

Christian Paradis

April 22, 2020

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Case Management

Individual Project

On a micro, Rachel is a 26-year-old woman. Her race is Hispanic, and she is currently homeless. On an individual level Rachel's diagnosed should be identified first. Rachel has depression and anxiety but her case shows definite signs of trauma so she may be experiencing some PTSD as well. Once her diagnoses are accurate and current a case manager can develop a treatment plan. Another medical thing that would be consider micro would be her debilitating migraines. With the migraines it is not only providing pain to the client, but it is making medication management more difficult which would be discussed more on a Messo level. Next, Rachel does not have a stable form of housing so I would identify being homeless on the micro level but address it with resources on the Messo level.

On the Messo level, due to Rachel being in and out of inpatient psychiatric hospitals by the age of 18 years old my question would be if she graduated high school? Without a high school diploma, she may not be able to find a reliable job to support herself. Next, if she had not graduated high school, I would help her find a GED program if she were willing. This could help her then attend college for what she has interest in which is performing arts and music. I believe this would be a positive reinforcement in Rachel's life and give her something to focus on. To

help Rachel with her depression, anxiety, and possible trauma I would help refer her to agencies or therapists for a type of treatment plan made. During this stage I would address the issue of medication management and help refer Rachel somewhere that will be able to provide this service as well. Next, she does not have a stable form of housing. Her case file addressed the fact that she is in a transitional housing program with the shelter she has been living at but would have to wait 3-6 months for permanent housing. I would help Rachel find other forms of permanent housing. This may mean going through a different type of agency or apply for section 8 housing and walking her through the application process for each. With finding housing, Rachel may need to begin working. I would assist her in creating a resume with her past work experiences and qualifications and assist her in applying for employment. I would also find resources for support groups in the community Rachel could attend for self-harm awareness or her other diagnoses.

On the Macro level, there should be a more effective form of service for women in shelters. A system that helps women find treatment for their other struggles such as diagnoses and trauma while in the shelter. A system that helps women find employment instead of just having to wait 3- 6 months for reliable permanent housing.

I honestly believe that self-disclosure should remain little to none. To hold an ethical relationship with a client I would need to keep the relationship strictly professional without blurring the lines. If I were to self-disclose any information, I would ask myself what my motive was before. Am I offering information about myself to my client to make my life easier or to help the client? I think I would discuss my question with my supervisor before disclosing especially in the beginning of my career to avoid any ethical problems.

Some basic treatment plan goals I would suggest to Rachel would be stable housing, be stable with medication management, and attend consecutive therapy sessions to work on her depression and anxiety. I would also recommend some group therapy and peer support groups for Rachel. I believe it would be beneficial for her to find good support in the community.

As a case manager I would work within the 12 Core task I would complete the initial interview with Rachel. I would try and gather information about Rachel and her mother and the rest of her other family. I would then assemble a treatment plan with other professionals. This could be with a therapist, program representatives, and anyone involved in her progress. After the treatment plan was in place I would monitor and guide the plan to provide the best care for Rachel. With monitoring the treatment plan and Rachel's progress I would continue to provide support and counseling with information and resources if she needed them. I would create documentation and keep current on paperwork with Rachel. I always will show respect and have clear boundaries with Rachel to provide her with the best ethical relationship to help her.

Using the 8 steps, I would define the problem first which is Rachel's depression and anxiety and her lack of stable housing now. Being that Rachel has had suicidal ideations, I believe her mental health should be addressed and have the severity be apparent. I would develop a hypothesis which would be that providing stability in Rachel's life and treating her diagnoses could help her and provide her with the tool she needs to continue that stability on her own. Some goals to establish would be growth in her mental health, a stable home, and finding a job or attending school for music and arts. After creating goals for Rachel, I would assist her in developing a plan and implementing the plan for her success. Termination always begins in the beginning of each client's admission so I would be preparing Rachel for termination from the

start. I would do this by being goal oriented and involved with reminders that she will have my help until she no longer needs it. When her goals are accomplished and she and I both have decided termination is appropriate I would follow up with her and check in to make sure she continues to be successful with her treatment.