

Wildfire Mental Health Collaborative Session Report

Counselor ID \_\_\_\_\_  
Date \_\_\_\_\_  
Session \_\_\_\_\_  
Individual or Group Session \_\_\_\_\_  
PHQ-9 Score \_\_\_\_\_  
PCL-PC score\* \_\_\_\_\_

Client ID (If group session, please list all client IDs.) \_\_\_\_\_  
GAD-7 Score \_\_\_\_\_  
Insomnia Score \_\_\_\_\_  
AUDIT Score\*\* \_\_\_\_\_  
CUDIT Score\*\* \_\_\_\_\_  
IPF Score \_\_\_\_\_

\*If your client had an elevated score at intake on this measure, please administer it at each session and record the score. \*\*If your client had an elevated score on the AUDIT or CUDIT at intake, please administer once a month and record the score.

**Key Issues Addressed**

- |   |   |
|---|---|
| <input type="checkbox"/> Sobriety/Substance Use | <input type="checkbox"/> Wildfire Aftermath             |
| <input type="checkbox"/> Safety                 | <input type="checkbox"/> Emergent Current Life Events   |
| <input type="checkbox"/> Suicidal Ideation      | <input type="checkbox"/> Legal issues                   |
| <input type="checkbox"/> Depression             | <input type="checkbox"/> Interpersonal Stressors        |
| <input type="checkbox"/> Anxiety                | <input type="checkbox"/> Severe Mental Illness symptoms |
| <input type="checkbox"/> Medication use         | <input type="checkbox"/> Non-Suicidal Self-Injury       |
| <input type="checkbox"/> PTSD/Trauma            | <input type="checkbox"/> Financial Issues               |
| <input type="checkbox"/> Sleep                  | <input type="checkbox"/> Other: _____                   |

**PLEASE Check off all of the tools and strategies that were employed in this session.**

- Gathering Information and Prioritize Assistance
- Building Problem-Solving Skills
- Promoting Positive Activities
- Breathing Retraining
- SPR Writing Exercise
- Managing Reactions to Triggers
- Promoting Helpful Thinking
- Rebuilding Healthy Social Connections
- Provided SPR Handout or Worksheets
- Used/Discussed/Encouraged the My Sonoma Strong Website
- Used/Encouraged Sonoma Mental Health Mobile App
- Used/Encouraged Other Mental Health Mobile Apps
- Supportive Counseling without Emphasis on Skills/SPR
- Motivational Interviewing/Motivational Enhancement
- Other Approaches

**Did you adapt SPR in any way? If so, please describe how and why (this will help us refine SPR if needed).**