

# Progress Notes Template

## Patient Information

Lucy

Parks

First Name

Last Name

09/10/1985

11/23/2022

Date of Birth

Date

## Subjective

Lucy said that her cravings have reduced in both severity and frequency, around "1-2 times a day". Lucy stated she is "determined to stay clean this time", citing her daughter as her biggest motivator.

## Objective

Lucy was calm and attentive. She displayed no signs of relapsing and drug test results were negative. Lucy's speech was normal in rate and articulation. Weight is stable and unchanged.

## Assessment

Lucy appears to be effectively managing her sobriety. Her cravings have reduced and withdrawal symptoms are almost entirely gone. Lucy is performing well at work and has re-established a positive relationship with her daughter.

## Plan

Lucy will have weekly sessions for the next month and then we will reassess and likely reduce sessions to fortnightly. Lucy will continue her current treatment plan and is focusing on strengthening her interpersonal relationships, especially with her daughter and other family members.

## Additional Notes

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