

**The Case of Pete from Grosse Point**

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*Preliminary Information:* Pete is a 16-year-old born to a Vietnamese mother and an American father in the City of Saigon. At the age of 2, he migrated to the States due to his American family's adoption. This family was later accused of abuse consistent with burning and beating him in his short-lived stay with them, resulting in his foster home placement. Pete currently lives in the suburbs of Grosse Pointe, Detroit, and has been there for the last 14 years with his current adoptive parents. He showed potential for success with his new environment and demonstrated healthy relationships with other children. Yet, there is no connection in the relationship he shared with his adoptive parents. Pete is described as intelligent and well-groomed.

*The Shift:* Once in junior high, Pete's appearance, behavior, and choice of companions drastically change. Pete began to do drugs and partake in extreme activities, which went against all moral principles instilled in him by the school and his parents. He now perceives life as meaningless. In his parent's separation, Pete chooses to remain with his father. His parents' separation also contributed to Pete's escalating behavior and increased drug use, producing an unhealthy environment, leading to him slashing his wrist with a butcher knife. Pete now appeared sickly and no longer well-groomed.

*Recreational Drug & Alcohol Use:* Pete's experience with drugs and alcohol seem to start with the occasional use of marijuana and beer. He has now escalated to LSD, mescaline, and glue. Any substance he and his friend got their hand on.

*Medical History:* Pete doesn't have any past medical history except his treatments for the burns and bruises he received 2-years-old. He isn't on any prescribed medication.

*Pete's Perception:* Pete notes that he only slashed his wrist because he thought he heard the police coming. This was not a suicide attempt in his eyes, but a means to get out of trouble. After all, Pete was expelled from the military school for his absence before his admission to the hospital. Pete doesn't agree that he may suffer from a depressive disorder. Furthermore, Pete's philosophy on life having no meaning; is reflected in his actions and how he presents himself.

*Diagnosis:* Considering all the information provided on Pete, my provisional DSM-5 diagnosis is Major depressive disorder, Recurrent Episode, Severity 296.33 (F33.2), with Anxious Distress, Mild, with mood-congruent psychotic features,

**References**

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders (DSM-5®)*. American Psychiatric Pub.