

# New Approaches

## BIOPSYCHOSOCIAL HISTORY QUESTIONNAIRE

### GENERAL INFORMATION

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Today's Date: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

May we leave discrete messages at the above-listed numbers?  Yes  No

Email Address: \_\_\_\_\_

May we send you confidential information through email?  Yes  No

Age: \_\_\_\_\_ Gender (Male, Female): \_\_\_\_\_ Social Security #: \_\_\_\_\_

Name and Phone # of Emergency Contact Person: \_\_\_\_\_

How did you hear about New Approaches?

\_\_\_\_\_

Briefly describe what brings you to this appointment and/or what you would like to accomplish:

\_\_\_\_\_  
\_\_\_\_\_

### POLICIES

#### EVALUATION POLICY

Our objective is to provide a thorough and comprehensive evaluation of your substance use (alcohol or other drug use) and/or mental health in order to determine if you have diagnosable mental health or substance use disorder and make appropriate recommendations. We will provide you with a written report of these findings. You must know that no guarantees are offered.

Your evaluation will cost \$ \_\_\_\_\_ for the first session, and \$ \_\_\_\_\_ for the second one. Any additional sessions will cost \$100 each. Phone consultation is provided in 1/10 of an hour increments at \$10 each. (e.g., A 6-minute phone call = \$10, a 12-minute phone call = \$20, an 18-minute phone call = \$30 etc.). Additional correspondence/paperwork is also billed at this rate.

You are welcome to ask questions and we will gladly help you find resources for alternative/second opinion evaluations.

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If education or treatment is needed, we will assist you in finding appropriate services at another agency. Our policy is to provide either evaluation or treatment, not both. There are exceptions; for example, if it is in your best interest (you get to decide this), we may provide both services. An example may be that you were referred here by your employer or EAP (employee assistance program) and they may accept the financial responsibility for evaluation and treatment at this facility. In this case, it may be in your best economic interest to do both here and you would always have a choice of seeking services elsewhere.

While you are legally entitled to confidentiality, you may need to provide consent for us to report to your employer or some agency. This is at your discretion. For DOT evaluations, we do have a responsibility to "protect public safety"; therefore, the DOT will be notified if you choose not to accept our recommendations.

## CONFIDENTIAL

In order to complete your evaluation, we may need to collect information from other sources to supplement your self-report, such as interviews with family members, other healthcare providers, probation officers, etc. If this evaluation will be used in a court proceeding, we will ask for a copy of the court order for the evaluation and other legal documents. The evaluator may also obtain information online or through public records relevant to your legal history, both criminal and civil.

**Individual counseling sessions are intended to be 45-50 minutes in length.**

**Please note: We do not provide emergency services. In true crisis call 911.**

### FINANCIAL POLICY

Full payment is due at time of service (unless prior arrangements have been made).

Please feel free to ask if you have any questions about our financial policy. Understanding our financial policy is important to our relationship. Insurance is a contract between you and your insurance company. We will file your claim to your insurance company or provide you with the proper information needed for you to file a claim. You are responsible for the timely payment of your Account. We will send information, including clinical information i.e. diagnosis, to your insurance company unless you specifically instruct us not to do so. We will send information electronically, so please read the HIPPA notice.

Uncollected balances may be turned over for collection or reported to the state's attorney's office.

### CANCELLATION POLICY

Please help us to serve you and others better by keeping your scheduled appointments. If you need to cancel or reschedule, please give us as much notice as possible so we can offer that time to someone else. Unless cancelled **at least 24 hours in advance**, our policy is to charge for missed appointments at the rate of a normal counseling session. This will be billed to you. We may require prepayment in order to schedule a subsequent appointment.

### CONFIDENTIALITY

Federal and State laws protect your confidentiality (see 42 U.S.C. 290ee-3 for Federal Laws and 42 CFR Part 2, 491.0147 FL). Your counselor will not share information with any person outside of New Approaches without your written permission, except as required by law or as needed to file your insurance claim. Information obtained from minors is not generally shared with parents without permission.

Exceptions to Confidentiality: Federal Regulations do not protect from disclosure of information related to a client's involvement in a crime against property or personnel. We are required under State law to report suspected abuse of a child, elderly person, or individual with a disability, or any reported sexual misconduct by a licensed health care provider. We may share limited information in the event of a medical emergency or in the event of a specialized court order signed by a judge. Your counselor has the option of breaching confidentiality if you report a specific plan or intent to cause serious bodily harm to an identifiable person.

HIPPA (Health Insurance Portability and Accountability Act) laws allow you to access your file and protect the electronic transfer of information.

### CONSENT TO TREATMENT

I am voluntarily seeking outpatient counseling at New Approaches. I understand that I have rights and responsibilities regarding my participation in treatment, including the right to discontinue therapy. I am strongly encouraged to discuss my treatment plan and status in treatment with my counselor.

Counselors will also discuss alternatives, procedures, qualifications, and drawbacks to therapy. **With my signature below, I acknowledge that I have read, understand, and agree to all of the above. I also**

**acknowledge that I have been given a copy of HIPPA/Privacy Practices implemented here at New Approaches.**

\_\_\_\_\_  
Signature of Patient and/or Legal Guardian

\_\_\_\_\_  
Date

**STRENGTHS**

Tell us about your strengths, skills, abilities, and positive traits: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Where were you born? \_\_\_\_\_

How was your mother's health during her pregnancy with you? \_\_\_\_\_

Were there any complications with your birth? \_\_\_\_\_

To your knowledge, did your mother use tobacco, alcohol, or other drugs during her pregnancy with you? \_\_\_\_\_

Are you aware of any delays or difficulties during your early childhood (e.g. speaking, toilet training, crawling, walking, etc.)? \_\_\_\_\_

\_\_\_\_\_  
Did you experience any medical problems or serious injuries during childhood? \_\_\_\_\_

**FAMILY HISTORY**

Is your father living?  Yes  No Father's Age: \_\_\_\_\_ Where does your father live? \_\_\_\_\_

Father's occupation: \_\_\_\_\_ Father's values growing up: \_\_\_\_\_

Describe your relationship with your father now: \_\_\_\_\_

What was your relationship with your mother like growing up? \_\_\_\_\_

Describe your parents' relationship with each other when you were a child: \_\_\_\_\_

\_\_\_\_\_  
What is it like now? \_\_\_\_\_

Were you adopted?  Yes  No If so, what do you know about your birth parents? \_\_\_\_\_

\_\_\_\_\_  
Do/did you have step-parents?  Yes  No If so, describe your relationship: \_\_\_\_\_

List the names and ages of your brothers and sisters: \_\_\_\_\_

\_\_\_\_\_

CONFIDENTIAL

Where are you in the birth order?  Youngest  Middle  Oldest

Describe any major cultural or religious influences in your family: \_\_\_\_\_

\_\_\_\_\_

Describe your family growing up: \_\_\_\_\_

\_\_\_\_\_

Describe your childhood: \_\_\_\_\_

\_\_\_\_\_

Did you experience physical, sexual, or emotional abuse or neglect growing up? \_\_\_\_\_

\_\_\_\_\_

Do you know of any other traumatic events while growing up? \_\_\_\_\_

\_\_\_\_\_

Do any family members have history of mental illness or problems with alcohol or drugs?

<b>FAMILY MEMBER(S)</b>	<b>YES</b>	<b>NO</b>	<b>DESCRIBE:</b>
<b>Mother</b>			
<b>Father</b>			
<b>Siblings</b>			
<b>Step-parents</b>			
<b>Aunts/Uncles</b>			
<b>Grandparents</b>			
<b>Children</b>			
<b>Spouse/Partner</b>			

CONFIDENTIAL

How did the family you grew up in affect who you are today? \_\_\_\_\_  
\_\_\_\_\_

EDUCATIONAL, VOCATIONAL, AND FINANCIAL HISTORY

What was school like for you growing up? \_\_\_\_\_  
\_\_\_\_\_

Highest grade completed? \_\_\_\_\_ Current employment status: \_\_\_\_\_

What has been your major field of employment (trade or profession)? \_\_\_\_\_

If you ever served in the military, describe your service (branch, rank, length of service, discharge type, disciplinary proceedings, etc.): \_\_\_\_\_  
\_\_\_\_\_

What is your current annual income (or hourly wage)? \_\_\_\_\_

Do you have any concerns about money? What are they? \_\_\_\_\_  
\_\_\_\_\_

Do you get the sense that you can afford your bills? \_\_\_\_\_  
\_\_\_\_\_

Do you have extensive debt? If so, about how much do you owe? \_\_\_\_\_

Have you ever filed for bankruptcy? If so, when? \_\_\_\_\_

LEGAL HISTORY

Arrest history (dates and charges): \_\_\_\_\_  
\_\_\_\_\_

Describe any current legal issues (e.g. probation, pending charges): \_\_\_\_\_  
\_\_\_\_\_

SOCIAL AND SPIRITUAL HISTORY

Where/with whom do you currently live? \_\_\_\_\_

What do you do in your spare time? \_\_\_\_\_

What mode(s) of transportation do you use? \_\_\_\_\_

Do you have problems with transportation? What are they? \_\_\_\_\_

Who do you turn to for support? \_\_\_\_\_

What percentage of your friends drink/use drugs? \_\_\_\_\_

CONFIDENTIAL

What have your friends, family, and loved ones said about your drinking or drug use? \_\_\_\_\_

If you were to quit or cut back on alcohol or drug use, who would/would not be supportive? \_\_\_\_\_

Number of marriages/partners: \_\_\_\_\_ Current marital/partner status: \_\_\_\_\_

If you are in a relationship, how long have you been in it? \_\_\_\_\_

If you have children, list names and ages: \_\_\_\_\_

Which children are living with you? \_\_\_\_\_

Describe your current religious or spiritual beliefs and practices: \_\_\_\_\_

**SEXUAL HISTORY**

What is your sexual orientation?  Heterosexual  Bisexual  Homosexual  Other: \_\_\_\_\_

How did you learn about sex? \_\_\_\_\_

Were you using alcohol or drugs during your first sexual experience? \_\_\_\_\_

How has alcohol or drug use affected your sex life? \_\_\_\_\_

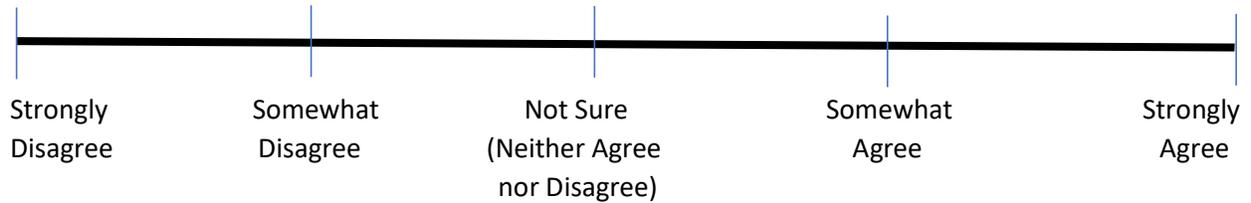
Describe any current or past sexual concerns: \_\_\_\_\_

**SUBSTANCE USE HISTORY (LIFETIME)**

<b>SUBSTANCE</b>	<b>AGE 1<sup>ST</sup> USED</b>	<b>DATE OF LAST USE</b>	<b>AMOUNT (RANGE FROM LEAST TO MOST)</b>	<b>FREQUENCY (HOW OFTEN)</b>	<b>CIRCUMSTANCES OF USE</b>	<b>USED IN PAST WEEK?</b>
<b>AMPHETAMINES /STIMULANTS</b>						
<b>BARBITURATES</b>						
<b>BENZODIAZEPINES (E.G. XANAX, KLONOPIN, VALIUM)</b>						

<b>ALCOHOL</b>						
<b>CAFFEINE</b>						
<b>CLUB DRUGS (E.G. ECSTASY, GHB, ROOFIES)</b>						
<b>COCAINE</b>						
<b>HALLUCINOGENS (E.G. LSD, PCP, SHROOMS)</b>						
<b>HEROIN</b>						
<b>INHALANTS</b>						
<b>MARIJUANA</b>						
<b>OTHER OPIATES (E.G. PAIN MEDS)</b>						
<b>STEROIDS</b>						
<b>SYNTHETIC MARIJUANA (E.G. K2, SPICE)</b>						
<b>TOBACCO</b>						
<b>OTHER:</b> <hr/>						

Please rate how strongly you agree or disagree with the following statements on a scale from 1 to 5 using the scale below. Please place the number that best fits in the blank next to each statement.



- \_\_\_\_\_ I have a problem with alcohol or drugs.
- \_\_\_\_\_ I am open to exploring whether or not I have a problem with alcohol or drugs.
- \_\_\_\_\_ I would like to change something about my alcohol or drug use.
- \_\_\_\_\_ I have developed a plan for changing my alcohol and drug use.
- \_\_\_\_\_ I am already working on my problem with alcohol or drugs.
- \_\_\_\_\_ I haven't had a problem with alcohol or drugs for at least 6 months.

**TREATMENT HISTORY**

Have you ever participated in any form of counseling or treatment (e.g. mental health counseling, family/couples counseling, detox, substance abuse treatment, psychiatric medication maintenance, etc.)?  Yes  No

If so, document in the following chart:

NAME OF TREATMENT FACILITY/PROVIDER	DATE(S) OF TREATMENT:	OUTCOME (E.G. SUCCESSFUL COMPLETION)	WHAT WAS HELPFUL?	WHAT WASN'T HELPFUL?

--	--	--	--

(If you need additional space, please write on the back of paper or ask for an extra sheet.)

**MEDICAL HISTORY AND SCREENING**

How would you describe your current health? \_\_\_\_\_

Do you have any medical concerns? \_\_\_\_\_

Are you receiving any medical treatment? What type? \_\_\_\_\_

When was your last physical exam? \_\_\_\_\_ Do you have a primary doctor? \_\_\_\_\_

Do you have health insurance or coverage? If so, what type? \_\_\_\_\_

How many hours of sleep do you get in an average night? \_\_\_\_\_

Do you experience any difficulty with sleep (e.g. difficulty falling or staying asleep, troubling dreams, etc.)? \_\_\_\_\_

Do you exercise regularly?  Yes  No If so, please describe: \_\_\_\_\_

How many meals do you get in a typical day? \_\_\_\_\_

How many times do you snack a day? \_\_\_\_\_

Describe your diet (e.g. what you eat, portion sizes, etc.): \_\_\_\_\_  
 \_\_\_\_\_

Do you have any allergies?  Yes  No What are they? \_\_\_\_\_

List all the medications you are taking:

MEDICATION	DOSAGE/FREQUENCY	PURPOSE	PRESCRIBING PHYSICIAN

(If you need additional space, please write on the back of paper or ask for an extra sheet.)

Do you have or have you ever experienced any of the following?

Condition	Current (X)	Past (Indicate when)	Condition	Current (X)	Past (Indicate when)
Anemia			Head Injury		
Anxiety Disorder			Headaches/ Migraines		
Breathing/ Lung problems			Heart/ Blood Pressure		
Bowel/Stomach Trouble			Kidney Problems		
Convulsions/ Seizures			Liver Trouble		
Depression			OB/GYN Problems		
Diabetes			Pancreatitis		
Excessive Bleeding			Other mental or medical problem(s) _____		

**Our licensing by the Department of Child and Family requires us to do both screening and education about communicable diseases.** New cases of communicable diseases must be reported to the Dept. of Health. We ask people to practice courtesy and general good hygiene including universal precautions and seeing a physician when sick. A copy of our infection control policy is available to you. We will gladly answer questions you may have. Individuals who abuse substances are at higher risk for contracting HIV/AIDS, Hepatitis, Tuberculosis, sexually transmitted infections (STIs), and other communicable diseases. We encourage you to get accurate information and anonymous/confidential testing. **We will help you get anonymous/confidential testing and treatment. There are excellent assistance programs available. Please ask!**

Hepatitis is a disease of the liver. There are several types of Hepatitis and people who are infected may not know it because they don't have symptoms yet. Chronic Hepatitis B & C are two of the most serious types which can be life threatening. Early detection can help save lives because treatment is available. Hepatitis can be transmitted through bodily fluids such as blood, semen, and vaginal fluids. Most commonly these fluids are exchanged during sexual contact, by piercing & tattooing, or by sharing paraphernalia used to smoke, snort, or shoot drugs. Hepatitis is also transmitted by contact with fecal stool, which is the reason for the signs in restaurant bathrooms. It is generally accepted that Hepatitis is not spread by casual contact. Testing is available through you doctor or the Health Department. Symptoms of Hepatitis include tiredness or fatigue, flu-like symptoms, loss of appetite, nausea, vomiting, fever, and weakness. You can protect yourself from exposure by abstaining from sex and drug use. Safer sex and not sharing paraphernalia reduce exposure risks. We have handouts that provide additional information.

HIV (Human Immunodeficiency Virus) is the virus that causes AIDS (Acquired Immunodeficiency Syndrome). People with HIV/AIDS may look healthy. Again, early detection can lead to life preserving and life enhancing treatment. HIV/AIDS can be transmitted through blood fluids such as blood, semen, vaginal fluid, and sometimes breast milk. It is transmittable through oral, anal, and vaginal sex. It is transmittable through sharing of needles including those used for drugs, piercing, and tattooing. HIV/AIDS is not spread through casual contact. Anonymous testing is available at the Health Department. Symptoms of AIDS often do not occur for many years after infection with HIV, and the infected person is contagious during this time. Again, testing can save the lives of others as well as help the infected person receive proper treatment. You can protect yourself from exposure by abstaining from sex and use of needles. Safer sex including avoiding high-risk behavior reduces exposure risks. We handouts available for more information.

Tuberculosis is a disease spread from person to person through germs in the air. Tuberculosis usually affects the lungs, but can affect other organs. More powerful strains of Tuberculosis are occurring and infection is on the rise. There are higher risk situations including exposure to confined spaces such as institutions or planes. Testing is available through your doctor or at the Health Department. Symptoms of Tuberculosis including feeling sick or weak, weight loss, fever, night sweats, cough, coughing up blood, and chest pain. We ask that people practice coughing into their elbow. For demonstration or for additional information, please ask.

SCREENING:

Have you ever...?

Shared a needle?  Yes  No

Had a tattoo or piercing?  Yes  No

Had sex with a prostitute?  Yes  No

Had sex for money or drugs?  Yes  No

Had unprotected sex outside  
a monogamous relationship?  Yes  No

Had multiple sex partners in the past year?  Yes  No

Had a sexually transmitted disease/infection?  Yes  No

Had a black out while drinking/using drugs?  Yes  No

Had sex with someone who would answer  
yes to any of these questions?  Yes  No

Do you currently have...?

Night Sweats?  Yes  No

Fatigue?  Yes  No

Flu-like symptoms?  Yes  No

Cough?  Yes  No

Coughing up blood?  Yes  No

Fever?  Yes  No

When was your last HIV test? \_\_\_\_\_

Your last Hepatitis Test? \_\_\_\_\_

Your last Tuberculosis Test? \_\_\_\_\_

**For anonymous/confidential testing, call the Pinellas Health Dept. at (787) 824-6911.**

I have reviewed and understand the above medical information.

\_\_\_\_\_  
Signature of Patient/or Legal Guardian

\_\_\_\_\_  
Date