



PCIS LABEL

## HEARTSMAP Report

**Date:** 03/16/17

### Assessment Notes

#### HOME:

Lives at home with mom, step-dad, and 2 step-sisters. Often gets into arguments with siblings, and feels her mom should take her side more often. She feels isolated and unsupported. Parents recognize that the reconstituted family has been taking long for her to adapt to. She's increasingly irritable and gets aggravated for minor things, but they had no idea that she had suicidal ideations or was self-harming. They wanted to help but are getting increasingly frustrated and feeling helpless in this situation. They haven't asked for outside help yet and wouldn't know where to start.

#### EDUCATION AND ACTIVITIES:

She's stressed out about things at school, but hasn't really changed. She's actually happier at school than at home, as that environment has been stable and she has a good social network there. Grades are stable.

#### ALCOHOL AND DRUGS:

Not drinking, not smoking, not interested in drugs.

#### RELATIONSHIPS AND BULLYING:

She lives for her friends, as of right now she's mad at her family. They've been supportive and she trusts they'll look out for her if she feels worse.

#### THOUGHTS AND ANXIETY:

She denies any thought problems. While she sometimes worries about the future this is not her main issue. She goes along with her daily activities. She is just not happy doing some of them when it involves her step family members. She wishes her family to go back to the way it used to be.



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### SAFETY:

She's entertained thoughts of being dead in the last month. She is really unhappy with her current family situation, and following major confrontations and arguments, she's been cutting herself to relieve her pain and angst. She doesn't do it with the intention to die or kill herself. Has no plan to commit suicide and think that her friends would and could stop her, as she would never do anything without telling them. While she hates her step sisters, and occasionally threatens to hurt them, she hasn't really done anything nor has any ideas of how and what she would do.

### SEXUAL HEALTH:

Not sexually active. Had a boyfriend last year who tried to engage when she wasn't ready, so she broke up with him.

### MOOD AND FUNCTION:

Has been increasingly sad over the last 6 months when mom remarried. Often cries herself to sleep, or stays up late texting her friends about her conflicts at home. Parents say she snaps at anyone for anything, is irritable and isn't eating quite as well as usual, but has not lost weight, they have noticed. They brought this up with their family doctor months ago, who told them to give it a bit of time, she'll settle-in, in time. If it doesn't, they can take her to a CYMH walk-in intake clinic, but when they found about the cutting they got worried and decided to take her to the ED and skip their family doctor.

### ABUSE:

N/A

### PROFESSIONALS AND RESOURCES:

Other than her family doctor, the family hasn't approached the topic with any other healthcare provider.

## Score Summary



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SOCIAL	FUNCTION	YOUTH HEALTH	PSYCHIATRY	ABUSE
Total = 2 / 9	Total = 0 / 9	Total = 0 / 9	Total = 3 / 9	Total = 0 / 3
Addressed = 0 / 3	Addressed = 0 / 3	Addressed = 0 / 3	Addressed = 1 / 3	Addressed = 0 / 1

### Recommendations

#### PSYCHIATRY

- Consider referral to CYMHT +/- involvement of primary care provider.

#### PROFESSIONALS

- Crisis Response Team, or LINK if at BCCH, in regions where existent. If non-existent, or non-eligible, MCFD CYMH Urgent Response +/- consultation with psychiatry on call.

Clinician Assessor:

Signature: \_\_\_\_\_ Printed Name: \_\_\_\_\_