



Please note that the information requested in this document is important for your care. Please fill out forms as completely as possible and ensure uploading them to the portal before your first counseling session.

ADOLESCENT INTAKE FORM (ages 12-17)

Adolescent please fill out pages 1-4, parent/guardian please fill out pages 5-10

CLIENT INFORMATION

Name: _____ Date of Birth: _____ Age: _____ Male Female

Phone (Cell): _____ Messages okay? ___ Text reminder okay? _____

School: _____ Grade: _____

Please circle any electronic communication (FaceBook, Twitter, SnapChat, Instagram, etc) that you use:

Do your parents have access to your electronic communication? (Y/N) _____

Do they have any issues with your use of phone, text, electronic communication? (Y/N) _____

PERSONAL STRENGTHS

What activities do you enjoy and feel you are successful when you try? _____

Who are some of the influential and supportive people, activities (e.g. walking) or beliefs (e.g. religion) in your life? (Please describe) _____

CURRENT REASON FOR SEEKING COUNSELING

Briefly describe the problem for which you are seeking to have counseling for? _____

What would you like to see happen as a result of counseling? _____

COUNSELING/MEDICAL HISTORY

Have you previously seen a counselor? Yes No

If yes, what did you find **most helpful** in therapy?

If yes, what did you find **least helpful** in therapy?

CHEMICAL USE AND HISTORY

Do you currently use alcohol? _____ Yes, _____ No

If yes, how often do you drink? _____ Daily, _____ Weekly, _____ Occasionally, _____ Rarely

If yes, how much do you drink? _____ (#) per time.

Do you currently use Tobacco? _____ Yes, _____ No

If yes, how much do you smoke/chew? _____

Do you currently use any other drugs? _____ Yes, _____ No

If yes, what drugs do you use? _____ If yes, how often do you use? _____ Daily, _____ Weekly, _____ Occasionally, _____ Rarely

Have you received any previous treatment for chemical use? Y/N _____

If so, where did you go? _____

_____ Inpatient _____ Outpatient

Adolescents (please answer the following with Y/N)

1. Have you ever used more than 1 chemical at the same time to get high? _____
2. Do you avoid family activities so you can use? _____
3. Do you have a group of friends who also use? _____
4. Do you use to improve your emotions such as when you feel sad or depressed?? _____

LEGAL ISSUES

Please list any legal issues that are affecting you or your family at present, or have had a significant effect upon you in the past. _____

FAMILY HISTORY

1. Are your parents married or divorced? _____
2. Do you think their relationship **is** good? (Y/N/Unsure) _____
3. If your parents are divorced, whom do you primarily live with? _____
4. How often do you see each parent? Mom _____% Dad _____%.
5. Did you experience any abuse as a child in your home (physical, verbal, emotional, or sexual) or outside your home? Please describe as much as you feel comfortable.

FAMILY CONCERNS *(Please check any family concerns that your family is currently experiencing)*

fighting		Disagreeing about relatives
feeling distant		Disagreeing about friends
Loss of fun		Alcohol use
Lack of honesty		Drug use
Physical fights		Infidelity (couple)
Education problems		Divorce/separation
Financial problems		Issues regarding remarriage
Death of a family member		Birth of a sibling
Abuse/neglect		Birth of a child
Inadequate housing/feeling unsafe		Inadequate health insurance
Job change or job dissatisfaction		Other

Other concerns not listed above _____

PEER RELATIONS

1. How do you consider yourself socially: ___outgoing ___shy ___depends on the situation. 2. Are you happy with the amount of friends you have? (Y/N) _____
3. Have you ever been bullied? (Y/N) _____
4. Are your parents happy with your friends? (Y/N) _____
5. Are involved in any organized social activities (e.g. sports, scouts, music)? _____

SCHOOL HISTORY

1. Do you like school? (Y/N) _____
2. Do you attend regularly? (Y/N) _____
3. What are your current grades? _____
4. Do you feel you are doing the best you can at School? (Y/N) _____

INDIVIDUAL CONCERNS

SYMPTOM	NONE	MILD	MOD	SEVERE
SADNESS				
APPETITE CHANGES				
CRYING				
WEIGHT CHANGES (UNPLANNED CHANGES)				
SLEEP DISTURBANCES				
PARANOID THOUGHTS				
DISSOCIATION				
POOR CONCENTRATION				
HYPERACTIVITY				
INDECISIVENESS				
BINGING/PURGING				
LOW ENERGY				
DECREASED SEX DRIVE				
EXCESSIVE WORRY				
UNRESOLVED GUILT				
LOW SELF WORTH				
IRRITABILITY				
ANGER ISSUES				
NAUSEA/INDIGESTION				
SPIRITUAL CONCERNS				
SOCIAL ANXIETY				
HALLUCINATIONS				
- AUDITORY (HEARING)				
- VISUAL (SEEING) / TACTILE (TOUCH)				
- OLFACTORY (SMELLING)				
SELF MUTILATION				
RACING THOUGHTS				
CUTTING				
RESTLESSNESS				
IMPULSIVITY				
DRUG USE				
NIGHTMARES				
ALCOHOL USE				
DECREASED CREATIVITY				
EASILY DISTRACTED				
TRAUMA FLASHBACKS				
WORK ISSUES				
PROBLEMS AT HOME				
PANIC ATTACKS				
FEELING ANXIOUS				
FEELING PANICKY				
SUICIDAL THOUGHTS				
PAST SUICIDE ATTEMPTS				
HOPELESSNESS				
ELEVATED MOOD				
MOOD SWINGS				
DISORGANIZED				
ANOREXIA				
SOCIAL ISOLATION				
PHOBIAS				
OBSESSIVE THOUGHTS				
GRIEF				
HEADACHES				
LONELINESS				
OTHER				

*I would like you to know that I have worked with a lot of adolescents and respect your privacy and hope to create an atmosphere where you feel comfortable sharing.

Welcome to **Tranquility is Rising LLC**. Please note that the information is important for your child's care. Please fill out forms as completely as possible and have them ready before your first counseling session.

ADOLESCENT INTAKE FORM (PARENT SECTION)

Adolescent's Name: _____

Date of Birth: _____ Age: _____ Male Female

Race/Ethnic Origin: _____

Religious Preference: _____

CURRENT HOUSEHOLD AND FAMILY INFORMATION

Name	Relationship (parent, sibling, etc)	Age	Sex	Type (bio, step, etc)	Living with you? Y/N

(If additional space is need please list on the back of page)

Current Reason for Seeking Counseling for Your Adolescent.

Briefly describe the problem for which your adolescent is seeking to have counseling for?

What would you like to see happen as a result of counseling?

What is most concerning right now?

CHILD'S DEVELOPMENT

1. Were there any complications with the pregnancy or delivery of your child? Yes ___ No ___ If yes, describe:

2. Did your child have health problems at birth? Yes _____ No _____

If yes, describe: _____

3. Did your child experience any developmental delays (e.g. toilet training, walking, talking)? Yes ___ No ___ Not sure _____

If yes, describe: _____

4. Did your child have any unusual behaviors or problems prior to age 3? Yes ___ No ___

Not sure _____ If yes, describe: _____

5. Has your child experienced emotional, physical, or sexual abuse?

Yes ___ No ___ Not sure _____ If yes, describe: _____

COUNSELING HISTORY

Have your son or daughter previously seen a counselor? Yes No

If Yes, where: _____

Approximate Dates of Counseling: _____

For what reason did your son or daughter go to counseling? _____

Does your son or daughter have a previous mental health diagnosis? _____

What did you find **most helpful** in therapy? _____

What did you find **least helpful** in therapy? _____

Has your son or daughter used psychiatric services? Yes ___ No ___

If yes, who did they see? _____

If yes, was it helpful? N/A ___ Yes ___ No ___

Has your son or daughter taken medication for a mental health concern? Yes ___ No ___

Does your son or daughter have other medical concerns or previous hospitalizations? Y/N _____

If so, please describe. _____

CHEMICAL USE

Do you have any concerns with your son or daughter using alcohol or drugs? (Y/N) _____

If yes, please explain your concern: _____

INTERNET/ELECTRONIC COMMUNICATIONS USAGE

Do you have any concerns with your son or daughter using the internet or electronic communication such as Facebook, Snapchat, Twitter, texting etc? (Y/N) _____

If yes, please explain your concern: _____

Name of medication	Dates taken	Was it helpful? (Y/N)

LEGAL ISSUES

Please list any legal issues that are affecting you or your family, son or daughter, at present, or have had a significant effect upon you or your son or daughter in the past.

FAMILY HISTORY

Are you aware of any birth trauma your son or daughter experienced from age 0-3?

Did you experience any abuse as a child in your home (physical, verbal, emotional, or sexual) or outside your home? Please describe as much as you feel comfortable.

Have you experienced any abuse in your adult life (physical, verbal, emotional, or sexual)?

PARENT'S MARITAL STATUS *(this question refers to the biological parents relationship)*

Single Married (legally) Divorced Cohabiting Divorce in process Separated Widowed ___ Other Length of marriage/relationship: _____

If divorced, how old was your child at time of divorce? _____

If divorced, How much time does your child spend with each parent? Mother____%, Father ____%

(Please answer the following as best as you can, we understand that you may not be able to answer some of the questions pertaining to the other parent.)

Biological Father's Name: _____ **Birth Date:** _____ **Age:** _____

Ethnic Origin: _____

Total years of education completed: _____ Occupation: _____

Place of Employment: _____

Military experience? Y/N _____ Combat experience? Y/N _____

Current Status ___ Single, ___ Married, ___ Divorced, ___ Separated, ___ Widowed, ___ Other

**Please answer if you are no longer with your child's bio-mother OR check here if you are still with bio-mother* _____

Assessment of current relationship if applicable: Poor ___ Fair ___ Good _____

Biological Mother's Name: _____ **Birth Date:** _____ **Age:** _____

Ethnic Origin: _____

Total years of education completed: _____ Occupation: _____

Place of Employment: _____

Military experience? Y/N _____ Combat experience? Y/N _____

Current Status ___ Single, ___ Married, ___ Divorced, ___ Separated, ___ Widowed, ___ Other

**Please answer if you are no longer with your child's bio-father OR check here if you are still with bio-father* _____

Assessment of current relationship if applicable: Poor ___ Fair ___ Good _____

FAMILY CONCERNS

Please check any family concerns that your family is currently experiencing.

	Fighting		Disagreeing with relatives
	Feeling Distant		Disagreeing with friends
	Loss of fun		Alcohol use
	Lack of honesty		Drug use
	Physical fights		Infidelity (couple)
	Education problems		Divorce/separation
	Financial problems		Issues regarding remarriage
	Death of a family member		Birth of a sibling
	Abuse/neglect		Birth of a child
	Inadequate housing/feeling unsafe		Inadequate health insurance
	Job change or job dissatisfaction		Other

YOUR ADOLESCENT'S STRENGTHS

What activities do you feel your son or daughter is successful when they try?

What personal qualities would you say your son or daughter has? _____

Who are some of the influential and supportive people, activities (e.g. walking) or beliefs (e.g. religion) in your son or daughter's life?
(Please describe)

INDIVIDUAL CONCERNS YOU NOTICE REGARDING YOUR SON OR DAUGHTER

Is there anything else you would like to share: _____

Special Confidentiality Notice for Parents

Your child has the right to private, confidential communication with the doctor, therapist, and treatment team providing his or her care. This means that some of the issues that they discuss will stay between them, and that I will not disclose that information to anyone, including you, unless we have been given permission by your child to do so. I need your child to be open and honest with me in order to understand and treat the full range of issues your child is dealing with, and they may be too scared, angry, or ashamed right now to share those issues with you. Further, I recognize it is very important for you to know what your child is going through in order to do your job as a parent, which is why I will always encourage your child to be honest with you. I will encourage, prepare and support your child so that they feel safe enough to share those issues with you.

According to Colorado law, and the federal patient privacy law known as HIPAA, your child will need to give his/her consent for me to disclose:

- All Mental Health records for children age 16 or older.
 - All information concerning pregnancy, sexual activity, STD's, and drug/alcohol use or abuse, regardless of the child's age.
 - Any information that your child's provider believes, if released, could cause harm to your child or to someone else, or that would significantly harm the treatment relationship with your child.
- You should know that this confidentiality has limits. If there is any threat to your child's life, I have the duty to inform you and help to create a plan for safety.
 - In addition, there are situations that I am mandated to report and cannot keep confidential. Those situations include: threats against another person, physical or sexual abuse, neglect, and pregnant women who report using drugs.
 - Finally, I recognize how challenging it can be for a parent to raise a child, especially when the child has a mental illness. We know how badly you might want to know everything your child has kept a secret from you, too. I want to be your partner in supporting your child's physical and mental wellbeing, and even when I can't discuss certain details about your child with you, I will always be there for you: guiding you and giving your child the best advice possible to protect him/her and encourage healthy decisions, including being open and honest with you.