

### 1. Step 1 Description

At Oceans behavioral I met DM a 31-year-old female. It was just after lunch, and she was sitting at a table in the common room, and I had asked to join her. She was drinking her coffee and cranberry juice and was welcoming to talking with me.

### 2. Step 2: Feelings

I was nervous to sit down and talk to someone who might be sensitive to her situation, and I was not sure what to expect and I wanted to make sure I respected her boundaries, and I did not want to cause her any stress with questions I may have asked her. She was forthcoming and really liked to talk so I got to listen to her talk about her life outside of oceans. As nervous as I was in the beginning, she was easy to talk to and I felt getting to know what had caused her to get to where she was important to know and what she was doing to help herself

### 3. Step 3: evaluation

It was good to get to know another person who had the courage to know when she needed help and reached out for it. It was easy to talk to her and she really did not mind sharing her story and she didn't mind what questions I had and so overall it made the interaction go well. At some points it was more difficult to identify truth from how she described her life. For example saying she had 24 siblings.

### 4. Step 4: Analysis

DM is diagnosed with Major depressive disorder and DM describes having problems sleeping and that can result in feeling more tired and after a while can lead to depression. She told me that she used to have a plan to end her life but at this current time she could not remember what it was. She has a group of symptoms or feelings that have lead her down that path of having feelings of wanting to hurt herself and others.

### 5. Step 5: Conclusion

DM home life brought her to a breaking point and feelings of SI and HI. Currently she does not feel those feelings so I feel like the family member she lives with is causing her emotional stress and so it just brought her to her breaking point.

### 6. Step 6: Action plan

I really feel for her and I relate to having stressful family members and I feel like she has a good support system from her fiancé and I hope for her that he

really can help with her mental health and continue to encourage her to get help and counseling. I have learned that mental health is a lot of body cues and reading between the lines because a patient may not always be forthcoming with the truth. Everyone handles stress in different ways.