



Contact Note

Larch Counseling PLLC

Date and Time: 4/21/2025 8:00 PM

Note Completed By: Danielle Smith, LMHCA

Patient: Raina Soleil Goodnight-Ralidak, DOB 6/3/2018

Contacted Party

Name: Jessica Milian

Relationship to Patient: Supervisor

Method of Communication

Zoom

Reason for Communication

Treatment coordination

Billing Information

Time spent: 55 minutes

The patient will not be billed for this communication.

Communication Details

Discussed with Jessica Milian on 4/21/2025 the client's case

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 4/21/2025 at 8:01 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 4/21/2025 8:01 PM

Note Completed By: Danielle Smith, LMHCA

Patient: Raina Soleil Goodnight-Ralidak, DOB 6/3/2018

Contacted Party

Name: Dan Claussen

Relationship to Patient: Director

Method of Communication

Phone

Reason for Communication

Treatment coordination

Billing Information

Time spent: 30 minutes

The patient will not be billed for this communication.

Communication Details

Clinician had phone call on 4/21/2025 with Dan Claussen, Jessica Milian, and Mario Gasper to discuss client's case and coordinate treatment planning

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 4/21/2025 at 8:02 PM.



Progress Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina Soleil Goodnight-Ralidak, DOB 6/3/2018

Date and Time: 5/1/2025 7:00 PM - 8:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client, Stepmom, partime

Diagnosis

F43.25 Adjustment disorder with mixed disturbance of emotions and conduct

Current Mental Status

| | |
|---------------------------|---|
| Orientation: | X3: Oriented to Person, Place, and Time |
| General Appearance: | Appropriate |
| Dress: | Appropriate |
| Motor Activity: | Unremarkable |
| Interview Behavior: | Appropriate |
| Speech: | Normal |
| Mood: | Euthymic |
| Affect: | Congruent |
| Insight: | Excellent |
| Judgment/Impulse Control: | Excellent |
| Memory: | Intact |
| Attention/Concentration: | Good |
| Thought Process: | Unremarkable |
| Thought Content: | Appropriate |
| Perception: | Unremarkable |
| Functional Status: | Intact |

Risk Assessment

Patient denies all areas of risk. No contrary clinical indications present.

Medications

none

Symptom Description and Subjective Report

Client reported that she misses mom and is confused. Client reported that she likes being at dad's thought because she no longer has spansks or yelling at her. Client says she no longer has to hear her mom called her "bad". Client called stepmom, "mom" throughout our session.

Objective Content

Client did sand tray with clinician and created a story/scene where the mom was bad and died. Client said everything is ruined.

Interventions Used



Progress Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina Soleil Goodnight-Ralidak, DOB 6/3/2018

Date and Time: 5/1/2025 7:00 PM - 8:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client, Stepmom, partime

Cognitive Reframing, Exploration of Relationship Patterns, Preventative Services, Structured Problem Solving, Supportive Reflection, and Symptom Management

Treatment Plan Progress

Objectives

1. Client will be able to process emotions, identify

Progress: Progressing

2. Client will learn self-soothing and coping skills for when the client is experiencing big emotions

Progress: No Progress

3. The clinician will show the client unconditioned positive regard

Progress: Progressing

4. The client from the parents will be given structure and stabilization.

Progress: Progressing

5. The parents will monitor their speech, and content around the client. The client will not be burden with adult things and only be around age appropriate things

Progress: Progressing

Plan

Continue current treatment plan

Listening

Prescribed frequency of treatment: Every 2 Weeks

Recommendation: Continue current therapeutic focus

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 5/8/2025 at 2:52 PM.



Progress Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina Soleil Goodnight-Ralidak, DOB 6/3/2018

Date and Time: 5/14/2025 6:00 PM - 7:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client, Step-mom second half

Diagnosis

F43.25 Adjustment disorder with mixed disturbance of emotions and conduct

Current Mental Status

| | |
|---------------------------|---|
| Orientation: | X3: Oriented to Person, Place, and Time |
| General Appearance: | Appropriate |
| Dress: | Appropriate |
| Motor Activity: | Unremarkable |
| Interview Behavior: | Appropriate |
| Speech: | Normal |
| Mood: | Euthymic |
| Affect: | Congruent |
| Insight: | Excellent |
| Judgment/Impulse Control: | Excellent |
| Memory: | Intact |
| Attention/Concentration: | Good |
| Thought Process: | Unremarkable |
| Thought Content: | Appropriate |
| Perception: | Unremarkable |
| Functional Status: | Intact |

Risk Assessment

Patient denies all areas of risk. No contrary clinical indications present.

Medications

none

Symptom Description and Subjective Report

Client was engaged and present. Client listened really well and was able to articulate different feelings. Client shared that she really misses her mom but that she is glad she isn't getting slapped anymore. Client shared she does want to go back and live with mom, but also wants to live with dad

Objective Content

Client and clinician did a feelings activity

Client and clinician played and colored

Interventions Used