

Prescriber Assessment E/M

Today's Chief Complaint/Reason for Visit:

Initial Psychiatry Telehealth video meeting with Pt Pilar (15yo). Aunt and Case Manager, Belinda Roberts, joined for part of session.

CC: "I get sad sometimes" "I live with my Aunt, so that's kind of hard".

MEDICATIONS CURRENTLY TAKING:

None

History of Present Illness:

Pt states "I feel like I've been feeling sad since my mom got arrested. I miss her a lot." In 4/2021, Pt's Mo was arrested in front of her, and Pt and brother have been living with Aunt since about late 4/2021. Following Mo's arrest, Pt endorses having low mood, low energy. No changes in sleep or appetite. Pt describes that the first time she ever had any thoughts of death and suicide was when she was 11yo. She has had passive suicidal ideation a total of 3 times in last 2 years. End of 3/2024 was the only time she had suicidal thoughts in context of a period of low mood. Pt recalls that the first time she ever experienced an extended period of sadness was actually at 9yo. She was sad for a few weeks with lower energy, didn't want to get out of bed, tearfulness, but no guilt, no decrease in self esteem or concentration, no appetite changes, and no suicidal ideation. "It was my first time feeling so sad, so it was a big deal, but it wasn't as bad as it was during Easter". No h/o experiencing any abuse. Pt endorses that these memories can be intrusive and disruptive for up to an hour, about 2-3x/day. She tries to distract away from these thoughts, and generally avoids talking/things about these events. She shares that when she first moved in with Aunt, it was a difficult transition, with new rules and expectations. Arguments with Aunt have decreased. Aunt agrees that there have been fewer arguments. She is a little concerned that Pt's sibling has expressed that Pt is more irritable than she used to be, "quick to get upset". Aunt is also concerned about how Pt's use of Cannabis may be negatively affecting Pt. (See Substance Use Hx). No h/o AVH.

Past History:

Medical/Psychiatric History:

PRIOR MEDICATION TRIALS

None

PAST PSYCHIATRIC HISTORY

WRAP services 1/2024 to current, with psychiatry starting 7/2024.

Individual therapy weekly.

SUICIDE ATTEMPTS

None

PSYCHIATRIC HOSPITALIZATIONS

None

MEDICAL HISTORY

NO h/o allergies

PCP Alliance in Petaluma, Last visit was late 2022.

No h/o chronic medical conditions

No h/o seizures, no significant head injuries, no surgeries.

DEVELOPMENTAL HX: No In Utero exposure to substances, Mo reportedly quit smoking cigarettes as soon as she found out about pregnancy. Pregnancy and full-term birth without complications

Speech and Motor Milestones WNL

Family History:

Substance use related issues on both sides of family

Maternal grandmother (deceased) and uncle have h/o schizophrenia.

Social/Substance/Legal History:

SOCIAL HISTORY:

Pt lived with parents and younger brother (1 yr younger than Pt) in Rohnert Park, until Fa got arrested, and Family into Pat Grandparents' home in Santa Rosa.

Parents got divorced in 2018.

Pt lived in Santa Rosa with Mo and brother for 4 years after parents divorced, but Family lost housing in 9/2023, so went to stay with Mo's friend in Lake County.

Grandparents in Windsor. (Pat Grandparent had Alzheimer's Dementia, and Pat Grandmother has poor mobility, and both have in home caregivers.)

Restraining order for no contact with Mo started 12/2022

TRAUMA HISTORY

Pt states no h/o abuse, but did have experiences that may be considered traumatic, with lasting impact. "Dad was a big drinker, Mom didn't drink that much".

She recalls that she witnessed one fight between parents.

Pt has witnessed more significant domestic violence between Mo and Mo's ex-boyfriend, 2019-2020.

She also reports being significantly affected by parent's arrest parental substance use and criminal activity

SCHOOL HISTORY

School changes every year since 4th grade

No h/o IEP

SUBSTANCE USE HX

- Started getting drunk on special occasions (birthdays, school party, New Year's Eve), and then more recently about once a month. No h/o hangover. Last alcohol use was in early 7/2024.

-Cannabis started at 11/12yo, smoking joints, then then dab pens, used a bong starting in 7th grade, edibles. Used to use 1-2/wk, then starting in middle of 8th grade, use was daily until 11/2023. No cravings.

-Nicotine vape pen at 10yo daily starting in 6th grade. Very infrequent since 11/2023, has not had her own device for a while. No current cravings, but did have cravings when she first decreased use significantly in 11/2023.

LEGAL/PROBATION HISTORY: None.

FIREARMS: None

Strengths and Barriers:

Strengths: Pilar is engaging in WRAP services, and working on relationship with Aunt

Barriers: Pilar has h/o using substances when she is "having a bad day", and has only recently stopped using after running out of supply mid 7/2024.

Plan:

Discussed Dx's of mild PTSD F43.10 and MDD single episode F32.9. Discussed that primary recommendation is to continue to make healthy choices regarding healthy sleep, nutrition, exercise, and avoidance of substance use. Also discussed additional option of Sertraline trial, R/B/Alt, and that JV223 order must be obtained prior to any medication trial. Pt and Caregiver requested that authorization be requested from Courts, so JV220A was submitted to SW, and JV223 Order will hopefully be obtained prior to next appt.

-Continue further assessment

-Will discuss option to order labs at next appt.

-Importance of monitoring closely for suicidal ideation, as it may worsen suicidal ideation. May cause stomach upset, sedation or activation, dry mouth, insomnia, manic sxs, decreased appetite, rash, hyponatremia, glaucoma, hepatotoxicity, risk of heart conduction problems at high dose, serotonin syndrome etc.

-Aware to call 911 in case of emergency, and how to monitor first-dose response and is aware of how to contact staff/program with medication questions/concerns

-Discussed importance of healthy nutrition, hydration and regular exercise.

-Discussed importance of getting adequate sleep and maintaining healthy sleep hygiene.

-Discussed negative effects of MJ, etoh, and other substance use.

-Continue Seneca WRAP support

-FYCS SW JV220A requesting Sertraline completed and submitted to SW 7/22/24

-Coordinate care with PCP as needed

-Next appt 9/2 or sooner PRN. Plan for Pt to join from school, and Aunt to join separately.