appearance and Behavior: In today's session Ms. Jones appeared calm, friendly, communicative, and relaxed. Her participation today was normal, with responses to others and sharing of personal experiences and feelings. She was active and participated fully in discussions today. She stayed the entire session. Ms. Jones comprehended well what was happening in today's session. A normal amount of physical activity was exhibited by Ms. Jones today. Ms. Jones today spoke of issues associated with substance abuse. Ms. Jones denies experiencing dysphoric moods. An appetite change was not reported. Sleep disturbance was not reported.

Ms. Jones denies substance cravings. She denies the temptation to use.

Ms. Jones reports that she has been regularly attending AA meetings.

Ms. Jones reports that she has been regularly attending group therapy meetings.

Suicidal ideas or intentions are not in evidence and not expressed.

Homicidal ideas are convincingly denied.

Mental Status Exam:

Mood appears normal with no signs of depression or mood elevation.

Stage of Change:

Action

Instructions/Recommendations and Plans:

Ms. Jones is identified by her peers as a strong group leader.

Encouraged to continue attending at least 4 group therapy sessions per week.

NOTES AND RISK FACTORS

History of Subst. Abuse

No known history of adverse drug reactions

Time spent face to face with patient and/or family and coordination of care: 60 min

Session start: 3:00 PM

Session end: 4:00 PM

Janina Russian, LCSW

Electronically Signed

By: Janina Russian, LCSW

On: 9/5/2015 2:37:45 PM