Case Management Documentation Paper

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Overall, after reading Marie’s case, she has a problem in many aspects of her life. The biggest problem here are suicidal though and attempts and admitting that she “smokes a few joints and has some mixed drinks” at the age of 17 while pregnant. Marie admits that she’s had tough of hilling herself. She took a handful of Tylenol and her grandmother’s pain medication last year in attempt to end her life. Also, her mother has taken all the razors out of the house, because Marie has scars on both of her arms where Marie says she cuts to feel normal; she believes that it’s no big deal and that everyone is doing it. Marie is currently 3 months pregnant and hasn’t gone to see a doctor because she has no insurance and is unemployed however she worked at Mc Donald for a short period until “they drive me crazy, and I had to cuss them out”. Marie is hesitant to discuss any current drug/ alcohol use, but she admitted that she was “drunk” when she conceived her baby; and is no longer in contact with the father of her baby and states that “he was a loser anyways” She talks about having access to “anything she wants” because of the activities of her brother. She says she had “tried” some cocaine and heroin in the past. Lastly her family received an eviction notice this week; the family has no insurance or transportation.

The background information about the case is that Marie is currently 3 months pregnant with her first child. She is a junior in high school and is contemplating about dropping out because of the pregnancy. She has a 1.5 grade point average and has skipped school several times. She is a Catholic and doesn’t believe in getting an abortion; she expects her mother and grandmother to support the child but no one in the house is employed. Marie admits drug/alcohol use and she has access to “anything she wants”. She associates with her bother peer group who is gang affiliated where she gets her hand on the illegal substances. Marie has attempted suicide she is dangerous to herself she has cut herself in the past and take handfuls of pills.

For case management I would see if Marie would like help first off she would need both mental health counseling and substance abuse counseling and priors to that helping her get help such as medial appointment for herself and her child; also helping her with some academic counseling to help her stay in school if she wants but reminding her that it’s difficult to find a job without a high school diploma. If she chooses to stay in school, helping her find a part time job to help her support herself and her child. Lastly, explain to Marie that she is almost 18 and going to be considered an adult soon and that she cannot expect for her mother and grandmother.

# **Treatment Plan**

Goal #1: Help end suicidal thoughts & drug use & attitude problems.

Objective #1: To attend meeting with therapist and counselor.

Objective #2: Attend outpatient rehab for drugs and alcohol.

Goal #2: Finish High School

Objective #1: Help understand the society and environment in which she lives.

Objective #2 : Learn important soft skills to gain life skills, employability skills, leadership, financial and money managements

Goal #3: Find a job

Objective #1: Become able to make money so that she can provide for herself and unborn child

Objective #2: Become independent; end thought of her mother and grandmother will take care of her and her child

The goals that I have for Marie are based on the problems that are going on in her life. The first goal is to end suicidal though, drug use, and attitude problems. The way that these things can be changed are by a seeing a therapist/ counselor / mental health professional to help her understand where the reason hostility stems from and suicidal thought and actions. Secondly attending outpatient rehab to help her with both the alcohol and drug use.

The 2nd goal is to graduate from high school. Graduation from high school may seem like something that isn’t important to her but in reality, graduation and learning helps her understand both the society and environment and it’ll help her become an overall better person and plus why not complete her education at a young age rather than not graduating and then going to get a GED in the future.

# **Referral list**

1. Learn4life

Phone Number: 877-360-LEARN

Location: From Sacramento to San Diego.

The HOPE program focus to to help parenting teens excel- to provide mentorship and support to high school students who are teen parents. Student teen parents take advantage of a classroom designed for study in a child-friendly space. They study alongside their children and learn life skills, child development, health, food and nutrition and financial planning – all while working toward a high school diploma.  Through local partnerships, Learn4Life connects HOPE students with community resources like free diapers, clothing, formula, childcare and other necessities.

1. National Alliance of Mental Illness

4301 Wilson Blvd., Suite 300 Arlington, VA 22203

703-524-7600

One of NAMI’s main goals is to ensure that people get help early. Since mental health conditions typically begin during childhood, adolescence, or young adulthood, we have compiled essential information and resources intended to help young people get the mental health support they need. Marie struggle with suicidal though along with harming herself could be supported by NAMI.

3). The Recovery Village Drug and Alcohol Rehab

633 Umatilla Blvd Umatilla, Fl 32784

(855) 388 – 8912

They offer online services of rehab and teletherapy, free online recovery meeting. Registering for their teletherapy and online addiction treatment programs below and we’ll match you with a licensed professional who will meet with you regularly and guide you on the path to recovery. Marie enrolling into a program like this one will allow her to become abstinent of drug and alcohol. It won’t be an easy progress however if Marie is committed it’ll be worth it.

# **Case Note (DAP)**

Client name: Marie

Type of Contact

Date: 8/01/2017

(D) Met with Marie for one hour, 2nd session, Marie started the session enthusiastically reporting that “I hate my life." Marie states that her mother is “pissed” that she is pregnant and say she shouldn’t get an abortion and constantly calls her “lazy’ and that “she will not amount to anything”. Marie also states that “she hates working and people stress her out. Speaking about a incident that occurred in the past Marie believed that the girl deserved the fight because she was not respecting her. Also, Marie thinks her brother “should always have my back. he is family and he chose his ghetto friends over me and that pisses me off.” Marie believes that she can take care of herself but doesn’t know what she is going to do with a baby.

A) Marie seems like she may not be having suicidal though or action anymore. Sally seems upset about things in her life such as her mother and brother both not supporting her with what she chooses. After talking with Marie, she still feels like she does not have a lot of control of everything that is going on in her life.

(P) Next session scheduled for 8/08 at 5pm, follow up plan to discuss how Marie can have some control of the choices so maybe if things don’t work out, you can have a game plan on what you can do.

*References*