

**Insurance Verification - Clinician Name \_\_\_\_\_**

Name of Patient	Name:	DOB:	Gender:
Street Address	Street:	Apt:	
	City	State	Zip
Phone	Ok to Text? Y/N OK to Voicemail Y/N		
Email	OK appointment reminders Y/N		
Emergency Contact	Relationship	Phone	
Complete below if under 19 years old or under 26 using parents insurance			
Guardian/Parent	Name:	DOB:	
	Street:	Apt:	
	City	State	Zip
	Phone		

<b>Insurance</b>	
Subscriber Name	Male / Female
Subscriber DOB	Relationship: Self / Spouse / Child
ID Number	Group #
Employer (or ACA)	
Benefit Phone #	
<b>Second Insurance</b>	
Subscriber Name	Male / Female
Subscriber DOB	Relationship: Self / Spouse / Child
ID Number	Group #
Employer (or ACA)	
Benefit Phone #	

**Please call your insurance ahead of time and get the following information.**

What is my Copay/Coinsurance? \_\_\_\_\_

How much Deductible is left? \_\_\_\_\_

Are hour sessions (CTP 90837) covered? Y / N \_\_\_\_\_

Are Family sessions (CTP 90847) covered? Y / N \_\_\_\_\_

Is "Marriage Counseling" ALLOWED with 90847? Y / N \_\_\_\_\_

Office use only: [ ] Scan [ ] Uploaded [ ] Faxed Ins Ver [ ] Update Address [ ] Square

### Waiver for Private Pay Clients (Skip if using insurance)

At times patients with insurance coverage prefer to pay privately for confidentiality reasons. Using your insurance requires passing along information regarding diagnosis necessary for reimbursement (see Confidentiality Statement and HIPAA policies). This information is discoverable by underwriters of life, long-term care, and medical insurance policies and may impact future premiums or coverage.

Also It is common for insurance not to pay for marriage/couples/sex therapy. It is unethical and a breach of contract with your insurance company to bill "as family therapy" in order to get paid. If your insurance does not cover either the diagnosis (Z codes), or Marriage Counseling – a payment at time of service discount rate listed below is the alternative.

The usual rate is \$225.00 for intakes, \$130.00 individual and \$150.00 for couples; however, payment at time of service permits a discounted rate of:

- \$95.00 for intake appointment (60 minutes).
- \$75.00 for 45 minute session (individual)
- \$85.00 for 60 minutes session (individual)
- \$95.00 for family/couples (60 minutes).

\_\_\_\_\_ (initial) I understand that I do not have mental health/marriage counseling benefits as part of my insurance policy or I do not meet the criteria for medical necessity and choose to continue through private pay OR...

\_\_\_\_\_ (initial) I am choosing to pay privately and will not submit to my insurance company for reimbursement. Should I desire to use my insurance in the future. I understand that I must revoke this waiver in writing AND only submit to insurance those sessions that have occurred AFTER the date of my written notification.

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Client / Guardian Signature

Date

### CREDIT CARD ON FILE

At AdultSpan Counseling your credit/debit card information is kept confidential and secure using the Square credit card system. You may receive an email notifying you that your card has been linked to your AdultSpan PC account.

Our billing company sends bills towards the end of the month. You will only receive a bill only if we are sure it is your responsibility to pay. You will not receive a bill if you do not have a balance or until your insurance has paid (or applied it to your deductible or denied coverage of service or diagnosis). Your credit card on file will be used only as follows:

- At your request to pay by phone, or email.
- If you have a balance overdue by 90 days, I use the credit card on file to automatically charge the portion of the bill that is more than 90 days over due.

I authorize AdultSpan Counseling to charge the portion of my bill that is my financial responsibility to the following credit or debit card:

Amex       Visa       Mastercard       Discover

Last 4 of CC Number \_\_\_\_\_ Exp Date \_\_\_\_ / \_\_\_\_ CVV# \_\_\_\_\_

Cardholder Name \_\_\_\_\_

Billing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email for Invoices/Receipts: \_\_\_\_\_

Cardholder Signature \_\_\_\_\_ Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

I (we), the above signed, authorize and request J. Kipp Lanning at AdultSpan Counseling to charge my credit card, as indicated above. This authorization will remain in effect until I (we) cancel this authorization. To cancel, I (we) must give a 60 day notification to AdultSpan PC in writing: 1001 S 70<sup>th</sup> St. #225 Lincoln 68510

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**This portion will be removed and shredded after card number is stored in accordance with regulations by Square for security purposes:**

**Full Credit Card Number:** \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

## Informed Consent for Therapy

Therapy will work on the goals that you bring. When working as a couple for relationship counseling, the goals that support the relationship for the couple will be the focus of counseling. Generally this works well, but sometimes it can be challenging emotionally and take some additional time throughout your week. Sometimes looking at problems to make changes is uncomfortable, please let me know if this is happening so I can help.

I won't do tests or assessments without your knowledge and agreement. Your records are kept secure according to state and federal regulations. We use an electronic health record through a business agreement that is HIPAA compliant. If you have questions on this please feel free to ask. Your specific therapist and their supervisor/ administrator are the only ones with access to your records. Regarding couples counseling: Intakes will be stored individually. Couples counseling will be billed as "family" sessions, the identified patient for insurance billing purposes will be discussed at your intake session along with confidentiality of the file.

Unless you are using Medicaid, your physician will not be notified of your treatment unless you specifically request this. If you are using Medicaid and do not want your physician contacted, let your therapist know.

I do not provide crisis counseling. As I am in session with other patients and have office hours, I will return calls during those office hours (described on my voicemail). If you have a medical emergency, please contact 911 emergency services. Otherwise – please use family and friends for support until an "urgent" appointment can be scheduled (within 24 hours). I do provide some limited phone contact through scheduled arrangements, this is not covered by insurance and will be billed according to my private pay rate.

I do not use social media to connect with, friend, message or otherwise communicate with patients. Posts / messages that this therapist believes may compromise your confidentiality will be deleted.

As the work we do requires clear thinking and can stir strong emotions, you cannot come under the influence of drugs or alcohol. Weapons are not allowed in the office. If your therapist suspects this, your appointment will be rescheduled.

Missed appointments with less than 24 hours notice are subject to a \$50.00 late cancel / no show fee.

Payments may be collected at the time of service. Any amounts not covered by insurance either due to deductibles; co-insurance; denied services, diagnoses, or dates of service will be the patient responsibility. Amounts over 90 days past due may be automatically collected by your therapist using the credit card on file.

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Name and date

## Confidentiality of your Information

What is said in therapy needs to be confidential in order for therapy to work. Confidentiality means that your therapist will protect verbal, written/electronic information (i.e., your file) according to state and federal guidelines.

There are some limits to confidentiality. If you feel that you may harm yourself or others, your therapist will use the least information to the fewest people possible to reasonably ensure safety. Your therapist is required by law to report suspected abuse or neglect of a child or vulnerable adult to the authorities. At times your therapist will consult with other therapists about your treatment without identifying you.

Family or couples therapy is only as confidential as the other people in the room. Please respect each other's confidentiality. While your therapist would encourage you to use your support system (friends and family), please limit what you share about therapy. Sessions billed as a FAMILY session will require a release of information from all legal age persons attending. There will be only one "family" file. Your therapist will discuss who is the identified patient for the file/billing. At times it may make sense to see members of the family individually and as a family. The pro/cons of this will be discussed as well as how the confidentiality for individual sessions will be handled.

Parents are asked to respect that confidentiality is important for children too. Your therapist will let you know if your minor child is in imminent harm. Just because your child may discuss risky behaviors does not mean they are in imminent harm. If you would like to clarify what you'd like to be told about, please talk to your therapist.

Your insurance requires date, diagnosis and the service in order to pay. They may rarely also request your file to ensure the services were "medically necessary." If you're concerned about this you may pay for your services yourself; however, you cannot submit it to insurance for reimbursement. Payment information may be sent via the credit card system to the email on file if you request a receipt.

If you contact your therapist through an insecure means (e.g., email or text) you agree that your therapist may respond with the requested information with the same communication channel. However, your therapist may require you to schedule a session or phone contact to discuss complex or sensitive information.

Court or legal requests for records will start with an attempt to get a release from all legal age persons attending the sessions. If it is denied, this therapist will work to keep your information protected; however, ultimately may end up having to testify. This unlikely, and if you're concerned about this talk with your therapist about how this will be handled.

By signing below I agree I understand my rights and limits for confidentiality. I have been offered and received, if requested, a copy of the HIPAA policy for AdultSpan Counseling.

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Name and date

## DSM-5 Self-Rated Level 1 Cross-Cutting Symptom Measure—Child Age 11–17

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex:  Male  Female Date: \_\_\_\_\_

**Instructions:** The questions below ask about things that might have bothered you. For each question, circle the number that best describes how much (or how often) you have been bothered by each problem during the **past TWO (2) WEEKS**.

		None Not at all	Slight Rare, less than a day or two	Mild Several days	Moderate More than half the days	Severe Nearly every day	Highest Domain Score (clinician)					
During the past <b>TWO (2) WEEKS</b> , how much (or how often) have you...												
I.	1.	Been bothered by stomachaches, headaches, or other aches and pains?					0	1	2	3	4	
	2.	Worried about your health or about getting sick?					0	1	2	3	4	
II.	3.	Been bothered by not being able to fall asleep or stay asleep, or by waking up too early?					0	1	2	3	4	
III.	4.	Been bothered by not being able to pay attention when you were in class or doing homework or reading a book or playing a game?					0	1	2	3	4	
IV.	5.	Had less fun doing things than you used to?					0	1	2	3	4	
	6.	Felt sad or depressed for several hours?					0	1	2	3	4	
V. & VI.	7.	Felt more irritated or easily annoyed than usual?					0	1	2	3	4	
	8.	Felt angry or lost your temper?					0	1	2	3	4	
VII.	9.	Started lots more projects than usual or done more risky things than usual?					0	1	2	3	4	
	10.	Slept less than usual but still had a lot of energy?					0	1	2	3	4	
VIII.	11.	Felt nervous, anxious, or scared?					0	1	2	3	4	
	12.	Not been able to stop worrying?					0	1	2	3	4	
	13.	Not been able to do things you wanted to or should have done, because they made you feel nervous?					0	1	2	3	4	
IX.	14.	Heard voices—when there was no one there—speaking about you or telling you what to do or saying bad things to you?					0	1	2	3	4	
	15.	Had visions when you were completely awake—that is, seen something or someone that no one else could see?					0	1	2	3	4	
X.	16.	Had thoughts that kept coming into your mind that you would do something bad or that something bad would happen to you or to someone else?					0	1	2	3	4	
	17.	Felt the need to check on certain things over and over again, like whether a door was locked or whether the stove was turned off?					0	1	2	3	4	
	18.	Worried a lot about things you touched being dirty or having germs or being poisoned?					0	1	2	3	4	
	19.	Felt you had to do things in a certain way, like counting or saying special things, to keep something bad from happening?					0	1	2	3	4	
In the past <b>TWO (2) WEEKS</b> , have you...												
XI.	20.	Had an alcoholic beverage (beer, wine, liquor, etc.)?				<input type="checkbox"/> Yes		<input type="checkbox"/> No				
	21.	Smoked a cigarette, a cigar, or pipe, or used snuff or chewing tobacco?				<input type="checkbox"/> Yes		<input type="checkbox"/> No				
	22.	Used drugs like marijuana, cocaine or crack, club drugs (like Ecstasy), hallucinogens (like LSD), heroin, inhalants or solvents (like glue), or methamphetamine (like speed)?				<input type="checkbox"/> Yes		<input type="checkbox"/> No				
	23.	Used any medicine without a doctor's prescription to get high or change the way you feel (e.g., painkillers [like Vicodin], stimulants [like Ritalin or Adderall], sedatives or tranquilizers [like sleeping pills or Valium], or steroids)?				<input type="checkbox"/> Yes		<input type="checkbox"/> No				
XII.	24.	In the last 2 weeks, have you thought about killing yourself or committing suicide?				<input type="checkbox"/> Yes		<input type="checkbox"/> No				
	25.	Have you EVER tried to kill yourself?				<input type="checkbox"/> Yes		<input type="checkbox"/> No				

**LEVEL 2—Depression—Child Age 11–17\***  
 \*PROMIS Emotional Distress—Depression—Pediatric Item Bank

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex:  Male  Female Date: \_\_\_\_\_

**Instructions to the child:** On the DSM-5 Level 1 cross-cutting questionnaire that you just completed, you indicated that *during the past 2 weeks* you have been bothered by “having little interest or pleasure in doing things” and/or “feeling down, depressed, or hopeless” at a mild or greater level of severity. The questions below ask about these feelings in more detail and especially how often you have been bothered by a list of symptoms **during the past 7 days**. Please respond to each item by marking (✓ or x) one box per row.

In the past SEVEN (7) DAYS...							Clinician Use
		Never	Almost Never	Sometimes	Often	Almost Always	Item Score
1.	I could not stop feeling sad.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	
2.	I felt alone.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	
3.	I felt everything in my life went wrong.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	
4.	I felt like I couldn't do anything right.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	
5.	I felt lonely.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	
6.	I felt sad.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	
7.	I felt unhappy.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	
8.	I thought that my life was bad.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	
9.	Being sad made it hard for me to do things with my friends.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	
10.	I didn't care about anything.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	
11.	I felt stressed.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	
12.	I felt too sad to eat.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	
13.	I wanted to be by myself.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	
14.	It was hard for me to have fun.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	
<b>Total/Partial Raw Score:</b>							
<b>Prorated Total Raw Score:</b>							
<b>T-Score:</b>							

\*The PROMIS measure was developed for and can be used with children ages 8-17 but was tested in children ages 11-17 in the DSM-5 Field Trials.  
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**LEVEL 2—Anxiety—Child Age 11–17\***

\* PROMIS Emotional Distress—Anxiety—Pediatric Item Bank

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Sex:  Male  Female

Date: \_\_\_\_\_

**Instructions to the child:** On the DSM-5 Level 1 cross-cutting questionnaire that you just completed, you indicated that *during the past 2 weeks* you have been bothered by “feeling nervous, anxious, or scared”, “not being able to stop worrying” and/or “not being able to do things you wanted to or should have done because they made you feel nervous” at a mild or greater level of severity. The questions below ask about these feelings in more detail and especially how often you have been bothered by a list of symptoms during the past 7 days. Please respond to each item by marking (✓ or x) one box per row.

						Clinician Use
In the past SEVEN (7) DAYS....						Item Score
		Never	Almost Never	Sometimes	Often	Almost Always
1.	I felt like something awful might happen.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
2.	I felt nervous.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
3.	I felt scared.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
4.	I felt worried.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
5.	I worried about what could happen to me.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
6.	I worried when I went to bed at night.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
7.	I got scared really easy.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
8.	I was afraid of going to school.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
9.	I was worried I might die.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
10.	I woke up at night scared.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
11.	I worried when I was at home.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
12.	I worried when I was away from home.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
13.	It was hard for me to relax.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
<b>Total/Partial Raw Score:</b>						
<b>Prorated Total Raw Score:</b>						
<b>T-Score:</b>						

The PROMIS measure was developed for and can be used with children ages 8-17 but was tested in children ages 11-17 in the DSM-5 Field Trials.  
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## LEVEL 2—Substance Use—Child Age 11–17\*

\* Adapted from the NIDA-Modified ASSIST

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex:  Male  Female Date: \_\_\_\_\_

**Instructions to the child:** On the DSM-5 Level 1 cross-cutting questionnaire that you just completed, you indicated that *during the past 2 weeks* you have been bothered by “having an alcoholic beverage”; “smoking a cigarette, a cigar, or pipe or used snuff or chewing tobacco”; “using drugs like marijuana, cocaine or crack, club drugs (like ecstasy), hallucinogens (like LSD), heroin, inhalants or solvents (like glue), or methamphetamine (like speed)”; and/or “using any medicine ON YOUR OWN, that is, without a doctor’s prescription, to get high or change the way you feel.” The questions below ask about these feelings in more detail and especially how often you have been bothered by a list of symptoms **during the past two (2) weeks**. Please respond to each item by marking (✓ or x) one box per row.

						Clinician Use	
						Item Score	
						Not at All	
						Less Than a Day or Two	
						Several Days	
						More Than Half the Days	
						Nearly Every Day	
During the past TWO (2) weeks, about how often did you ...							
a.	Have an alcoholic beverage (beer, wine, liquor, etc.)?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	
b.	Have 4 or more drinks in a single day?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	
c.	Smoke a cigarette, a cigar, or pipe or use snuff or chewing tobacco?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	
During the past TWO (2) weeks, about how often did you use any of the following medicines ON YOUR OWN, that is, without a doctor’s prescription or in greater amounts or longer than prescribed?							
d.	Painkillers (like Vicodin)	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	
e.	Stimulants (like Ritalin, Adderall)	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	
f.	Sedatives or tranquilizers (like sleeping pills or Valium)	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	
<b>Or drugs like:</b>							
g.	Steroids	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	
h.	Other medicines	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	
i.	Marijuana	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	
j.	Cocaine or crack	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	
k.	Club drugs (like ecstasy)	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	
l.	Hallucinogens (like LSD)	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	
m.	Heroin	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	
n.	Inhalants or solvents (like glue)	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	
o.	Methamphetamine (like speed)	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	

Courtesy of National Institute on Drug Abuse.  
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## INTAKE QUESTIONNAIRE

### Description of Present Problem

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What made it important to get help with this problem now?

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What have you already tried to do to take care of this problem?

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When did you first start to struggle with this problem?

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How often is this a problem?

Continuous  most days  weekly  monthly  every couple of months

When this is a problem, how intense is it

overwhelming  interferes with focus/tasks  worrisome  minor irritation

If this problem were to go away, what would you be doing differently or how would you be feeling differently than you do now?

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**Safety Issues:**

Please Check the following that are problems - Star any issues you're here for today.

- Oppositional Behavior: \_\_\_\_\_
- Anger / Aggressive Behavior: \_\_\_\_\_
- Tantrum: \_\_\_\_\_
- Changes in mood / interest in activities: \_\_\_\_\_
- Fears / unwanted thoughts: \_\_\_\_\_
- Unusual habits / repetitive behavior: \_\_\_\_\_
- Sleep problems / changes: \_\_\_\_\_
- Appetite problems / changes: \_\_\_\_\_
- Suicidal / Homicidal thoughts: \_\_\_\_\_
- Self harming behaviors: \_\_\_\_\_
- Alcohol / drug use: \_\_\_\_\_
- Sexual problems: \_\_\_\_\_
- Abuse (sexual / physical): \_\_\_\_\_
- Neglect: \_\_\_\_\_
- Self Esteem: \_\_\_\_\_
- Adjustment (death / divorce): \_\_\_\_\_
- Toileting: \_\_\_\_\_
- Attention problems: \_\_\_\_\_
- Hyperactivity: \_\_\_\_\_
- Relationship problems: \_\_\_\_\_
- School problems: \_\_\_\_\_

**PREVIOUS ATTEMPTS TO IMPROVE BEHAVIOR/OUTCOME:**

Check what successful strategies have been implemented to address these problems or goals.

Verbal reprimands \_\_\_\_\_ Time out (isolation) \_\_\_\_\_ Removal or privileges \_\_\_\_\_

Rewards \_\_\_\_\_

Physical punishment \_\_\_\_\_ Give in to child request \_\_\_\_\_ Avoidance of child \_\_\_\_\_ Other \_\_\_\_\_

On the average, how much of the time does (s)he comply with **initial** commands?

Usually \_\_\_ Mostly \_\_\_ Half the time \_\_\_ Occasionally \_\_\_ Rarely/never \_\_\_

On the average, how much of the time does (s)he **eventually** comply with commands?

Usually \_\_\_ Mostly \_\_\_ Half the time \_\_\_ Occasionally \_\_\_ Rarely/never \_\_\_

To what extent are you and your spouse consistent with respect to disciplinary strategies.

Usually \_\_\_ Mostly \_\_\_ Half the time \_\_\_ Occasionally \_\_\_ Rarely/never \_\_\_

**Past Psychiatric History:**

Current and / or most recent previous counselor(s):

Counselor Name:	Started	Stopped
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Issues addressed at that time?

Should I contact them?

What was most helpful and least helpful about this counseling experience?

**Previous mental health inpatient or partial care hospitalizations**

Location:	Date(s)
-----------	---------

Location:	Date(s)
-----------	---------

Location:	Date(s)
-----------	---------

Should I contact them?

What was most helpful and least helpful about this experience?

**Previous Substance Abuse Treatment**

Location:	Date(s)
-----------	---------

Location:	Date(s)
-----------	---------

Location:	Date(s)
-----------	---------

Should I contact them?

What was most helpful and least helpful about this experience?

**Past Trauma History:** *For example,* Bullying, physical assaults, combat, discrimination, natural disaster, sexual assaults, sexual molestations, life threatening accidents, child verbal/emotional/physical abuse, child emotional/social neglect, intimate partner violence, intimate partner social/emotional/verbal abuse, others.

Type	Year(s)	Did you get help?	Is it a current issue?	OK to ask follow up questions?

Is there a family history of mental health or substance abuse?

Mother's Side

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Father's Side

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**Medical History**

Medical/Physical Health History – Please Check all he/she has been treated for in the past.

- AIDS       Dizziness       Nose bleeds       Alcoholism       Drug abuse
- Pneumonia    Abdominal pain    Epilepsy       Rheumatic Fever    Abortion
- Ear infections    STD       Allergies       Eating problems    Anemia
- Diarrhea       Fainting       Sore throat       Appendicitis       Fatigue
- Scarlet Fever       Arthritis       Frequent urination    Sinusitis       Asthma
- Headaches    Smallpox       Bronchitis       Hearing problems    Stroke
- Bed wetting    Hepatitis       Sexual problems    Cancer       Tonsillitis
- Nausea       Chest pains       Kidney problems    Tuberculosis       Chronic pain
- Measles       Toothache       Colds/Coughs       Mononucleosis       Constipation
- Mumps       Vision problems       Chicken Pox       Vomiting       Sleeping disorders
- Miscarriages       Whooping cough       Diabetes       Seizures       Dental problems
- Thyroid problems       High blood pressure

**Current Physical or Mental Health Treatments**

Condition	Treatment provider	Current?

How long ago was your child's last physical? \_\_\_\_\_ From? \_\_\_\_\_

Describe your child's exercise habits

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Does (s)he have any problems sleeping?

None \_\_\_\_ Difficulty falling asleep \_\_\_\_ Sleep continuity disturbance \_\_\_\_ Early morning awakening \_\_\_\_ Is (s)he a restless sleeper? \_\_\_\_



**Family History**

Who are the biological parents? Cultural/Ethnicity?

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Are they married? If divorced (or deceased) how old was the patient at the time?

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If divorced or placed out of home, please describe the custody arraignment or visitation.

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Describe the patient's relationship with their parental figures:

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Are there other adult figures that are important (grandparents, foster, adoptive, etc.)?

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List any siblings in order from oldest to youngest and **include the patient**. Include any important half or step sibling relationships.

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**Social History**

Please list previous placements (foster care, other family members) and dates:

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What, if any current life stressors (e.g., work, unemployment, health issues, parenting, caring for elder parents, etc.) are causing stress in your home?

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**Developmental History:**

**PRENATAL HISTORY**

How was your (or child's mother's) health during pregnancy?

Good \_\_\_ Fair \_\_\_ Poor \_\_\_ DK \_\_\_\_\_

Did you (or his/her mother) have any illness or complications during pregnancy with this child?  
What type?

How old were you (child's mother) when she became pregnant? \_\_\_\_\_

Check any of the following substances or medications used during pregnancy?

- \_\_\_ Beer or wine                      \_\_\_ Coffee or other caffeine (Cokes, etc.)
- \_\_\_ Hard liquor?                      \_\_\_ Cigarettes?
- \_\_\_ Valium (Librium, Xanax)        \_\_\_ Tranquilizers
- \_\_\_ Anti-seizure medications        \_\_\_ Antibiotics
- \_\_\_ Sleeping pills                      \_\_\_ Other (please specify) \_\_\_\_\_

Was there toxemia or eclampsia?        No \_\_\_ Yes \_\_\_ DK \_\_\_

Was there an Rh factor incompatibility? No \_\_\_ Yes \_\_\_ DK \_\_\_

Was the pregnancy planned?            No \_\_\_ Yes \_\_\_ DK \_\_\_

Full Term 9 mos. \_\_\_ Early \_\_\_(weeks total \_\_\_\_\_) Late \_\_\_ (weeks total \_\_\_\_\_)

Signs of fetal distress during labor/birth?        No \_\_\_ Yes \_\_\_ DK \_\_\_

Delivery Normal? \_\_\_ Breech? \_\_\_ Caesarian? \_\_\_ Forceps? \_\_\_ Induced? \_\_\_

What was the child's birth weight? \_\_\_\_\_

Were there any health complications following birth? Please describe:

**POSTNATAL PERIOD AND INFANCY**

Were there early infancy feeding problems? No \_\_\_ Yes \_\_\_

Was the child colicky? No \_\_\_ Yes \_\_\_

Were there problems with the infant's alertness? No \_\_\_ Yes \_\_\_

Did the child have any health/congenital problems? No \_\_\_ Yes \_\_\_

*If yes to any, describe, use back if needed:*


**DEVELOPMENTAL MILESTONES**

At what age did (s)he sit up? 3-6 mos. \_\_\_ 7-9 mos. \_\_\_ Over 9 mon. DK \_\_\_

At what age did (s)he crawl? 6-12 mos. \_\_\_ 13-18 mo. \_\_\_ Over 18 mo. \_\_\_ DK \_\_\_

At what age did (s)he walk? Under 1 yr \_\_\_ 1-2 yr \_\_\_ 2-3 yr \_\_\_ over 3 yr DK \_\_\_

At what age did (s)he speak single words (other than mama or dada)? \_\_\_\_\_

At what age did (s)he string two or more words together? \_\_\_\_\_

At what age was (s)he toilet trained (bladder control)? \_\_\_\_\_

At what age was (s)he toilet trained (bowel control)? \_\_\_\_\_

Approximately how much time did toilet training take from onset to completion? \_\_\_\_\_

**SCHOOL HISTORY:**

Current grade: \_\_\_\_\_ School: \_\_\_\_\_

Teacher's Name: \_\_\_\_\_

School Counselor: \_\_\_\_\_

Has the (s)he ever been in any type of special educational program, and, if so, how long?

Learning disabilities class \_\_\_\_\_ Duration \_\_\_\_\_

Behavioral/emotional disorders class \_\_\_\_\_ Duration \_\_\_\_\_

Speech and language therapy \_\_\_\_\_ Duration \_\_\_\_\_

Other (please specify) \_\_\_\_\_

Has the (s)he ever been?

(Please describe reasons and give brief details on back if needed):

Suspended from school \_\_\_\_\_ Number of Suspensions \_\_\_\_\_ Expelled from school \_\_\_\_\_

Number of expulsions \_\_\_\_\_ Retained in grade \_\_\_\_\_ Number of retentions \_\_\_\_\_

Have any other instructional modifications been attempted?

None \_\_\_\_\_ Behavior modification program \_\_\_\_\_ Daily/weekly report card \_\_\_\_\_ Other (please specify) \_\_\_\_\_

Please describe the type of student or quality of their work.

Example: eager to please, but forgetful, distractible.

Please describe when the school problems (if any) started?

Example: Started in 4 <sup>th</sup> grade – suspensions started in middle school.

Please describe what the child's social involvement is at school.

Example: shy, complains of bullying.

**Legal History**

Please list any current legal charges.

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Please list any past charges AND convictions (if any) and sentences.

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