

Lund, Joan D, PsyD Psychologist Unsigned

Discharge
Summaries

Date of Service: 1/15/2018 9:50 AM

Creation Time: 4/26/2018 9:28 AM

Adult Mental Health Intensive Outpatient Discharge Summary/Instructions

Patient: Smeeta Antony **MRN:** 0007392385
DOB: 3/27/1972 **Age:** 46 year old **Sex:** female

Admission Date: 1/29/18

Discharge Date: 4/26/18

Diagnosis:

300.15 Other Specified Dissociative Disorder
Spells, non-epileptic seizures
Coprolalia

Per Dr. Vanigradov, U-MN Psychiatry Clinic
R/O atypical Tourette's syndrome
R/O Somatoform disorder
Likely Personality Disorder
R/O underlying complex trauma picture
R/O underlying depression

Focus of Treatment / Progress

Smeeta has attended the program from 1/29/18 - 4/24/18.
The treatment team considered diagnosis and worked with the 300.15 Unspecified Dissociative Disorder diagnosis.
Smeeta has focused on increasing relaxation, distraction, and mindfulness skills. She learned Cognitive Behavioral skills and Self-Compassion skills.

She reported that her problems with the "spells" (non-epileptic seizures) started after a lumpectomy surgery in 2010, that they are disorienting and that she doesn't recall anything that what occurs during the episode. She reported that she may have euphoric laughter or coprolalia during the episode. Staff did not witness an episode, when she was in this program.

She denies symptoms of psychosis: She reported no visual, auditory, tactile, or olfactory hallucinations, no special messages received from TV, computers or radio, and no paranoia or other types of delusions. She denies symptoms of PTSD: She reported No nightmares or flashbacks of past trauma. She reported that she has not taken any anti-psychotic medications, since she started here.

Since 2012

Personal Safety: Smeeta denies any suicidal thoughts or plans. She reported being safe during her group therapy sessions.

* **Follow your safety plan:** Smeeta reported being safe during the group therapy sessions.

* **Call crisis lines as needed:**

Anoka County 763-755-3801
Carver County 952-442-7601
Dakota County 952-891-7171
Hennepin County 612-873-3161
Ramsey County 651-266-7900

Washington County 651-777-4455
Crisis Connection 612-379-6363
Hennepin County COPE 612-596-1223
National Suicide Prevention 1-800-273-8255
Suicide Prevention 612-347-2222

Scott County 952-442-7601

Managing symptoms of: Spells that interrupt her concentration, cause disorientation, and they occur throughout the day, when she is at her apartment.

Community support/health: NAMI.org National Alliance of Mental Illness 651-645-2948
U-MN Health, UMMC U-MN Psychiatry, 2nd floor, West Bldg, F-275 612-273-8700,

Managing Symptoms and Preventing Relapse

- * Go to all of your appointments
- * Take all medications as directed.
- * Carry a current list if medication with you
- * Do not use illicit (street) drugs. Avoid alcohol
- * Report these symptoms to your care team. These are early signs of relapse:
 - Thoughts of suicide
 - Losing more sleep
 - Increased confusion
 - Mood getting worse
 - Feeling more aggressive
 - Other: Continue to work with your psychiatrist, doctors, therapist

*Use these skills daily: Mindfulness, Reality Checks, Opposite to Emotion, Identify thought distortions, feelings, actions, express self, keep appointments, take medications daily, journal, use gratitude, self-compassion, identify thoughts, feelings, behaviors and how they relate to each other.

Copy of summary sent to:
U-MN Psychiatry clinic, U-MN Medical Center
HCMC William Jepson Day Treatment
Dr. Sara Schilpin, Sonders Behavioral Health
Dr. Jade Erickson, Lynn Psychotherapy

Follow up with psychiatrist / main caregiver: Dr. Vanigradov **Next visit:** she will schedule

Follow up with your therapist: Dr. Jade Erickson and Dr. Sara Schilpin **Next visit:** She will schedule

Go to group therapy and / or support groups at:
NAMI.org National Alliance of Mental Illness 651-645-2948
U-MN Health, UMMC Tuesdays 3-4 pm, U-MN Psychiatry, 2nd floor, West Bldg, F-275 612-273-8700

See your medical doctor about: Physical health concerns

Other: Your team appreciates the opportunity to work with you and wishes you the best of luck. Please call (612) 273-6929 with any further questions.

Client Signature: _____ Date / Time: _____

Staff Signature: Len Bennati OTR-L Date / Time: 4/27/18

Staff Signature: Chayla Smith Date / Time: 4/27/18 9AM

Staff Signature: Joan D. Lund Psy. D. Date / Time: 4/26/18

4C Treatment Team - Adult Day Treatment Program

Len Bennati, OTR-L, 612-273-9113

Chayla Smith, RN 612-273-9108

Joan D. Lund, Psy. D., Licensed Psychologist, 612-273-9115