

Daily Service Notes

P - (Purpose): Provide Becca with adult residential services related to her depression and substance use.

I - (Intervention): Staff oversaw Becca accessing her medications and documented on the MAR. Staff provided the “Morning check in” group, and engaged clients in the topic of the day: “How do we ask for help?” Staff reminded clients of their daily living tasks. Staff assisted clients with accessing a Dual Diagnosis Anonymous meeting via Zoom. Staff facilitated a Seeking Safety group, encouraged clients to express their current feeling state, safe coping skills and homework from last session. Staff also engaged clients in a group discussion around honesty. Becca’s primary counselor met with Becca for her weekly one on one and discussed Becca’s progress on her current goals and set new goals for the week.

R - (Response): Becca was able to attend to her ADL’s independently today, with minimal prompting from staff. When Becca accessed her medications, she was able to accurately state the name, dose, and primary function of each medication. Becca participated in the ‘Morning check in’ group. Regarding how she asks for help, Becca stated, “Pray or go to meetings.” Becca shared her goal of the day: “do step work from sponsor.” She shared her sobriety time: “166 days.” Becca engaged in the Dual Diagnosis Anonymous meeting via zoom. Becca engaged in the Seeking Safety group. Becca’s stated community resource for the next week was “call psychologist.” In meeting with her Primary Counselor, Becca and her PC discussed her progress over the past week, which has included meeting with her sponsor, watching addiction education videos, exercising, and going out with her family. She couldn’t attend the JC because of scheduling conflicts. Her goals for the next week include keeping a feelings journal, attending more in-person meetings, and continuing to maintain her family’s support.

PL - (Plan): Continue to provide Becca with supportive services as needed. Tomorrow, staff will transport Becca to her psychiatry appointment and will provide guidance on how to access the bus to get to the JC and back to ASU. Becca will meet with her individual therapist this week.
