

Discharge Note



Name: _____
Date: _____

ID Number: _____
Number of Sessions: _____

Notes/Summary of Treatment Response

Improvement rating: _____

Severity rating: _____

Recommendations:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Diagnoses

Axis I

Axis II

Axis III

Axis IV

Axis V Pre-Treatment:

Post-Treatment:

Signatures

Date

Signatures

Date

Signatures

Date



Improvement Rating Descriptions: Adult

- 1 Very much improved: Patient has experienced a significant decrease in symptoms. Patient may no longer meet criteria for a psychiatric disorder or has experienced such a reduction in symptoms that distress is low and there is marked improvement in avoidance and impairment from pre-treatment. Patient no longer requires treatment or is capable of moving to a lower level of care.
- 2 Much improved: Decrease in symptoms from pre-treatment. Impairment and avoidance have improved. Symptoms can improve further with continued treatment. Patient better able to manage symptoms and function.
- 3 Minimally improved: Mild improvement in symptoms from pre-treatment. Changes in avoidance patterns and impairment are mild, but noticeable.
- 4 No change: Symptoms have not changed from pre-treatment.
- 5 Minimally worse: Patient is experiencing a mild increase in symptoms from pre-treatment. There may be mild increase in avoidance and impairment
- 6 Much worse: Increase in symptoms from pre-treatment. Increase is associated with substantial change in impairment. Patient requires an alteration to current treatment plan
- 7 Very much worse: Very significant increase in symptoms, avoidance, and impairment. Patient is in need of a higher level of care. Concerns about suicide risk and need for hospitalization.

Severity Rating Descriptions: Adult

- 1 Normal: No symptoms
- 2 Borderline Mentally ill: Experiencing psychiatric symptoms. No distress over symptoms or distress of very low intensity. Interference and avoidance is rare and minimal. Others most likely are unaware of any distress, interference, or avoidance.
- 3 Mildly ill: Psychiatric symptoms. Able to work and maintain social obligations, but requires some effort. Interference at work and in social/family life is slight. Interference may include taking longer to complete tasks at work, very occasional avoidance of social interactions. Distress is occasional and of low level.
- 4 Moderately ill: Work is becoming more difficult to manage, but able to sustain a job with increased effort. Problems in social and family life are becoming noticeable. Moderate distress more days than not.
- 5 Markedly ill: Significant problems with work, social, and family life. May be missing days of work or poor work performance. Symptoms create interference in social and family life (arguments, losing friends, marital problems). Distress is frequent (almost daily) and of intense level.
- 6 Severely ill: Unable to work or requires change to work functioning (e.g. reduced work hours). Severe impairment to family and social life (no longer seeing friends, requires great effort to interact with family, family exhibiting frustration with person's condition). Distress is daily and of intense level.
- 7 Extremely severe illness: Incapacitated by symptoms. Constantly distressed at intense level. Major interference in functioning. Unable to work or engage in social interactions. High risk for suicide. May need hospitalization or residential care.



Improvement Rating Descriptions: Child

- 1 Very much improved: Patient has experienced a significant decrease in symptoms. Patient may no longer meet criteria for a psychiatric disorder or has experienced such a reduction in symptoms that distress is low and there is marked improvement in avoidance and impairment from pre-treatment. Patient no longer requires treatment or is capable of moving to a lower level of care.
- 2 Much improved: Decrease in symptoms from pre-treatment. Impairment and avoidance have improved. Symptoms can improve further with continued treatment. Patient better able to manage symptoms and function.
- 3 Minimally improved: Mild improvement in symptoms from pre-treatment. Changes in avoidance patterns and impairment are mild, but noticeable.
- 4 No change: Symptoms have not changed from pre-treatment.
- 5 Minimally worse: Patient is experiencing a mild increase in symptoms from pre-treatment. There may be mild increase in avoidance and impairment
- 6 Much worse: Increase in symptoms from pre-treatment. Increase is associated with substantial change in impairment. Patient requires an alteration to current treatment plan
- 7 Very much worse: Very significant increase in symptoms, avoidance, and impairment. Patient is in need of a higher level of care. Concerns about suicide risk and need for hospitalization.

Severity Rating Descriptions: Child

- 1 Normal: No symptoms
- 2 Borderline Mentally ill: Experiencing psychiatric symptoms. No distress over symptoms or distress of very low intensity. Interference and avoidance is rare and minimal. Others most likely are unaware of any distress, interference, or avoidance.
- 3 Mildly ill: Psychiatric symptoms. Child is able to attend school and engage in social activities, but requires some effort. Interference in school and/or in social/family life is slight. Interference may include taking longer to complete school assignments or chores, very occasional avoidance of social interactions. Distress is occasional and of low level. Mild interference in parents' life. Parental interference may occur in work, social or family life.
- 4 Moderately ill: School may be more difficult to manage, but able to attend with increased effort. Problems in social and family life are becoming noticeable. Moderate distress more days than not. Some interference in parents' work, family and/or social life. (e.g. Parents do not go out on the weekends due to the child's anxiety).
- 5 Markedly ill: Significant problems with school, social, and family life. May be missing days of school or poor work performance. Symptoms create interference in social and family life (arguments, losing friends). Distress is frequent (almost daily) and of intense level. Ongoing contact with the child's school may be required. Parents work day may be interrupted due to child's symptoms more days than not. Family life may be significantly disrupted (e.g. frequent arguments related to child's behavior, symptoms disrupt sleep patterns of other family members)
- 6 Severely ill: Unable to attend school or requires change to school schedule (e.g. reduced hours). Severe impairment to family and social life (no longer seeing friends, requires great effort to interact with family, symptoms associated with family arguments). Distress is daily and of intense level.
- 7 Extremely severe illness: Incapacitated by symptoms. Constantly distressed at intense level. Major interference in functioning. Unable to go to school or engage in social interactions. High risk for suicide. May need hospitalization or residential care.