

Medical Decision Making:

Continue current medication regime, no significant side effects reported. Discussed risks of using alcohol while on anti-depressants

Lab Tests :

Ordered Reviewed

Describe:

None currently

Psychotherapy:

Time spent on psychotherapy services only :	30
Add-on CPT code	90833

Intervention(s): *(check each topic discussed **and** describe below):*

<input type="checkbox"/> Diagnostic results/impressions and/or recommended studies	<input type="checkbox"/> Importance of compliance with chosen treatment options
<input type="checkbox"/> Risks and benefits of treatment options	<input checked="" type="checkbox"/> Risk Factor Reduction
<input checked="" type="checkbox"/> Instruction for management/treatment and/or follow-up	<input checked="" type="checkbox"/> Patient/Family/Caregiver Education
<input type="checkbox"/> Prognosis	Other: psychoeducation, stress management

Description:

Continued to address client's self-defeating beliefs. Practiced identifying the thoughts and beliefs that result in negative feelings. Modeled problem-solving skills to address triggers. Provided psychoeducation around the risks of drinking while taking antidepressants and impact EOTH has on depressive symptoms.

Additional Information *(response to intervention, recommendations/referrals:)*

Client was responsive to practicing problem solving skills and considered some social activities to help decrease loneliness during holiday season. Client confirmed med compliance and agreed to attend one AA meeting per week.

Follow-up Appointment: Return in 2 weeks

Optum Public Sector San Diego

Funding for services is provided by the County of San Diego Health & Human Services Agency

Provider Signature & Credentials <i>(if signature illegible, include printed name):</i> <i>Dr. Caring Psychiatrist, MD</i>	Date of Signature: 4/27/2022
---	---