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May 23, 2025

To Whom It May Concern:

This letter is in reference to Sonia Montero.

In June of 2024, Sonia sought counseling services at the clinic in which I work, and began attending recurring sessions with me in July of 2024. Since then, she has consistently participated in bi-weekly counseling sessions wherein she has demonstrated openness and motivation toward change. During our time working together, Sonia has demonstrated increasingly positive shifts in her mindset and thinking patterns. More importantly, she exhibits an ongoing commitment to sobriety, mental health, and overall wellbeing through her actions. Despite facing a variety of challenges throughout the last year, Sonia has shown time and again that she is invested in, and committed to, improving herself and maintaining sobriety.

If there are any questions regarding Sonia's participation in services, please reach out to me via phone or email (608-960-8484, [psoehnlein@abegglencounseling.com](mailto:psoehnlein@abegglencounseling.com)). In order to communicate directly, a Release of Information form must be completed and signed by Sonia approving this communication.

Sincerely,

A handwritten signature in cursive script that reads "Paula Soehnlein".

Paula Soehnlein, LPC, LMHC, NCC  
Abegglen Counseling

**ARC OUTPATIENT SERVICES, INC.  
TREATMENT PLAN REVIEW AND ASAM**

**LEGAL NAME:** Sonia Montero    **PREFERRED NAME:** Sonia  
**PRONOUNS:** She, Her, Hers    **DOB:** [REDACTED]  
**CURRENT DIAGNOSES:** alcohol use disorder, mild F10.10, Generalized Anxiety Disorder, Depression  
**DATE OF REVIEW:** 3/27/2024

**Treatment Goals:**

1. Maintain abstinence from all substances for 30 days

**Client Strengths:** motivated to change, determination

**Type of Goal:** 1. SUD and Recovery      **Status:** 3. Not Achieved, Continue    **Stage of Change:** Preparation

Established on: 10/25/2023    Target Date: 12/1/2023

Completed on: 12/1/2023    Measurement: Client Self Report

**Objective:** Client will weigh the pros and cons of alcohol use

Established on: 10/25/2023    Target Date: 12/1/2023

Completed on: 12/1/2023    Measurement: Review of Documentation

**Action:** Complete a decisional balance worksheet

Established on: 10/25/2023    Target Date: 12/1/2023

Completed on: 12/1/2023    Measurement: Review of Documentation

**Action:** Read and discuss NIAA Rethinking Drinking information

Established on: 10/25/2023    Target Date: 12/1/2023

Completed on: 12/1/2023    Measurement: Clinical Observations

**Brief Summary of Progress Towards Goal:** Client has met all of her goals related to her alcohol use and is highly motivated to continue with a sober lifestyle. Client is able to express the pros and cons of her use and identify the ways in which her use did not align with her goals and values. Client has a positive support system and is able to engage in activities with her friends that do not revolve around alcohol use. Client does have some concerns about her partner's use as she says he rarely drinks, but when he does, she feels his use is problematic. Client has been able to set boundaries with her partner and he has made some effort to embrace a sober lifestyle with her by trying NA drinks and joining her in some of her new hobbies (puzzles, exercise). Client has maintained abstinence since starting treatment services. While client feels a deep sense of regret about her most recent OWI, she feels this was a much needed wake-up call for her and has demonstrated a strong

**commitment to changing her relationship with alcohol. Update 3/27/2024- client has a positive attitude about her current house arrest and is taking the time to accomplish projects at home. Client and her partner have adopted a healthier lifestyle since abstaining from alcohol use and reports their relationship has grown stronger as a result.**

**2. Learn and practice healthy coping skills for managing life stressors and anxiety**

**Client Strengths: open-minded, willing to try new things**

**Type of Goal: 2. Mental Health      Status: 2. Partially Achieved, Continue      Stage of Change: Action**

Established on: 10/25/2023      Target Date: 12/15/2023

Completed on: 12/26/2023      Measurement: Client Self Report

**Objective: Client will reduce symptoms of anxiety and depression as measured using PHQ-9 and GAD-7 assessments**

Established on: 10/25/2023      Target Date: 1/1/2024

Completed on: 12/26/2023      Measurement: Review of Documentation

**Action: Client will start treatment with a mental health provider for ongoing mental health support**

Established on: 10/25/2023      Target Date: 1/1/2024

Completed on:      Measurement: Collateral Contacts

**Action: Client will identify 10 effective coping strategies and use them to manage situations that trigger anxiety and substance use cravings.**

Established on: 10/25/2023      Target Date: 1/1/2024

Completed on: 12/26/2023      Measurement: Client Self Report

**Brief Summary of Progress Towards Goal: Client reports significant improvement in her mental health symptoms since starting treatment and has developed several helpful coping strategies, including yoga, reading, puzzles, and breathing exercises which she puts into practice regularly. Client is currently waitlisted for a mental health provider and plans to call some other providers to see if she can find a place with a shorter waitlist.**

**3. Client will learn about setting boundaries and practice these in her interpersonal relationships**

**Client Strengths: willingness to learn, strong sense of values**

**Type of Goal: 3. Relationship/Family      Status: 3. Not Achieved, Continue      Stage of Change: Contemplation**

Established on: 10/25/2023      Target Date: 1/1/2024

Completed on: 12/26/2023 Measurement: Clinical Observations

**Objective: Client will prioritize self-care and know her limits when it comes to helping others**

Established on: 10/25/2023 Target Date: 1/1/2024

Completed on: 12/26/2023 Measurement: Client Self Report

**Action: Complete boundary self-assessment worksheet**

Established on: 10/25/2023 Target Date: 1/1/2024

Completed on: 12/12/2023 Measurement: Review of Documentation

**Action: Complete homework from Better Boundaries workbook**

Established on: 10/25/2023 Target Date: 6/1/2024

Completed on: Click or tap to enter a date. Measurement: Review of Documentation

**Brief Summary of Progress Towards Goal: Client has worked with writer to learn about boundaries and areas where she has loose boundaries, primarily with her brother, partner, and at work. Client has been practicing setting boundaries and prioritizing her needs by saying no to extra shifts and agreeing not to help her brother except when it comes to being there for her nephews and providing him with resources. Client has also asked her partner to stay at his place on nights he chooses to drink as client says he acts obnoxious and she doesn't like being around him. Client plans to continue treatment once a month to work on developing better boundaries until she finds a mental health provider. Update 3/27/2024- client is continuing to refrain from any contact with her brother as she recognizes having a relationship with him is detrimental to her mental health currently. Client and her partner are committed to abstaining from alcohol use and client shows a strong commitment to a healthier lifestyle, valuing exercise and putting energy into relationships with those who share her values. Client and writer discussed grounding techniques and breathing exercises to use when coping with feelings of anxiety and uncomfortable emotions on 3/27. Client and writer are meeting monthly and writer plans to assist client in finding a mental health provider during next session.**

ASAM REVIEW					
Dimension 1	Dimension 2	Dimension 3	Dimension 4	Dimension 5	Dimension 6
0 - Non-clinical	0 - Non-clinical	1 - Outpatient	0 - Non-clinical	1 - Outpatient	0 - Non-clinical

Client Signature and Date:

Counselor Signature and Date: 3/27/2023

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Heidi Phistry- SAC 

Supervisor Signature and Date:

Medical Director Signature and Date: 1/25/24

 , MS, CSAC, LPC, 2/16/2024

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 , MD, Medical Director

**ARC OUTPATIENT SERVICES, INC.  
DISCHARGE SUMMARY**

**LEGAL NAME:** Sonia Montero    **PREFERRED NAME:** Sonia  
**PRONOUNS:** She, Her, Hers    **DIAGNOSES:** alcohol use disorder, mild, in early remission F10.21, Generalized Anxiety Disorder, Major Depressive Disorder

**Date:** 7/5/2024

**Reason for Discharge:** Completed treatment with major improvement (1)

**Prognosis:** Good

**Attendance:** Good

**Client Ability to Return:** Yes

**Treatment Goals:**

1. Maintain abstinence from all substances for 30 days

**Type of Goal:** 1. SUD and Recovery    **Status:** 1. Achieved    **Stage of Change:** Maintenance

2. Learn and practice healthy coping skills for managing life stressors and anxiety

**Type of Goal:** 2. Mental Health    **Status:** 1. Achieved    **Stage of Change:** Maintenance

3. Client will learn about setting boundaries and practice these in her interpersonal relationships

**Type of Goal:** 3. Relationship/Family    **Status:** 1. Achieved    **Stage of Change:** Maintenance

**Summary of Treatment:** Client showed a high level of internal motivation to change her relationship with alcohol and cope with various life stressors in healthy ways. Client was able to incorporate new daily habits, such as exercise and reframing negative self-talk, as well as set boundaries with those in her life that were draining her energy and affecting her mental health negatively. Client made significant changes that resulted in an increase in feelings of self-worth and has been successful in creating a life that aligns with her core values. Client completed all of her treatment goals at ARC and transitioned to a mental health provider in order to further her personal growth and address her mental health goals.

**Continuing Care Plan:**

What are your goals for the next year: [Click or tap here to enter text.](#)

What strengths do you have that will help you reach these goals: [Click or tap here to enter text.](#)

Is there anything that we at ARC could have done better: [Click or tap here to enter text.](#)

<b>ASAM REVIEW</b>
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Dimension 1	Dimension 2	Dimension 3	Dimension 4	Dimension 5	Dimension 6
0 - Non-clinical	0 - Non-clinical	0 - Non-clinical	0 - Non-clinical	0 - Non-clinical	0 - Non-clinical

Client Signature and Date:

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Supervisor Signature and Date:

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Counselor Signature and Date:

Heidi Phistry Heidi Phistry, BS, SAC 7/5/2024

Medical Director Signature and Date:

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