

Social Work Practice Evaluation Plan

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This past semester, I had the opportunity of interning at Help USA-The Hamilton Shelter Facility in Harlem. The Hamilton Shelter Facility is a 154-bed shelter mainly focused on single parents. As a Social Work Intern, I was assigned 6 families to work with. Amongst one of those families, I was instructed to work with a client, named Nicky. Nicky stuck out to me because on the day she moved into the shelter she was very polite and compliant. When I asked Nicky if she would be willing to meet with me after meeting with her case manager, she was willing and pleasant. I completed her intake, assessment, and biopsychosocial evaluation. I learned that Nicky is a 27-year-old, African American female, who had a 2-year-old son. She was also 32 weeks pregnant with her second child. Nicky entered the shelter with her son due to domestic violence. Nicky has a past family history which includes growing up with her adopted family. Her biological mother left her in the hospital. Her mother was also addicted to crack/cocaine. Nicky also grew up with three siblings, two sisters and one brother. Nicky has a history of mental health concerns as she has been diagnosed with bipolar disorder and depression. Nicky has been hospitalized for this multiple times.

Nicky has three problems. Her first problem I will discuss is Homelessness. This is a problem because Nicky needs a stable residence for her and her children. Homelessness is unstable and doesn't provide a safety net for the family that she is raising. The second problem we will evaluate is her mental illness. As foretated, Nicky

has been diagnosed with bipolar disorder as well as depression. Her mental illness is an obstacle because she is not seeing a therapist and she isn't receiving treatment. During bouts of depression, Nicky, cries uncontrollably, screams at staff members, and suffers from mood swings. The third problem that Nicky has is how she handles stress. When Nicky is stressed, she isolates herself and does not interact with her family or friends. Another way she exhibits stress is that she yells at staff. At the shelter there are 4 incident reports of her being disrespectful and insubordinate toward staff.

Client Name		What would you like help with?	Place a check where you would like to receive help.
		Homelessness	✓
		Mental Health Diagnosis	✓
		Stress	✓

With these problems the intervention that I believe would be most effective is, cognitive behavioral therapy (CBT). CBT will help Nicky find better ways to cope and deal with her stress. Nicky has some negative behaviors which include her aggression and how she

interacts with staff. I believe that 12 weeks of CBT will cause Nicky to stop yelling at staff and it will stop her from isolating herself when she is stressed.

CBT will also address Nicky's mental health issues by helping her recognize her style of thinking and to modify it through the use of evidence and logic. The goals that I have for Nicky include her obtaining permanent housing and successfully completing 12 weeks of mental health treatment. Objectives for Nicky include meeting with the Housing Specialist twice a week as well as viewing apartments in various boroughs. To address her mental health issues, an objective would be for Nicky to call the mental health provider and schedule her intake appointment. This will also address her triggers and lower her stress levels.

My intervention hypothesis is as follows: 12 weeks of Cognitive Behavioral Therapy will assist Nicky with her bipolar and depression by lowering her stress levels and providing her with healthier coping mechanisms.