

**SWK516/416: Generalist Social Work Practice I:  
with Individuals and Families**

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**Date: December 13, 2020**

**TREATMENT PLAN:  
ELIJAH G.**

## TREATMENT PLAN

### STUDENT INFORMATION

**Name:** G., Elijah

**DOB:** 11/00/2007

**School:** JHS 292

**IEP Classification:** Emotional Disturbed

**Medications:** None

**Worker:** Shreshtha Ramsumair (MSW Intern at J.H.S 292)

**Other Agencies Involved:** Good Shepherd Services / Case Planner Ms. Simpson

### Student System:

Elijah is a 13-year-old African American male. He is a student at J.H.S. 292 and just entered 7th grade. His interests are playing video games. He resides with his mother, father and little brother in Brooklyn N.Y.

### Problem/Symptom:

Elijah is flagged as a student who is mandated to have counseling (individual once every week and once a week for group counseling in a group of three).

Elijah is categorized as Emotional Disturbed. As per School Guidance Counselor, he has a violent background as he was removed and placed in a residential home due to his behavioral issues. He became physical with his mother in the past and 911 would have to be called to the school due to school staff being unable to control him.

Elijah has a history of non-compliance his counseling sessions.

Elijah stated that he has anger issues and he does not have a close relationship with his mother.

Elijah also does not complete work at school which is resulting in failing grades.

### Physical Functioning and Health

Elijah is overweight for his age. He is 4ft 7in in height and weighs approximately 110lbs. He is not prescribed any medication.

### Intellectual Functioning

Elijah reports being an "Excellent" student at school. However, his school record indicates that he performs poorly academically due to incomplete school work. Teachers report that Elijah will not ask for help if he does not understand the school work which they see that he does not at times.

### Emotional Functioning

Elijah described himself as being outgoing. He has low self esteem as he stated that his mother would call him ugly. He refers to himself as a "fat a\*\*."

### Interpersonal and Social Relationships

Elijah stated that his closest relationship is with his father as he reports that his father listens to him when he is speaking and does not cut him off while he is speaking. He reports that he

does not have a good relationship with his mother because she will yell, scream and curse at him. He stated that she does not respect him and will call him names. He reports being jealous that his mother has a better relationship with his younger brother whom he states is his mother’s favorite child.

Elijah reports that he has a lot of male friends but is not “gay.” He reports that he “hates” females because they are disrespectful.

**Religion and Spirituality**

Elijah stated that he is a Christian, but his family does not attend church.

**Race:**

African American. Family background is Jamaican.

**Strengths:**

- Elijah is cognizant that he should not have assaulted his mother in the past and has expressed that he is sorry for doing this. He apologized to his mother for his actions.
- Elijah is cognizant that he has a younger brother and be a positive example for him.
- Though he is not completing his school work and is attending school remotely, he continues to attend all classes and has very good attendance.
- Elijah stated that he has anger issues and wants to control his anger better.
- Elijah has been attending his school counseling sessions and is engaged.

**Long Term Goal:**

1. Elijah’s relationship with his mother will improve.
2. Elijah’s will learn how to appropriately address his anger.
3. Elijah will complete all school work.
4. Elijah will no longer view females in a negative way.

Short Term Goals/Objectives	Date Established	Projected Date	Date Achieved
1. Elijah will speak to his mother regarding how she makes him feel when she screams, yell and disrespects him.	10/20/2020	Ongoing (Elijah stated he is not ready to have this discussion with his mother. He will say when he is ready.)	Ongoing
2. Elijah will attend individual and group counseling as mandated to address anger and self esteem	10/20/2020	Ongoing	Ongoing

issues.			
3. Elijah will complete his school work.	10/20/2020	Ongoing	Ongoing
4. Elijah stated that he likes to make videos with his phone. He will utilize his phone to record instances when he becomes angry and state what exactly what is causing his anger in that moment. He will meet with intern to review these videos to discuss his feelings and what triggered his anger to get a better understanding of what causes it.	10/20/2020	Ongoing	Ongoing
5. Intern to speak to Good Shepherd Case Planner regarding Elijah's relationship with his mother, his anger issue, self-esteem issues and negative view of females.	10/20/20	10/27/2020	10/24/2020 Elijah and his family are networked with Good Shepherd Services and it is reported that the family is compliant with services. Services were initiated in October 2020. Due to Covid-19 Pandemic, visits were being done via telephone. Good Shepherd case planner is aware of Elijah's distant relationship with his

			mother and that he wants to build a stronger relationship with him. This will be addressed in family counseling. His anger issues will be addressed in individual counseling.
6. Family Meeting regarding Elijah's academics if no improvement occurs.	10/20/2020	11/23/2020	Not conducted due to Elijah showing improvement in completion of school work.

**Interventions Strategies and Techniques Implemented:**

- Active Listening and reflecting have been helpful in discussions with Elijah. He appreciates when others listen to him.
- Normalizing Elijah's feelings about what upsets him appears to work in building rapport with him.
- Anger is a normal human emotion than can lead people to engage in destructive behaviors or constructive acts. It becomes apparent in adolescent years. This was discussed with Elijah to normalize his feelings of anger. The use of Cognitive-Behavioral Therapy can provide adolescents who have anger issues with effective, age-appropriate individual and group counseling services.

I have used cognitive behavioral interventions during sessions with Elijah. I assigned him "homework" where when he becomes angry, he will make a video of himself to describe what made him angry and how he felt. This will give him the opportunity to vent while calming himself. It gives him an opportunity to self-monitor his thoughts and/or behavior, keep an anger log. With review of these videos, we will plan on appropriate ways by which he can address his anger.

**Article Helping Adolescents Manage Anger written by John R. Charlesworth, Ph. D. and published by American Counseling Association reflects that Cognitive Behavior Therapy is an ideal intervention to address anger issues for adolescents.**

- Strength Based Approach is another intervention I utilized when meeting with Elijah. Research shows that this approach aids in youths with behavioral issues to feel more motivated and empowered when engaged in services to address their negative behaviors. They also tend to miss fewer appointments. Pointing out Elijah's strengths to him helps in building a rapport with him. Example of this is thanking him for his continued compliance for attending counseling sessions and when he is respectful of others. He appreciates being praised for completion of an exercise in the counseling sessions. This approach is reported to work in article by Kathleen Cox. The article is **Investigating the**

**Impact of Strength-Based Assessment on Youth with Emotional or Behavioral Disorders. Journal of Child and Family Studies (2006).**

**Termination Plans:**

- MSW Intern will be terminating services by June 2021 as intern will be ending field placement.
- If goals are not met, follow up will be done by school's assigned guidance counselor who will provide additional referrals.
- Good Shepherd Services case planner will provide additional referrals (CBT, Solution Based Therapy), if needed.

## SOAP

**Subjective:** Student G., Elijah disclosed that he does not have a good relationship with his mother as she is disrespectful towards him. He states that she would scream and yell at him and not listen to what he has to say. He stated that he thinks that his mother treats him differently from his younger sibling. He stated that he has a better relationship with his father, but he works most of the time and is gone most of the day. He stated that his father speaks to him with respect and listens to him. He is doing remote learning.

**Objective:** Elijah would yell back at his mother when she yells at him. He would try to keep calm, but he eventually starts yelling. Records disclosed that he just returned home from being placed at a residential treatment facility due to him becoming physical with his mother.

**Assessment:** It is unknown if the mother has any underlying mental health issues. With intern on the phone, she would yell and scream at Elijah when unnecessary and even when Elijah is being respectful. She would leave intern on the phone while it appears as though she will continue with her tasks and wait for intern to be the one to end the call first. Elijah would stay calm but would eventually start to yell at the mother when he responds to her. Elijah may resort to old behaviors in becoming physical again with his mother and risk being replaced.

**Plan:** Family was recently assigned to a preventive agency due to Elijah's discharge home. The plan is to speak to agency worker about Elijah's disclosure, own observation of mother's interaction with Elijah and ask that a mental health evaluation be explored for mother, if not yet. Ask about status of individual and family counseling to address communication between Elijah and his mother. If not implemented, plan to have this as part of services offered to family. Call to be made to agency by 10/27/2020.

# GENOGRAM

