

INTAKE EVALUATION:

12-5-85

SNOW, OTTO E.

East Surf Street

Old Orchard Beach, ME 04064

DOB:

No phone

Identifying Information:

Otto E. Snow is a 29-year-old, white, Judeo-Christian, never married, male, who resides in Old Orchard Beach with a male housemate. Patient is referred to this Clinic by MMC's ER, Dr. Lantos.

Presenting Problem:

"Migraines for the past 3 weeks".

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History of Presenting Problem:

Patient was seen in MMC's ER on 11-16-85 with a chief complaint of right side headache, history of migraines; diagnosis of Adjustment disorder with depressed mood vs. Cyclothymic disorder, R/O Hypomania. Patient was prescribed Halcion .25mg qhs. Patient has been seen twice by Tim Ackerson, MSW, MMC Walk-In Medical Clinic (2911) since that contact with the ER. Patient reports a history of migraines since the age of 13. Recent significant stressor related to the patient's being arrested for the intent to make amphetamines and hallucinogens from chemicals he had ordered. Patient denies this and states he is involved in doing neuro-chemical research. The patient was released from jail on \$3000 bail, is feeling comfortable with his lawyer's management of the case. Another stressor involves the ongoing care for his chronically ill parents (mother psychiatrically and father has cancer). Patient describes stressors significantly increasing since 1982; 1983 paternal grandfather died, parents illnesses, family moved from Nashua, NH to Moscow, ME and an overall deterioration in the patient's own health. Sleep disturbances indicated, with initial, middle, and terminal insomnia. Recurring dreams, nightmares and terrors reported. Appetite has decreased, remarkable weight loss within the last 3 years, particularly within the last month. Patient is 5'9" and less than 116 lbs. Patient denies suicidal ideation, plan or intent, no history for attempts. Denies homicidal ideation. Reports a decrease in libido in the last 2 months. Legal history includes one OUI in 7-85, and recent arrest for "intent to traffic" drugs. Patient describes feeling easily tearful, decrease in energy level, low self-esteem, increase in irritability and overall feelings of powerlessness. Support system involves several friends and his parents.

Psychiatric History:

Patient saw a psychiatrist in Ellsworth, ME as a teenager. Recent contact with Dr. Lantos in MMC's ER and 2 sessions with Tim Ackerson, MSW. No other psychiatric history noted for patient. Mother has been treated on an outpatient and inpatient basis for depression, hallucinations, and diagnosed for (?) "Anercholeric Syndrome". The patient's mother has made several serious suicidal gestures. Other family history described as unremarkable.

Medical Status/History:

Family physician is Dr. Dan MacInnes. Present state of health described by the patient as: "migraines". Last physical checkup was in 1984. Patient is encouraged to contact physician for a complete physical and possible neurological evaluation. Medical illnesses or operations listed by the patient as: "chicken pox age 6, tonsils, measles and bronchitis age 7, asthma age ?- adolescence; migraines age 13, he was hospitalized

for migraines, with his right side paralyzed for about one week's time. Patient has been also diagnosed for Cluster headaches. The patient's father was diagnosed for "vocal chord" cancer in 1982. Medication for patient prescribed by Dr. Lantos: Halcion .25mg qhs. Variety of allergies noted.

Substance Use:

Significant. Patient began smoking cigarettes age 21, is smoking 2 packs per day, filtered. Remarkable history for alcohol abuse, however, denies any substance is a problem in his life. In 7-85, a neighbor of the patient was aware he was driving while intoxicated, called the police and the patient was arrested, OUI. Patient completed the DEEP program, never attended an AA meeting, and is to appear in court on 12-9-85 concerning the OUI. The patient fears he may lose his license. Admits to a history of experimentation with cannabis, denies current use. Parents are described as social drinkers, question father's episodic binge drinking as abuse. Other family history described as unremarkable.

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Psychosocial History:

The patient was born in Haverhill, MA. He is an only child. Parents marriage is intact, no previous marriages or separations, they reside together in Hancock, ME. Father, 64, is retired from his position with an Environmental Laboratory. Father attended some college, during the evenings and was described as rarely talking about his work. Patient describes a close and positive relationship with his father. Mother (62) is a full-time homemaker, had worked as a bookkeeper at one time for 8 different businesses, she has some high school education. The patient describes his parents marriage as "good, close and if one should die before the other, the other would die soon after". The patient's mother was the primary disciplinarian through verbal means. The patient has taken a protective role with his parents and believes this is related to their giving to him when he was in need - describes having been a sickly infant and child. Patient denies any history of physical, sexual or emotional abuse.

The patient's parents are Protestant, however, the patient over the years, has invested a tremendous amount of time into researching the Judeo-Christian religion. The patient graduated from a private Catholic high school in Nashua NH, Bishop Guertin, 1974. Grades were average, involved on the school newspaper. The patient attended UNH 1974 to 1976, left feeling "bored and not ready". The patient's parents paid for his college tuition and are currently financially supporting him. The patient is unemployed, and has not worked since 1981. Patient states he is a self-educated neuro-chemist. Patient has spent time reading and researching this interest for the past several years at MIT, MCP, Northeastern etc. libraries. The patient appeared quite knowledgeable in this area. Hobbies and interests include writing poetry and reading/researching old religious texts. The patient is not dating anyone at this time, has been involved in several heterosexual relationships in the past.

Three Wishes:

"1) no more illnesses, 2) to have someone to love and 3) work in the field of medical research".

Impressions:

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Patient arrived on time for his intake evaluation. Presents as a likeable, attractive young man, who appears older than his stated age. Patient is casually attired, neatly groomed, full bearded, and is balding. Manner is alert and cooperative. Overall mood appears depressed with some anxiety. Thought process appears clear. Question delusions. Denies hallucinations now or ever. Intelligence is within a normal range. Insight and judgment is fair. Patient denies suicidal or homicidal ideation. Impression is that of:

Axis I: Adjustment disorder with depressed mood Vs. Cyclothymic disorder, R/O Hypomania, Alcohol abuse in remission

Axis II: Obsessive-compulsive traits

Axis III: Migraines

Axis IV: Moderate to severe

Axis V: Good.

Staffing Notation:

Patient is scheduled for a MSE with Dr. Gogek on 12-18-85. Patient is informed of several resources within this community to increase support system. Patient plans to enroll at USM tomorrow for the next semester. Patient may be a potential candidate for this Clinic's Men's therapy group. Treatment plan pending.

Deborah Willey, LCSW/rl

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