



Individual Performance Profile

Individual Name: Destiny Bell
Student Number: 6667224
Institution: Lakeview CON
Program Type: BSN

Please note that time spent on your Individual Performance Profile reflects only conversations fully completed.

Time Use and Score

Virtual Interaction: Adolescent clients and performance enhancement substances	Date	Time Spent	Score(Points)
Practice: Tom and Curtis	01/22/2023	06:38	Complete

Scenario

Tom, 14, is already using supplements, which he and his dad believe are boosting his athletic performance. Intervene now to talk with them about the risks of supplement use and prevent Tom from using more dangerous substances later.

Overall Engagement

Overall Engagement

0 of 0 points

Selected option:

Good job getting Tom and his father talking about supplements and steroid risk.

Rationale:

Very few families have any idea how unregulated the supplement market is or have talked to their children about the dangers of steroids.

Communication Technique Feedback: Points on technique separate from overall points

0 of 0 pts

Rationale:

No additional feedback available for this conversation.

Scenario

Ella, 16, has had heart palpitations and other warning signs of stimulant misuse. Find out if she's using stimulants and make or assist in the development of a plan to address her stress and help her quit.

Overall Engagement**Overall Engagement****0 of 0 points****Selected option:**

Overall you did a good job talking with Ella about stimulants.

Rationale:

You were smart to ask Ella about drinking. Her screening form indicated some use of alcohol, which is often comorbid with stimulant misuse. You also did a great job identifying Ella's anxiety as the underlying cause of her stimulant use. With proper mental health support, she should be able to stop using stimulants and find better ways to address her worries.

When working with actual clients, you may want to break this conversation up over two or more visits. It might take multiple conversations for a teen to admit use or decide they want to change, so don't give up if you meet resistance the first time you bring it up!

Communication Technique Feedback:**Points on technique separate from overall points****Asking Respectful Questions****0 of 0 points****Rationale:**

When gathering information, you used open-ended questions to encourage Ella to share her experiences.

You also made an effort to use Ask-Tell-Ask, but sometimes you gave information before asking what Ella already knew. Beginning with a question builds buy-in and allows you to tailor the information you give.

Building Trust**0 of 0 points****Rationale:**

Though at one point you seemed dismissive of Ella's concerns, in general you appeared to take her problems seriously. You could get a better score in this area by avoiding dismissive language; instead of trying to reassure her, you could try to understand her concerns and collaborate on them.

Validating Ella's Experience**0 of 0 points****Rationale:**

You reflected what Ella told you and normalized her feelings. This made her feel accepted and understood. It also built trust so she felt safer confiding in you.

Next time you could also use summaries to keep Ella on track and let her know you are listening.