**Rosita Cortizo, PsyD, MFT, MA**

**(619) 920-1638**

**Mental Health Clinical Assessment**

**Name of Pt: DOB: Age:**  **F**  **M**

**Symptoms:**

**Presenting Problem:**

**Depression**

**Low energy**

**Poor concentration**

**Hopelessness**

**Guilt**

**Low self-esteem**

**Sleep disturbance**

**Appetite disturbance**

**Thoughts of hurting**

**yourself**

**Thoughts of hurting**

**someone**

**Isolation**

**Sadness/loss**

**Stress**

**Anxiety/panic**

**Heart pounding/racing**

**Chest pain**

**Trembling/shaking**

**Sweating**

**Chills/hot flashes**

**Tingling/numbness**

**Fear of dying**

**Nausea**

**Phobias**

**Obsessions/compulsive**

**behaviors**

**Thoughts racing**

**Can’t hold onto an idea**

**Easily agitate**

**Excessive behaviors**

**Delusions/hallucinations**

**Not thinking**

**clearly/confusion**

**Feelings that you are not**

**real**

**Feelings that things**

**around you are not real**

**Disrespectful**

**Unpleasant thoughts**

**won’t go away**

**Anger/frustration**

**Easily annoyed**

**Disobedient**

**Blames others**

**Argues**

**Excessive use of**

**alcohol/drugs**

**Excessive use of**

**prescription/meds.**

**Blackouts**

**Physical abuse**

**issues**

**Sexual abuse issues**

**Spousal abuse issues**

**Other problems/**

**symptoms**

**History of Presenting Problem:**

**Psychiatric Hospitalizations/History of Mental Illness:**

**Medications:**

**­­­­Allergies:**

**Medical History:**

**­­­­­­­­­­**

**Substance Use:**

**Dangerous or Serious Condition(s):**

**Suicidal**

**Domestic Violence**

**Sexual Abuse**

**Physical Abuse**

**Verbal Abuse**

**Violence**

**Problems with Gangs**

**Truancy**

**School Suspensions (-)**

**Transfers (-)**

**Perpetrator of Abuse (-)**

**Education: (Special Education, IEP, Grades)**

**Family/Relationship History:**  **Adoptive**  **Foster**  **Legal Guardian**

**Developmental History: (Pregnancy, Postpartum, Infancy, Milestones)**

**Living Situation:**

**Legal Situation:**

**Level of acculturation:**

**Religion:**

**Community Resources:**

**Summary:**

**Conviction of Felony/ Jail Time?**  **Yes**  **No**

**What was the conviction for?**

**Length of Jail Time?**

**Dr. Cortizo’s DSM IV Diagnosis:**

**DSM-IV Diagnosis: Code**

**Description**

**AXIS I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**AXIS II \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**AXIS III \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**AXIS IV \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**AXIS V \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Prognosis:**  **Good**  **Fair**  **Guarded**  **Poor**

**MENTAL STATUS EXAM:**

**APPEARANCE:**

Grooming:  Normal  Disheveled  Unusual \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**HYGENE:**  Normal  Body odor  Bad Breath  Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**MOTOR ACTIVITY:**

Relaxed  Restless  Pacing  Sedate  Threatening  Catatonic  Posturing  Mannerisms

Psychomotor Retardation  Tremors  Tics  Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**INTERPERSONAL:**  Cooperative  Oppositional/Resistant  Defensive  Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**SPEECH:**  Normal  Pressured  Slow  Dysarthric  Apraxic

**EXPRESSIVE LANGUAGE:**

Normal  Circumstantial  Anomia  Paraphasia  Clanging  Echolalia  Incoherent  Neologisms

**RECEPTIVE LANGUAGE:**  Normal  Abnormal

**MOOD:**  Normal  Euphoric  Elevated  Depressed  Angry  Irritable  Anxious

**AFFECT:**  Broad  Restricted  Blunted  Flat  Inappropriate  Labile

**ORIENTATION:**  Normal  Abnormal \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**ESTIMATED IQ:**  Above Average  Average  Below Average

**ATTENTION:**  Normal  Distractible  Hypervigilant

**CONCENTRATION:**  Normal  Brief

**MEMORY:** Recent Memory:  Normal  Abnormal

Short-term Memory:  Normal  Abnormal

Remote Memory:  Normal  Abnormal

**THOUGHT PROCESSES:**

Normal  Blocking  Loose Associations  Confabulation

Flight of Ideas  Grandiosity  Paranoia  Magical Thinking  Obsessions

Perseveration  Delusions  Depersonalization  Suicidal Ideation  Homicidal Ideation  Other \_\_\_\_\_\_\_\_\_

**HALLUCINATION:**  None  Auditory  Visual  Olfactory  Gustatory

**JUDGEMENT:**  Good  Fair  Poor

**INSIGHT:**   Good  Fair  Poor

**IMPULSE CONTROL:**  Good  Fair  Poor

**TREATMENT PLAN:**

|  |  |  |
| --- | --- | --- |
| **PROBLEM** | **GOAL** | **INTERVENTION** |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

**Referral to MD:**  **Yes**  **No Reason: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Number of visits: Family \_\_\_\_\_\_\_\_\_\_\_ Individual \_\_\_\_\_\_\_\_\_\_\_\_**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Provider’s Signature Date**