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Adult Assessment

Domain 1: Presenting Problem/Chief Complaint

Jose is a 32-year-old Mexican American, bilingual male. He is single and has no children, and lives with his parents in Salinas. Jose has two brothers and one sister who also live in the area. Jose presents as oriented to person, place, and time, and does not show with any processing challenges during this assessment.

Jose experiences auditory hallucinations (hearing voices of God, the devil, and angels that are non-commanding), visual hallucinations (seeing shadows in the corner of his eyes), and difficulty sleeping (due to the AH). His older brother reports that the family notices Jose talking or laughing to himself at times, and that last week he took all the frozen food out of the freezer and placed it on the bookshelves in the living room. The family further reported that Jose is distrustful of others, particularly clinic staff, and worries about being followed when he goes out alone. Jose states that he has been dealing with the voices and the shadows since he was about 21 years old. He shares that he is “a very spiritual person” and is engaged in “a spiritual battle with the voices.”

Jose shared that he wants to get a job so that he can move out and have his own place. He has worked several construction jobs in the past but shared that the voices and the shadows make it difficult for him to focus and follow directions, and he walked off the last jobsite on his third day of employment. He further shared that the voices keep him up at night and make it difficult for him to get a full night’s sleep, causing him to nap throughout the day. His brother shared that the family notices Jose is fearful of going out alone.

Domain 2: Trauma

Jose shared that when he was 19, his cousin died in a car accident. Jose had been very close with his cousin, who was 18 at the time of his passing, stating “he was my best friend.” Jose does not like to be on the road late at night, and often finds himself worrying about his loved ones if they are even slightly late coming home. Jose reported that his father drank a lot “when we were kids but not anymore,” and shared that his father would get angry and yell a lot when he had been drinking. Jose reported experiencing emotional abuse. Jose cannot remember Child Protective Services ever coming to the home when he was a kid and has never had any involvement with the legal system. Jose has never been homeless.

Jose scored a 4 on the Adverse Childhood Experience questionnaire, which is associated with an elevated risk for mental and physical health conditions.

Jose was willing to answer questions about his trauma history but stated that he doesn’t like to talk about these topics in depth.

Domain 3: Behavioral Health History

Jose has been hospitalized 3 times, twice at Natividad Medical Center (2017 for one week and in 2019 for 4 days) and once at San Jose Behavioral Health Hospital (April 2022 for 5 days). He received outpatient counseling for approximately two months after his most recent hospitalization but stopped going because he did not find it helpful. He had been referred for outpatient therapy in the past but did

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not follow through with the referral. Jose further shared that he had been given medication in the hospital but stopped taking it shortly after he was discharged “because it made me feel like a zombie.”

He agreed to try services again at the request of his family and the urging of his PCP, whom he has been seeing for over 10 years and trusts deeply.

Jose drinks a couple of beers a week and reports no problems with alcohol at this time. He shared that in his early twenties he would get drunk with his friends at parties, and tried other substances (marijuana, cocaine) “a couple of times” with friends. He reports that he has not used any drugs since he was 22 and does not feel he has a problem with substances. He has never been referred to substance abuse treatment.

Domain 4: Medical History and Medications

Jose has prediabetes and sees his Primary Care Provider (Dr. John Smith at 123 Medical Drive in Salinas) regularly to monitor his blood sugar. He is working with his doctor on making diet changes to avoid developing diabetes. He suffers from seasonal allergies and has no known allergies to food or medications.

Currently Jose is prescribed Abilify 15mg tablet BID, and Seroquel 50mg tablet QHS by Dr. Jones (MCBH psychiatrist). He has been taking these medications since June 2022 and is supported by his parents with reminders to take his medication. He takes a daily multivitamin and has no primary care medications prescribed to him.

In the past Jose has been prescribed both Haldol (2017, 2019) and Risperidone (2022) on separate occasions while in the hospital (he could not recall the dosage) and shared that he did not like these medications as they made him feel “like a zombie.” He stopped taking them shortly after his discharge from the hospital on both occasions. He has no history of hospitalizations for physical health reasons and has never had surgery. He does not have a dentist, and his last teeth cleaning was approximately 5 years ago. With support from this clinician, Jose will explore available resources to schedule a visit. The clinician has reviewed ideas on how to support Jose with scheduling a dental check up to support his physical care needs and Jose is open to this.

Domain 5: Psychosocial Factors

Jose identifies as Mexican American. He speaks both English and Spanish but prefers English; however, his parents speak only Spanish, and Jose expresses feeling “torn” between the two cultures at times. He is Catholic and attends mass every Sunday.

Jose is very close with his parents and siblings, and is also connected with extended family including grandparents, aunts, uncles, and cousins. He reports that losing his cousin was the hardest thing in his life and expressed that the family grew closer together in the wake of this loss. Jose describes himself as heterosexual and is not in a relationship. He states that he would like to meet someone and start a family of his own one day.

Jose has a high school diploma and has worked some construction jobs with his older brother in the past. He expresses that he would like to get a job so that he can be more independent, although he is unsure of what type of work he would like to do.

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Domain 6: Strengths, Risk, and Protective Factors

Jose is a kind, motivated, and intelligent individual with plans and goals for the future. Jose wants to get better and is willing to work with his treatment team and loved ones. He has close relationships with his family and his church community and is deeply rooted in his faith.

Jose denies suicidal or homicidal ideation, has no history of suicide attempts or self-harm and no history of violence towards others. His second hospitalization in 2019 was for danger to self, as he ran out into traffic at the command of the voices, although he denies trying to end his life. His other two hospitalizations occurred in the context of grave disability, as he was not eating or maintaining his hygiene. Jose's family shared those changes in Jose's eating and sleeping habits are significant warning signs that he needs more support, and also observed that he spends more time at church (going to mass daily rather than weekly, spending all or most of his free time reading the Bible or praying).

A safety plan was discussed and developed today with Jose to support any possible changes to Jose's behavioral health needs with the risk factors described above (see scanned safety plan for details).

Jose's religious beliefs, his future orientation, and his close relationships with his family are all significant protective factors.

Domain 7: Clinical Summary, Treatment Recommendations, Level of Care Determination

Jose is a 32-year-old Mexican American male with a history of traumatic experiences who is struggling with symptoms including auditory and visual hallucinations, feeling unsafe going out alone, disorganized behavior, and difficulty sleeping. He is engaging in treatment at this time to find relief from the voices and the shadows so that he can get a job and have his own place. Current symptoms impair his ability to work and form new social relationships outside of his family.

Jose has numerous strengths including a kind and empathetic personality, strong faith, motivation to get well, close relationships with his family, and goals for the future.

This clinician's hypothesis is that Jose is experiencing a psychotic disorder and may also be experiencing PTSD related to childhood relational trauma. Jose has difficulty talking about past traumatic events and is still building trust with his treatment team. Per family report, Jose struggles to trust others and is often fearful that he will be followed or harmed, which is an area he has not yet discussed with clinician. Additional time in treatment to build trust and understand the impact of trauma on current symptoms is needed to establish a formal diagnosis. At this time, the Clinician has identified F298.9 Unspecified Schizophrenia Spectrum and Other Psychotic Disorder as a starting point for treatment.

It is recommended that Jose receive weekly individual therapy to support him in reducing symptoms and increasing insight into his mental health, medication support services to promote symptom management, case management to assist with linkage to needed community resources, mental health rehabilitation to teach skills that will support an increase in overall functioning, and periodic family collateral to teach Jose's support system about his mental health condition and how they can best support him.