

Mental Health Assessment Report

Client's Name: Katherine King (Gertrude Nelson)

Age: 19.5 years old

Date of Birth: 12/10/2000

Date of Interview: 6/25/20, 6/28/20

Interviewer's Name: Soreth Mitchell

Referred By: Court Mandated

Test Administered: Beck Anxiety Instrument (BAI) and Beck Depression Inventory- Second Edition (BDI-II)

Identifying Information:

Ms. King came to both sessions unaccompanied and presented as a young, intelligent African American woman of her indicated age of 19.5 years old. She is tall in stature, reportedly 5'11 inches and of a slender build. Her clothes were casual, a pair of fitted jeans and a tee-shirt, at both sessions. Each time, she appeared a bit disheveled and at the second interview she appeared to have had crumbs on her top. Throughout the second interview, she would spend time trying to dust the crumbs off. It could also be noted that she had a wig on because it was somewhat ill placed on her head. She appeared to not have any make-up on.

She was early to both sessions and responded to all the questions asked of her during the second session. During the first session she expressed feeling frustrated at having to come to therapy and stated that she did not trust anyone. Ms. King was informed of her rights to confidentiality and the legal parameters during both sessions. Her responses to minute questions were extremely guarded. Although her initial presentation was abrasive, Ms. King actively participated in the evaluation process. Some of the questions received delayed responses and on occasion the question had to be re-stated.

She reported being a sophomore in college, living independently in an apartment off campus. She stated that she receives adequate financial support from the numerous academic scholarships and grants she receives to support herself economically. She stated that she does not have any children. Ms. King reported driving herself to the evaluation without difficulty.

Ms. King very briefly reported that she was mandated to report to mental health counseling as part of her sentencing following a recent altercation at a party. Ms. King stated that she has never received counseling before and has never had any prior altercations requiring the involvement of the police or the courts. She expressed disbelief that she was accused of wrongdoing in the situation that occurred.

Client's Presenting Complaint/ Concerns:

During the first session, Ms. King was not able to adequately share information regarding the incident that resulted in her being mandated by the court to attend anger management therapy. She had expressed a very high level of distrust for the evaluator and other people on whole. However during the second day of assessment, Ms. King appeared to be more at ease in the presence of the counselor.

Ms. King reported being mandated by the Court to anger management therapy following an incident where she was accused of assaulting a young man at a college house party. Ms. King reported that the assault was a result of self-defense because the young man had attempted to sexually assault her. Ms. King reports not socializing with anyone, including family members following the incident. She reports not trusting anyone anymore.

Ms. King also reported the death of both of her parents about one year ago. She stated that she was sad about her mother passing but did not express her feelings about her dad passing away.

History of Presenting Complaints/ Concerns:

According to Ms. King, approximately 6 months ago, she attended a party at a local fraternity. She stated that she attended the party with 3 college girlfriends, that she has known since high school and that they also attend the University. Ms. King stated that she was not at all familiar with the hosts of the party or the members of the fraternity.

Ms. King stated that she normally does not attend parties but was convinced by her friends to go and have some fun. She stated that she normally prefers to stay home and study. She reported having felt the need to relax her mind and thought that attending a party would help improve her mood. When asked specifically how she had been feeling prior to attending the party, in the months leading up to it, Ms. King stated that she felt immense sadness and sometimes confusion.

After some gentle prodding, Ms. King was finally able to share some details about the altercation. She reported that after being at the party for about an hour, she somehow ended up in one of the bedrooms. She stated that a young man followed her into the bedroom and began to approach her and she was frightened. Ms. King stated that she feared that the unknown young man would try and assault her, so she grabbed a nearby lamp. She stated that she did not remember him saying anything to her or that he even touched her. Ms. King reported that she hit him once on the side of the head with the lamp and that he fell to the floor and blood ran out of the wound. Ms. King reported walking out of the room and out of the house without saying a word to anyone. She was arrested a few hours later at her apartment. The young man had pressed charges of battery and assault against her. Reportedly, the young man claimed to have been suspicious about her entering his bedroom, where he had personal costly items.

The documentation from the courts indicates that the young man claimed to have approached her, so that she could hear him when he spoke because the music in the house was very loud. The young man reported being stunned by the blow to his head and ended up getting 10 stitches. The police were able to obtain her address from her friends who stated that Ms. King had left without informing them and left them stranded at the party. The court documents alleged that Ms. King was seen talking to herself after her arrival to the party by other attendees. When asked if there was a possibility that her response might have been hurried; Ms. King stated that she felt threatened.

When asked if there were any other major life events that recently occurred, Ms. King reported grieving the loss of her mother. Her mother reportedly died one year ago as a result of stomach cancer. Ms. King stated that it was her mother's second bout with cancer. She reported having had a good relationship with her late mother. When asked how she felt following the death of her mother, Ms. King whispered that she missed her mother. When asked about her father, Ms. King reported that her father had also passed away. Ms. King related that her father died as a result of complications due to emphysema just a few months prior to her mother passing.

Personal and Social History

Ms. King reported that she is the youngest of three children that her parents had together. Her brother is reported to be two years older than her and her sister is one year older than her. Ms. King reports have gotten along well with her siblings when they were children. Ms. King shared that her relationship with her siblings became strained as they got older and their living arrangements changed.

Ms. King reported that her brother has lived in California with a close family friend of her mother since he was 17. Ms. King shared that she had also gone to California to live but returned almost immediately due to missing her mother. Her sister reportedly refused to go to California. Ms. King reported that her sister lives nearby but is preoccupied with her own family and does not communicate often with Ms. King. She claims that her brother calls her on occasion.

Ms. King reported that her father was an alcoholic and abused her mother physically for many years. There was a 17 year age gap between her parents with her father being older. Her parents reportedly separated sometime during her adolescent years. Ms. King reported having felt relief once he had left because he was also physically abusive towards her, although not as often as towards her mom. Ms. King stated that her dad never abused her siblings, just her. Her father reportedly died of complications due to emphysema when she was about 18. Her mother died a year later of stomach cancer. It was reportedly her mother's second bout with cancer.

The facts surrounding the death of her parents and the current status of her relationship with her siblings is unclear. Ms. King provided inconsistent information regarding the time of her parents' deaths and the funeral arrangements. There was some concern that Ms. King was not oriented to time due to her difficulty reporting historic events in her life. Ms. King was however oriented to person and place.

Alcohol/Substance Abuse

Ms. King denied any current alcohol and/or substance abuse. She did however share that immediately following her mother's death a few months ago she had begun to drink very heavily but stopped once she entered college. Ms. King reports that her father would become abusive towards his wife once he was drunk. Ms. King reported that her mother did not drink alcohol, smoke or take illicit substances.

Medical History

Ms. King reported that her medical history to her knowledge was unremarkable. She has never been ill or hospitalized. Ms. King denied being on any medication at the present time.

Family Psychiatric History

Ms. King denied knowing anyone in her family that was diagnosed with a mental disorder. Ms. King reported that when she was about eight years old she began to see a psychiatrist and was diagnosed with anxiety. She could not recall the name of the medication but she allegedly decided to stop taking it on her own. Ms. King reported that it was around that time that a family friend sexually molested her. She stated that she never told anyone about the incident until today. Ms. King was not willing to provide details of the incident.

Ms. King also shared an account of once walking through a mall and hearing a voice tell her to jump from the third story down. Ms. King reported ignoring that "voice." She denied ever hearing a voice in her head after that occasion and also reported that was her first time hearing said voice. Ms. King denies any suicidal ideations in the past or currently. She also denied having homicidal ideations.

Academic and Occupational History

Ms. King reported doing really well in school and enjoying school. She shared that she had really nice teachers that made her feel safe. She also reported that she was able to obtain a four year scholarship to the University of Chicago. Ms. King stated that she receives a stipend and other financial support from other scholarships and these pay for her apartment and miscellaneous expenses.

Ms. King stated that when her mother was alive, she would help her clean the homes of Jewish families after school and on the weekends. Ms. King has not worked since that time when she used to help her mother.

Interpersonal and Social Skills

Ms. King reported that she has never really had many close friends, preferring to remain by herself. She reports having been active in her church during her adolescent years. She has not attended church since her mother passed away. Following the recent incident, Ms. King reiterated that she is not interested in establishing friendships because she does not trust anyone.

Ms. King reported having one amorous relationship with someone she met at the university. She said that he was two years older than her. He reportedly treated her nicely and the two were eventually intimate. After 4 months of dating, he broke-up with her and started dating someone else. Ms. King says that the break-up occurred within days of losing her mother. She says she is not interested in dating anyone else for a long time.

Behavioral Observations/ Mental Status

Ms. King presented as an intelligent, guarded and depressed young woman. Her judgement seemed poor and child like. Her concentration was adequate although her reliability was questionable due to discrepancies in her narrative. Her thoughts seemed to be disorganized and her speech was raced during the first interview. Her mood and affect were considerably better during the second interview but still somewhat depressed and flat. Her attention during the interview was adequate. She does not appear to be a danger to herself however her explosive reaction during the reported assault might seem to demonstrate the inability to control her response to perceived danger.

Testing Results:

On the BDI-II, Katherine obtained a total score of 17 and this placed her depression in the Mild/ Borderline range. Notable, she received a maximal score in one item- Crying Frequency. Katherine also had notable scores in the areas of Worthlessness and Interest in Others suggesting that her perception of herself affects her willingness to interact with others. Crying certainly seems to be an outlet for a lot of the frustration that Katherine is feeling.

On the BAI, Katherine obtained a clinical BAI score of 15, placing her in the low anxiety range. She did not report a severe degree in any of the 21 categories. There were notable moderate scores in four categories: Inability to Relax, Nervousness, Fear of Losing Control and Scared. The four categories seem to indicate some consistency regarding what causes Katherine to become anxious and how her anxiety is manifested.

Diagnostic Impression/Recommendation

Ms. King presented an intelligent, guarded, depressed and socially isolated young woman. Her family history is significant for child abuse inflicted by her father and trauma of witnessing her mother being abused by Ms. King's father. Mental instability is reported to have been present during elementary age and at least one occasion of an audible hallucination experienced by Ms. King, instructing her to kill herself by jumping off a balcony at the mall.

Ms. King denies current suicidal ideations but recent scores on the BDI-II and the BAI indicate elevated scores in areas that suggest the presence of symptoms of depression and anxiety. A recent assault of an individual that Ms. King perceived as a threat is another indicator of higher than normal levels of anxiety. Based on the information gathered during the assessment, the client's behavior throughout the interview and the results of testing, the client possibly meets the criteria for a depressive disorder and anxiety disorder.

A complete psychiatric evaluation recommended in order to determine the severity of both disorders and to determine if there is a need for psychotropic medications. It would be important to know if Ms. King has experienced other auditory hallucinations and whether her anxiety makes her a threat to others following this recent incident of assault. Ms. King's traumatic past, recent death of her parents, beginning college and physical altercation might all qualify her for an additional diagnosis of unspecified trauma and stressor related disorder.

Although Ms. King will certainly require individual therapy, it is yet to be determined whether she will require long term psychological therapy or could benefit from short term mental health counseling, especially surrounding the recent death of her parents.

- 1. Unspecified Depressive Disorder 311 (F 32.9)**
- 2. Unspecified Anxiety Disorder 300.00 (F41.9)**
- 3. Unspecified Trauma-and-Stressor Related Disorder 309.9 (F43.9)**

Further treatment is pending the results of the psychiatric evaluation.