

Background to problem #2: Katrina is a 42-year-old woman with a history of schizophrenia and only a fair response to medication. She has been able to live alone in an apartment with her cats for the past 12 years but receives significant support from community providers. She and her older siblings attend multifamily group on a regular basis. In the past 6 months, Katrina has developed a relationship with an older man who is transient, which frightens her family and friends. Katrina has difficulty staying away from this man, even though he forces her to do things she would prefer not to do, such as give him money. She would like to stay away from him, and her family would also like her not to see him any longer, but she has trouble saying “no” to his phone calls and ignoring the doorbell when he shows up in her apartment house. Recently, she has experienced more anxiety with this situation to the point that she sometimes feels unsafe in her own home. The police have intervened on her behalf several times, and her family finds they are becoming frustrated and angry. The primary difficulty seems to be Katrina’s increased feeling of discomfort in her own apartment.

Step 1: What is the problem? What can Katrina do to feel safe in her own home?

Feeling unsafe in her own home. She wants to feel comfortable in her apartment.

Step 2: List all possible solutions.

Step 3: Discuss each possible solution. Katrina and her family participated in the review of the suggestions and did not eliminate any solutions.

Step 4: Choose the best solution or combination of solutions. Katrina identified solutions that she felt she would try:

Step 5: Plan how to carry out the best solution.

Step 6: Review implementation.