

Mental health assessment report

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Mental Health Assessment Report

Name: Josefina Tenelema

Age: 37 years

Date of Birth: 6/15/1982

Date Tested: 6/26/2020, 6/29/2020

Tester: Katterin Sanchez

Test Administered:

- Beck Depression Inventory - Second Edition (BDI-II)
- Beck Anxiety Inventory (BAI)

Medications:

None reported.

Referred by:

Client is self-referred.

Reason for referral:

Ms. Tenelema arrived at our clinic for mental health testing to determine potential solutions for her emotional imbalance. She expressed feeling depressed and having suicidal ideations.

Background information:

Ms. Tenelema is a 37-year old divorced, of Mexican descent female, who resides in Manhattan, New York City alone in an apartment. The interview was conducted primarily in Spanish as Ms. Tenelema reported she feels the most comfortable speaking Spanish, although there were portions of the interview conducted in English.

Ms. Tenelema described her concerns regarding her behavior, moods and feelings. She reported feeling worthless for many years, but noticed the feeling becoming major when her husband proceeded with the divorce and took her two children. She does not have much contact with her children.

Ms. Tenelema reported when living in Mexico working since age 15 in a hotel her parental uncle managed. She described seeing the tourist “inspiring” and truly wanted to leave her country and chase “the American dream”. She expressed frustration because the household chores and her siblings depended on her. Ms. Tenelema stated feeling “extremely saddened” to see her mother with such depression after losing a child at 6 months old. Although Ms. Tenelema had experience working in the front desk of a hotel in Mexico, in New York she indicated it was “hard and almost impossible” because of the language and education requirement. She said that not being able to work at what she used to do made her “angry”. She believed that she wanted to come to this country to reach the “American dream”, but there were so many limitations. Ms. Tenelema obtained a General Educational Diploma (GED) at age 20, three years after her arrival in New York. Meanwhile she did some cleaning jobs, baby sitting and also helped with maintenance in some motel. Notably, she realized that as she was doing those small jobs, she would enhance her language and become familiar with the “American people”.

Ms. Tenelema reported her happiest days when she was an only child. She reported her mother having her sister when she was 7. Ms. Tenelema stated the recollections of all the praise going to her little sister and she “hated her mother for having another child”. Remarkably, Ms. Tenelema reported becoming “angry” to learn that she was yet going to have another sibling. Ms. Tenelema testified that “being Mexican and female, you will have to take care of kids and not be a child”. She expressed not having what she referred to as an “appropriate childhood” after her sister was born and learning that her mother was having another child was “devastating”. Ms. Tenelema expressed being told that her gestation was “good” and there were no complications with the delivery. All her milestones were met at a normal range. Ms. Tenelema disclosed she was told she was a “calm baby, that barely cried” and categorizes this as something positive.

When asked about school, Ms. Tenelema indicated that she recalls having to work and go to school at the same time. During elementary school, she reported that she will walk long distances along with the kids in her neighborhood. It saddened her to recall this memory as she once again said “I didn’t have a proper upbringing” in Spanish. She expressed sitting always in the front of the class because she was eager to learn. Learning seemed like the prize that she wanted to take home to her parents, although she expressed her parents “didn’t care that she attended school at all”. She remembers getting good grades, scores around 90’s. She also remembers her grades fluctuating as she became older and due to now having to take care of her siblings. Ms. Tenelema clarified that she was not able to finish high school in Mexico.

Ms. Tenelema met her ex-husband in 2005 while working maintenance in a motel. At the time she reported living in a room she rented in the Lower East Side of Manhattan. Ms. Tenelema did not feel safe in her neighborhood and thought that perhaps making a life with someone will help her with managing her “depression”. Ms. Tenelema reported after 6 months she fell in love, and 4 months later her ex-husband Mr. Tenelema told her that he needed to go to his country (Puerto Rico) to help his family. Ms. Tenelema indicated she promised him she will wait for him so that they can get married. Ms. Tenelema reported that he was in Puerto Rico for a year and 2 months. She narrated having communication with him while he was in Puerto Rico. She reported that he seemed to be jealous and told her not to be talking to other men. Ms. Tenelema reported that she was obedient to his wishes. He arrived at NYC in February 2007, and she moved in with him in August of 2007. Ms. Tenelema noted that he will be “quite controlling” but due to her recollections of her father’s behavior with her mother and not having anywhere to go, she stayed there. She described becoming pregnant in October 2007 and it was a total surprise. Ms. Tenelema wasn’t certain about having a child with this man, but also reported that perhaps this can make their relationship better. She indicated Mr. Tenelema was so happy that they went to City Hall and got married. She reported during this entire time that she was still working at the motel until May 2008 due to complications with her pregnancy. Ms. Tenelema conveyed her husband was becoming more verbally abusive. By the time their first child was born July 2008, she started seeking ways to prevent all her suffering. She began to drink and not care much of the home. She clarifies that she wanted to go back to work, but it was “too hard” to figure out what to do with a baby and go to work. Ms. Tenelema identified not wanting to be in the home, but also always feeling sad and worthless. Ms. Tenelema began to drink tequila daily. She expressed that her husband will take the baby to the paternal grandmother’s house because she will not take “adequate care”. Ms. Tenelema identified “feeling numb” and not pay much mind when her child was not home.

In 2010 Ms. Tenelema reported having her second child. She narrated that her oldest child will sometimes come to the home with the paternal grandmother, but she wouldn’t

remember much of his presence because she will be drunk or sleeping. She identified that the verbal abuse grew more causing less motivation to return to work. Ms. Tenelema started a part time housekeeping job at the Marriot hotel in Manhattan in 2014. She added that she was finally to begin working as a Front Desk associate 4 months ago because one of the “girls had a baby”. Ms. Tenelema felt good about the opportunity that finally came her way, she expressed not feeling very happy. Ms. Tenelema reported not engaging with coworkers in the job because she was “scare of what can happen with her husband”. Ms. Tenelema exposed being hesitant of giving out her phone number in her job because she didn’t want her husband to think it was someone of interest. Ms. Tenelema recalled that while living in Mexico she also did not have many friends, if any she recalled considering 2 kids she used to walk to school with her friends. She identified walking to school the only encounter she would have with these 2 kids, so at the same time she questioned if they were really her friends.

Ms. Tenelema reported not having much contact with her children or ex-husband. She clarified that she was aware of her children’s whereabouts because of the paternal grandmother who expressed “feeling sorry for her”. When asked about mood, she identified that she was “sad all day every day”. She added it took her three years to come seek help, and although she may feel a bit better, she is not sure if she will return. She recalls wanting to go to her bed all the time. She highlighted that she has reduced her drinking immensely, but she considers “going back to it”. Ms. Tenelema reported going to work, but also exhausting her paid time off, vacation and sick time. She added that her immediate supervisor told her to seek help, but she never replied back to him.

Behavioral observation:

Ms. Tenelema has a sad appearance. She wore a hoodie when the temperature was a raging 80 degrees. During the interview her facial expression, eye contact lacked in connecting with therapist. Her attention and concentration exposed difficulty especially when relating her concerns with her feelings. She reported that her mood was “blah” and added that she didn’t know if she was “going to come back to it” (referring to therapy).

The assessments Ms. Tenelema will be completing are fully in English, Ms. Tenelema was asked if she had any difficulty with understanding how to read in English. Ms. Tenelema reported that her English is “perfect for reading and writing”. She added that the interview was in two languages because she felt more passionate with speaking in both languages. While taking the self-assessments, Ms. Tenelema asked for some breaks because the questions were too “hard for her”. Ms. Tenelema was allowed extra time to complete her assessments. When asked if she will like to complete it at a later time if it’s too much for her, she cleared up her throat and said “I told you I was not sure if I will come back. I have to do this now”. Ms. Tenelema demonstrated that she is able to understand the questions on the assessments. She provided worthy rapport.

Test Results:

Depression Testing:

Ms. Tenelema completed a self-report measure of depression, the Beck Depression Inventory – Second Edition (BDI-II). Ms. Tenelema’s responses were consistent. She expressed having some challenges on how to proceed with answering some questions due to vulnerability.

Overall, Ms. Tenelema's self-concept involves sadness, worthlessness and feeling numb. While she was completing the assessment, Ms. Tenelema identified that she needed breaks to reply to some questions. She seemed to think about her experiences to base the answers to these questions where she had complications.

Emotionally, Ms. Tenelema feels sad and worthless. Most of her scores in the BDI-II using a scale range from 0 to 3 dominated with a 2. The criteria that received a 2 score were: feeling sad all the time, feels like a failure, guilt most of the time, and she blames herself for her faults. Ms. Tenelema identified a score of 3 in BDI-II for her response to not being able to cry anymore, which can determine her expression of feeling "numb". Based on her responses to the BDI-II her total score was 31, falling within the severe depression range.

Anxiety Testing:

Ms. Tenelema completed a self-report measure of anxiety, the Beck Anxiety Inventory (BAI). Using 0 to 3 score range in this assessment, she fell onto the moderate anxiety range with a total score of 31. The category that received a score of 3 relied on her fear of losing control. Ms. Tenelema's fear of losing control can be related to her expressing that it took her three years to come to seek help. For criteria relating to being scared, unable to relax, fearing worst from happening fall between score of 2, which is in the moderate scale scoring. Ms. Tenelema exposed spending a lot of time in bed.

Notably, for this assessment she did not ask for breaks. She completed the questionnaire second from the BDI-II, which may raise questions about validity.

Formulation:

Ms. Tenelem is a 37-year old divorced, of Mexican descent female, who is having concerns about her emotional imbalance, depressive moods and suicidal ideations. Although she had suicidal ideations, she did not proceed with completing the act nor has a plan.

Ms. Tenelema's interview and assessments identify that she has gone through many challenging situations in her life that can lead her to feel worthless and sad. Ms. Tenelema identified not wanting to get up from her bed to go to work. Ms. Tenelema shared that she used drinking as a coping mechanism to forget about the abuse that she was experiencing. Since childhood she has had many challenges in life. This is the first time she seeks professional help. It took her three years to seek professional help. After losing contact with her children, Ms. Tenelema shared that was the breaking point in her life. While her children were at home, the verbal abuse from her husband at the time caused her depressive symptoms to rise.

Using test data from BDI-II and interview Ms. Tenelema meets the criteria for Major Depressive Disorder with severe recurrent episodes (296.33).

Recommendations:

1. Ms. Tenelema can benefit from obtaining a psychiatric evaluation to determine if she will benefit from taking medication to manage her depression.
2. Ms. Tenelema can benefit from weekly therapy sessions using Alderian methods to assist with identifying ways to manage obstacles and create strategies to work towards her goals.
3. Ms. Tenelema can benefit from a support group of mothers who also have depressive symptoms. This will perhaps alleviate and enhance her feelings. Ms. Tenelema can benefit from seeing that other people experience similar symptoms.
4. Ms. Tenelema will benefit of journaling her emotions. This will help her to balance her feelings and identify when and what she is feeling.