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DATE: 4.21.2025

To Whom It May Concern:

Please accept this letter as a summary of services for Raina Goodnight-Ralidak (6/3/2018). I am an associate licensed mental health counselor (MC61294206) under the supervision of Jessica Milian (LF61102102). I have been providing treatment for Raina for (F43.25) Adjustment Disorder, with mixed disturbance of emotions and conduct following significant changes to family structure. I have been working with Raina from 10/14/2024 to present.

**Diagnosis:** (F43.25) Adjustment Disorder, with mixed disturbance of emotions and conduct

**Treatment Goals:**

- Raina will be able to process and identify emotions in a safe environment.
- Raina will be supported in developing self-soothing and coping strategies to help her manage and regulate intense emotions more effectively.
- Raina will be provided with consistent structure and stability by both parents to support her emotional and behavioral development.
- Parents will be mindful of their language and content which Raina is exposed to. Raina will not be burdened with adult concerns and is only exposed to age-appropriate conversations, media, and environments to support her emotional well-being and healthy development.
- Therapy will serve as a safe and supportive environment for Raina, providing consistency and emotional security given the instability she may be experiencing in other areas of her life.

**Overview of Treatment:**

- 22 sessions total
- Raina, Veronika Goodnight (mom), Matthew Ralidak (father), Monica Ralidak (stepmom), Collin Derieg (mom's partner) have all attended at various points.

**Overview of Significant Session Content:**

- **Emotional safety:**
  - Raina reported on 1/20/2025 that mom yelled at her for biting brother.
  - Raina reported on 1/20/2025 that mom and Collin fight "all the time."

- Raina reported on 1/20/2025 that mom told her that Stepmom is bad and took Dad from her.
  - Raina reported on 2/5/2025 that she misses dad so much but is worried she won't ever see him again. The clinician asked why she was feeling this way and Raina reported she couldn't tell me.
  - Raina reported on 2/13/2025 that mom yells at her and tells her she is bad.
  - Raina asked on 2/17/2025 to not tell mom what she tells the clinician over fear of getting in trouble.
  - Raina reported on 2/17/2025 that she doesn't want to ever leave dad's house and all mom does is yell at her and won't play with her. Raina asked the clinician directly why she has to leave dad's house.
  - Raina reported on 3/3/2025 that mom doesn't play with her the way clinician does, "she never has played with me."
  - Raina reported on 3/17/2025 that she doesn't like Collin but likes Monica, but has to pretend she doesn't when she is with mom.
  - Raina reported on 3/27/2025 that mom had a TV show on that was "scary." Raina asked for her to turn it off because it was scary. Raina stated that "mom ignored me."
  - Raina reported on 4/14/2025 that she misses mom after not being able to see her.
  - Raina reported on 4/14/2025 that she doesn't want to share things in fear it will make mom mad.
- **Physical safety:**
    - Raina reported on 1/20/2025 that mom grabbed her for biting her brother.
    - Matthew reported on 1/6/2025 safety concerns that Collin's children had threatened to throw Raina off their balcony.
    - Raina reported on 2/13/2025 that mom's partner Collin yells at her, tells her to turn around, and spansks her repeatedly.
    - Raina asked on 2/17/2025 to not tell mom what she tells clinician over fear of getting in trouble.
    - Raina reported on 3/3/2025 that mom spansks her regularly and spanked her the night before.
    - Raina reported on 3/17/2025 that again mom spansks her regularly but Collin does not.
    - On 3/27/2025 Raina had a scheduled appointment that Dad/Stepmom were bringing her to. Upon arrival Raina noticed her mother's car parked in front of the Clinician's office. Raina became emotionally dysregulated and wouldn't come inside the office if mom was present. Raina stated that she was scared to go inside if mom was there. The clinician had to promise mom wasn't in the building, and lock all doors after Raina entered the office.



- o Raina reported on 3/27/2025 that mom is getting an RV with a man that she has to call grandpa. Raina reported that the man tries to hug her but that she doesn't want to be hugged. Raina reported he is "creepy" and "gross." Raina stated the man has tried to kiss her on the lips but told him no. Raina reported he doesn't listen. Raina asked the clinician to not share with mom, because she would get mad.
- o Raina reported on 4/7/2025 that mom had spanked her multiple times and slapped her across the face when wouldn't go to bed.
- **Behaviors of concern:**
  - o Raina on 11/11/2024 during imaginary play asked Clinician to tie her up and kidnap her.
  - o Matthew reported on 1/6/2025 that Raina had made inappropriate and sexually suggestive poses.
  - o Matthew reported on 2/11/2025 that Raina had used a red sharpie to draw blood all over her underwear.
  - o On 3/3/2025 Clinician was approached by mom in the lobby. Mom shared that Raina is sleeping well and repeatedly said she is lying in front of Raina. Raina came into the clinician's office and repeatedly said "All I do is lie," "I am a liar," and "I am not good."
  - o Raina reported on 3/3/2025 that she lied to the clinician about Collin spanking her. Raina reported that it is mom who spansks her regularly. Raina stated that she lied to not make mom mad.

#### **Interventions With Parents:**

- Encouraged parents to provide increased stability and structure for Raina through the establishment of consistent routines. This includes implementing a regular bedtime schedule, a morning routine before school, ensuring timely arrival at school, and creating consistent transition routines. It was recommended that both parents support daily communication by allowing Raina to call the other parent each evening.
  - o Both parents throughout the clinician's time spent with Raina, have remained adamant that they provide this for their child.
  - o Both parents have reported that the other parent does not let Raina make nightly calls.
- Encouraged parents to consistently uphold appropriate boundaries when addressing Raina's unwanted behaviors. Parents were encouraged to enforce these boundaries without resorting to yelling, corporal punishment, or other fear-based disciplinary methods. Encouraged parents to model calm, composed, and controlled responses to guide and support Raina effectively.



- Raina reported on numerous occasions that mom and Collin “always yell” at her.
- Raina reported in 4 sessions that mom used corporal punishment by spanking, grabbing, and slapping her across the face.
- Mom reported directly to the therapist on 4/16/2025 that she had used corporal punishment as a method to get desired behavior. Mom reported that she screamed at Raina that night “to get the fuck out”.
- Encouraged parents to limit Raina’s access to adult related content by filtering adult topics and also by not discussing the other parent in negative or derogatory ways directly with or in the presence of the children.
  - Raina reported she was scared she wouldn’t see her dad again. Raina wouldn’t share with the Clinician why she thought this.
  - Raina reported that she has to pretend to not like Monica to not make her mom mad.
  - The clinician observed mom talk in front of Raina numerous times that Raina was dysregulated and behaving badly “because of her father.”
- Encouraged parents to eliminate access to unsupervised media content.
  - Observed in remote session access through television as Raina put on YouTube with no parental settings. Raina was able to watch any video of her choosing.
  - Raina shared on 3/27/2025 that Mom was watching a scary show called Wednesday. Raina shared she asked mom to turn it off but was ignored.
- Encouraged both parents to take evidence based Positive Parenting Program to support consistency in parenting practices between homes and increase positive parental intervention tools. Course information was provided to both parents by email 2/20/2025.

#### **Overall Response to Parental Interventions:**

- Mom expressed disagreement with the suggested reasoning behind Raina’s behavior. Mom denies any parental challenges while the children are within her care. She reports that she already is providing the recommended support and structure at home. She reports that Raina gets undivided time and connection with her despite Raina’s reports. She reports that she never speaks bad about the father.
- Dad expressed consistent concern and verbal agreement with the need for clinical intervention to support stability between homes. He reports that he actively attempts to make recommended changes in parenting strategies. He reports not speaking negatively about mom in front of the child.

#### **Interventions with Raina:**



- Implemented a structured transition plan when therapy was ending. A consistent routine.
  - Positive
- Implemented increased structure in sessions.
  - Positive
- Implemented a “she chooses, I choose” approach. This gives Raina a choice during a shared activity, followed by the clinician making a choice.
  - Positive
- Implementation of undivided distraction free-time with Raina without the presence of phones or other interruptions.
  - Positive
- These intervention strategies were shared with both parents on 2/18/2025 and encouraged to implement as home due to positive response in therapy.
  - Dad responded by phone and agreed to and verbalized willingness to implement interventions.
  - Mother responded by email and disagreed with the clinical assessment and verbalized a lack of need and willingness to implement interventions.

#### **Clinical Assessment:**

- It is my professional observation that Raina appears to be experiencing significant instability and confusion. The ongoing instability between the home environments seems to be creating a sense of emotional chaos. The reported use of corporal punishment and yelling by her mother might be contributing to her fear and hesitation to express her real feelings. Raina’s behavioral challenges may be a reflection of her deep need for connections and emotional security. Overall, it appears Raina is struggling with feelings of fear, and does not consistently feel safe.

#### **Prognosis:**

- Without improvements in stability and structure across both home environments there is a significant risk that Raina’s maladaptive behaviors will continue to escalate.
- It is my professional assessment that the most effective course of action to improve Raina’s prognosis involves providing her with consistency and stability across both homes. This includes setting and maintaining clear boundaries without the use of fear-based disciplinary practices. It is also essential to Raina that both parents prioritize quality connection time, creating a safe and supportive space where she feels comfortable expressing her true thoughts and emotions. Additionally, careful monitoring of age-appropriate content and ensuring she is surrounded by trusted individuals who contribute to her sense of safety are critical to her overall wellbeing.



I declare that the foregoing is true and correct to the best of my knowledge. It is important to note the scope of my practice is limited to therapeutic assessment and intervention. Investigative or evaluative roles are outside of my scope of practice. Any need for investigation and evaluation has been deferred to DCYF as WA state mandated reporting laws outline. Any information provided in this letter is an objective statement of what has been reported or a therapeutic assessment of the child (or families systems) developmental and mental health support needs.

Warm Regards,

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