Treatment Plan for Adjustment Disorder

First name: Sam	Last name: Lynch
Date of birth: June 7, 2003	Patient identifier: 9483
Date: September 16, 2024	

Adjustment disorder symptoms

- [x] Feeling sad, hopeless, or not enjoying things one used to enjoy
- [ ] Avoiding important things such as going to work or paying bills
- [x] Worrying or feeling anxious, nervous, jittery, or stressed out
- [x] Difficulty functioning in daily activities
- [x] Trouble sleeping
- [x] Frequent crying
- [x] Lack of appetite
- [ ] Difficulty concentrating
- [x] Feeling overwhelmed
- [ ] Withdrawing from social supports
- [ ] Suicidal thoughts or behavior

Patient's life stressors/changes

Started university in a new city, and needs to make new friends and a new routine. Sam is struggling to assimilate into a place that is 8 hours from home, and away from his close school friends.

Patient's current coping mechanisms

Sam tends to isolate himself, and spends a lot of time in his dorm room. He withdraws from social activities, and spends time calling and messaging his family/friends from home.

Mental health and medical history

Sam has never had a mental health history, and has maintained a healthy and positived state of mind until recently. No family history.

Current or past medication
No medication, and no plans needed currently.
Interventions
Sam is having difficulty adjusting, which is resulting in depressive symptoms. As a result, Sam has been provided with cognitive behavioral therapy techniques to encourage more positive thinking. We have also worked to make a plan for small goals each week, with the first being to go for a walk every day for at least 30 mins (unless bad weather).
Additional notes
N/A
Clinician name: Lucy Lewis
Clinician's signature:
Clinician designation: Dr.
Date: September 16, 2024