



### Clinician

Dr. Alex Morgan, LCSW  
Harbor Point Behavioral  
Health  
1234 Meridian Avenue,  
Suite 400  
Baltimore, MD 21201  
NPI: 1999999999

### Client

**Name:** Jane Doe  
**Age:** 33  
**Date of Birth:** 1993-02-03

### Behavior

The client attended an unscheduled, same-day individual session due to an escalation of emotional distress related to housing instability and recent interpersonal conflict. At the beginning of the session, the client was visibly distressed, showing heightened agitation, tearfulness, and difficulty regulating emotions. The client expressed feelings of being overwhelmed and hopeless regarding current circumstances and voiced uncertainty about next steps. These behaviors indicated a significant level of emotional distress and an immediate need for stabilization.

### Intervention

The therapist implemented structured interventions aimed at de-escalating the client's emotional intensity. These interventions included active listening, validation of the client's feelings, and guidance in problem-solving around urgent stressors. The therapist assisted the client in identifying short-term coping strategies and supported the development of a concrete plan to address immediate needs, focusing on connection to available supports.

### Response

The client was responsive to the interventions provided during the session. By the conclusion of the session, there was a noticeable decrease in the client's agitation. The client demonstrated the ability to engage in collaborative planning and expressed willingness to follow the outlined next steps. This indicates that the interventions were effective in reducing emotional distress and aiding in the client's immediate stabilization.

### Plan

The plan moving forward includes the client following the agreed-upon next steps to address the immediate stressors related to housing instability and interpersonal conflict. The client is to utilize identified supports to manage these stressors. The therapist will continue to provide case management and coordination services, facilitating connections with community resources as needed. Follow-up sessions will be scheduled to monitor progress and adjust the plan as necessary to ensure

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ongoing support and stabilization. The client is encouraged to reach out for additional support if needed before the next scheduled session.

**Date:** 02/02/2026