

## Salvation Army Astoria Corps

### Identifying Information

Client Name: Samantha Villanueva  
D.O.B: November 5, 1980,  
Social Security #- 123-45-6789  
Address: 123 Hawthorne Avenue  
Hawthorne, NY 11104  
Phone: 718-734-7890

Case Record#: 3478  
Date of Referral: 11/27/2022  
Social Worker: Jessica Hernandez  
Report Prepared: November 28<sup>th</sup>, 2022

### Reason for Report:

This report was prepared for use during consultation with Dr. Smith-Jones, the agency psychiatrist. (The client was made aware, and a HIPAA form was completed)

### Reason for Social Work Involvement:

Samantha Villanueva was referred to the Astoria Corps for suicidal ideations. Samantha informed a close friend that she hates herself and would like to know what it would feel like to see heaven. Her close friend was concerned for Samantha's safety. Samantha is embarrassed by what she said and feels apologetic. Samantha feels that her friend made a big deal out of the situation and should not have mentioned it anyone. She is hurt by what she considers her friends betrayal, even though her close friend explained why she was concerned for her. Mental health is prominent in Samantha's family. Samantha does not want to see a psychiatrist and does not feel as if she needs help.

### Source of Data

This report is based on an interview that was conducted with Samantha at the emergency intake unit at St. Mary's mental health clinic aka Astoria Corps. Where Samantha was taken after she was picked up via ambulance.

### Family Background and Situation

Samantha is the second youngest of 4 siblings she is 27 years old. Her sister Janey is the youngest she is 23 years old and is one semester away from graduating college. Janey is majoring in criminal justice and lives in The Bronx, NY. Her sister May is 25 years old and is currently a physical therapist at a senior center; she resides in Brooklyn, NY with her fiancée James. Samantha's only brother John is 29 years old; He is the oldest sibling. John recently married, is currently unemployed and lives in Queens, NY with his pregnant spouse Jennifer. John suffers from depression and was recently terminated from his job due to excessively being absent at work due to his depression. Samantha and he have an estranged relationship.

Samantha's parents have been divorced for 16 years. They live in Westchester County at separate addresses; her

parents are friends and have learned to co-parent Samantha and her siblings when they were first divorced 16 years ago. Samantha feels that they are great parents, and she has learned a lot of valuable lessons from them. Her dad works as a building porter for the building he resides in, and her mom is a local real estate agent. Samantha's mother suffers from depression and recently had a depression episode. Samantha does not want her mom to find out what is going on as she doesn't want her mom to have another depression episode.

### **Physical Functioning and health**

Samantha is 5'6 average height and weighs 295lbs. She appears to be overweight according to her PCP Dr. Sanchez and pre diabetic due to her excessive weight gain in the last few months. Dr. Sanchez is concerned about the excessive weigh gain and has referred Samantha to an Endocrinologist. Samantha hopes to go to her appt and speak to them about some pains she has had recently and about starting a weight loss regimen.

### **Intellectual Functioning**

Samantha completed four years at SUNY New Rochelle where she earned a bachelor's degree in adolescent childhood education. She graduated with a GPA of 3.8 she has always been proud of herself academically and feels that she is very smart. She excelled in English while in college and has an extensive book library at home. She enjoys reading as well as extending her book collection. Samantha enjoys being creative and has recently joined a pottery class and a reading club. She hopes to one day start her own reading club.

### **Emotional Functioning**

Samantha describes herself as "Always feeling sad" even before she was taken to the hospital. She has had several bouts of depression since she has been unemployed and unable to provide for herself. She hates to depend on her family and friends. This often makes her feel hopeless and sad. She expresses to her family the importance of being independent and she feel that they often just brush her off. Although Samantha feels that she is very smart book wise she feel like she is not very street wise. She feels she can do better when it comes to controlling her life.

### **Interpersonal and Social Relationships**

Samantha has one very close friend that she considers her sister. She has grown up with her friend and confides in her. Samantha is currently unemployed, she quit her last job because she felt that she had no friends at work and that everyone did not like her. She alone and depends on her family for financial assistance.

### **Religion and Spirituality**

Samantha was raised as a Muslim and retains many of the beliefs and values she learned as a child from her parents as well as the Mosque. She describes herself as a spiritual person and one who prays often regardless of how she may feel. She has clear ideas of right and wrong but, also feels

she is in a stage of life when she is trying to decide what she really believes and is on the process of constructing a system of values, moral and ethical principles.

### **Strength and Problem- Solving Capacity**

Although Samantha tends to think less than about herself and minimizes her strengths, she exhibits the ability to socialize, educate herself, has the desire to want to socialize with others. She considers herself smart, well mannered and educated. She displays good mannerism and is very self-motivated.

She tends to let thing put her down and make her feel sad/ emotional. She understands that she should not let small things get to her. She is very mature about what decisions need to be made and when they should be made but, ignores the deadlines. When faced with a tough decision she tries to ignore the situation and waits to see if the problem solves itself.

### **Economics/Housing/Transportation**

Samantha's family is assisting her with her cost of living as well as her past due student loans. She is currently unemployed and hopes to find a job soon. With the funds that her parents provide for her with she pays her rent, utilities, students loans and whatever is left over she uses it for groceries.

She currently has medical insurance that will soon expire as she has not paid the premium since she lost her job and her policy was through her employer. She enjoys the area where she lives and feels like she would like to remain in that area of town. Unfortunately, she may not be able to if she does not find employment soon. She is excited about registering with a temp agency to potentially find employment.

### **Use of Community Resources**

This is the first time that Samantha was seen at our clinic but, it is not the first clinic she was seen at a mental health facility. While being evaluated at the clinic she seemed very receptive to receiving treatment. Although she was concerned about seeing a psychiatrist she mentioned not wanting to be drugged. She communicated regarding a few other concerns that she had in addition to being medicated if she went to a psychiatrist. She was concerned about what her family may think of her if they found out that she was in a mental clinic receiving an evaluation. She was also concerned about what her close friend will think of her since she is the one that called the ambulance for her. Samantha is optimistic about gaining control of her new diagnosis and would like to involve her family in her recovery efforts.

### **Impressions and Assessment**

Samantha age 27 is experiencing severe bipolar depression as well as suicidal ideations. Her depression stems for her loss of employment and her desire to always fit in socially. This is what is causing her to have suicidal ideation as well as depression. She has mentioned this to her family and has not spoken to her close friend since the incident. Unfortunately, she will need to notify her family as she is not sure if this medical visit today as well as her overnight stay will be covered under her medical insurance as she has not paid the premium and her insurance is through her

previous employer. She is afraid she may not be able to afford further medical treatment without the assistance of her family or an extension of her medical insurance.

### **Goals for work with Client**

To help Samantha, make the necessary decisions to deal with her mental health issues. I plan to assist her with applying for medical insurance through the local social service, applying for unemployment to help with temporary financial assistance, and assist with registering her with an employment agency so help her gain employment. Samantha will also need emotional support as well as financial support until all her new resources go into effect. Samantha will be given referrals to visit a therapist, Psychiatrist, and intake counselor. In addition, she will receive a referral for a financial counselor.

Narrative of Mrs. Samantha Villanueva

By Jessica Hernandez

November 24, 2022, 11:45am- Ended call at 2:04pm

Ms. Villanueva called the office asking for an intake appointment for our mental health clinic, she mentioned that she has recently been in the hospital and was discharged the next day. During her hospital stay she was diagnosed with depression. She was also notified that her health insurance will cease at the end of the month. She hasn't been feeling well and feels very sad and anxious about everything that has transpired in the last few days. She is also in need of an appointment to see the onsite psychologist for medication management. In addition, she is very worried about her health coverage. Ms. Villanueva lives alone and has no one to help her navigate her appointments, medication, and finances. She is currently unemployed, and her family is her only support but, unfortunately, they are extremely overwhelmed with their schedules and cannot accompany her to appointments. She continues to suffer from depressed which makes it difficult for her to function and complete her day-to-day activities.

While speaking to Ms. Villanueva, I have advised her that she should not feel sad about the currently situation as she is making the right choice by seeking for assistance. By seeking assistance, she realizes that she need assistance in the moment to gain control of her situation. I have assured her that she has been doing things right for the past decade as she had never been hospitalized prior to this incident and has been able to live on her own and support herself. In speaking with I have also conformed with her that her information has been added to our intake rotation and that she will receive a phone call from an intake counselor within 3-5 business days. She was also given the emergency phone number in the event she needed assistance before her appointment with the intake counselor. I have also provided her with informational brochures to help her better understand her condition, possible triggers, and how to cope with her new diagnosis.

In addition, I have asked Ms. Villanueva to reach out to her primary care physician regarding her recent hospitalization, I did speak to her about going to the emergency room or calling an ambulance for herself if she has the desire to either harm herself or to end her life.

I have also advised Ms. Villanueva that I will start the application process for extended medical coverage as she is unemployed, and her health insurance coverage will end soon. Through PHASE 39 she will receive assistance with her past due medical bills. I will contact her once her documents are due and will have a case manager go to the home and retrieve the documents from her.

I notified Ms. Villanueva that I will refer her case to home order for her to receive assistance with her to daily routine such as household work, cooking, running errands and attending

medical appointments. They will also assist her with making appointments, following up with her appointments, and making sure she has transportation to and from them. I assured Ms. Villanueva that I would follow up with a phone tomorrow morning to check in and, to update her on the referrals.

SOAPS for Ms. Villanueva By Jessica Hernandez

**Subjective:** Ms. Villanueva is feeling sad because she was recently in the hospital and was diagnosed with depression. She is also upset that she is not able to provide for herself and her family has been her sole provider for the last year. She is frustrated that she is on a fixed income and cannot afford to pay the utilities and purchase groceries they way that she was accustomed to. She has the added concern that her medical coverage will cease very soon, and she will not be able to attend her medical appointments or pay for her medications. She is not aware of any assistance regarding this matter and is very anxious and afraid.

**Objective:** Ms. Villanueva is age 27 she is recently unemployed, and her only source of income is what her parents assist her with. Her mortgage currently is 990.00 a month and she reside alone. She is currently unemployed and by the end of the month will lose her medical benefits provided by her previous employer. She sometimes receives help from her sibling regarding her shopping and running errands but, her oldest sister just started a new job and gets home late and tired.

**Assessment:** Ms. Villanueva is currently suffering from depression and does not have sufficient money to purchase groceries and pay utility bills. She needs to find resources that will lessen the grocery bill as well as lower the cost of his utilities. She is overwhelmed with the lack of funds and having to care for herself while she is feeling depressed. She does seem very cooperative and attentive during our interview and seem eager to start treatment for herself.

**Plan:** Schedule a session for Ms. Villanueva to come into the office for us to assist her with obtaining an appt with the therapist as well as obtaining an appointment with the onsite Psychiatrist, in addition with applying for SNAP benefits; she seems to be eligible and did not know that this service was available to her. I have also suggested that she complete a PHASE 39 application with so that she is able to receive assistance with defaulted Utility bills and future payments as well as medical bills. Refer Ms. Villanueva to Home Health for them to help her navigate her medical insurance, medical appointments, referrals to other specialist, and transportation to and from medical appointments.

**Intervention:** Active listening, Schedule all referral appointments and follow-up appointments to meet with me by the end of the week, call her the day before the appointment with me to make sure she has not forgotten and to remind her of documents needs to start the SNAP application as well as the PHASE 39 application. Continue to guide her through her health insurance extension renewal and assist her with applying for all financial aide programs available.

**Evaluation:** After her interview with Ms. Martinez from home health, Ms. Villanueva says she is less worried about her health Insurance and mental health issues as she was able to see a therapist. She is making progress on working with the SNAP office and will provide all necessary documents.

Revision: Schedule Ms. Villanueva for one more appointment with me to ensure that her health insurance is still active, SNAP case is active, and to ensure that she is receiving all the support that she needs from home health, also to ensure that she is aware that if he ever needs us again, we are a phone call away.

## **Treatment Plan**

Clients Name: Samantha Villanueva

Date: November 22, 2022

### **Problem:**

1. Client suffers from depression, as indicated by the Mental health emergency intake unit at the Astoria Corps, Samantha was taken there after she admitted to a friend that she did not want to live any longer and wanted to find out what heaven was like.
2. Poor medication management, as indicated by client and her family.

### **Goal:**

1. Will start to attend Psychotherapy with a therapist of her choice.
2. Learn to express herself when feeling sad, overwhelmed, and depressed
3. Develop a program for medication management congruent with a healthy mental health lifestyle.
4. Learn to express any changes in mood and side effects when taking her medication

### **Objectives:**

1. Samantha will identify with her therapist the times that feeling depressed has taken over her life and has caused her to isolate herself from her loved ones and friends by 12/02/2022.
2. Samantha will complete a new Psychosocial evaluation and a psychological evaluation by 12/1/2022.
3. Samantha will start to take all the medications prescribed to her Dr. Smalls and report any side effects as well as any needs for medication refill to Psychiatry staff by 12/15/2022
4. Samantha will develop a list of coping skills that she currently utilizes and a list of coping skills she would like to gain more information on.
5. Samantha will develop a safety plan for when she is feeling suicidal or depressed
6. Samantha will participate in both one-on-one therapy as well as group therapy.
7. Samantha will speak with her therapist about her inability to control her impulses to harm herself when she is depressed or angry.
8. Samantha will share in her group the different ways that she has learned to cope with her depression as well as ways she has utilized those skills by 12/22/2022
9. Samantha will share with her family situations that make her sad and why they make her sad.
10. Samantha will start to keep a diary of times when she feels she wants to hurt herself and what occurred during that day to make her feel this way.
11. Samantha will start a self-care routine of her choice once a week for a month and report in her diary how this makes her feel.

**Intervention:**

1. Assign the patient the homework of making a list of 15 reasons when depression has caused a negative reaction in her life.  
Responsible Professional- Jessica Hernandez
2. Psychiatrist will examine the patient and prescribe her medication while the medical staff will monitor for side effects.  
Responsible Professional- Dr. Betty Melomalo, PHD
3. Assign the patient to complete a history exercise regarding when she feels depressed and then have her share the answers in her group therapy session
4. Responsible Professional- Jessica Hernandez
5. Staff Psychologist will teach the patient coping skills to assist when she is feeling depressed, sad, and feels the sense of wanting to harm herself. This will include ways that she can decompress her anger, manage her depression and learn positive techniques to assist with the thoughts of self-harm.  
Responsible Professional- Dr. Betty Melomalo, PHD
6. In a joined therapy session patient and parents will discuss the way that Samantha's depression can affect the family and how her dependency on them can also affect her depression.  
Responsible Professional- Merrari Sanchez, LCSW
7. Encourage the patient to continue to write in her diary and to share with her group therapy some of the events she has written about.  
Responsible Professional- Jessica Hernandez
8. Hospital Staff Priest will meet with the client and explain how she can use faith and prayer to assist with her mental health concerns.  
Responsible Professional- Father Samuel Fernandez
9. In a joined therapy session have the patient meet with her parents and sibling and have them come up with a plan if the patient feels that she wants to harm herself,  
Responsible Professional- Merrari Sanchez, LCSW

**Termination Plan:**

In 6 months, client as well as her mental health team will meet. During this meeting it will be determined if Samantha has reached all her goals and if termination of the case is possible. Strength based theory will be utilized during the meeting.

Clients Signature \_\_\_\_\_

Social workers Signature \_\_\_\_\_

**Termination Plan:**

Samantha and her mental health team has concluded that Samantha is ready for her case to be terminated. She has met all her goals and continues to make progress. Samantha has complied with all the requirements asked of her.

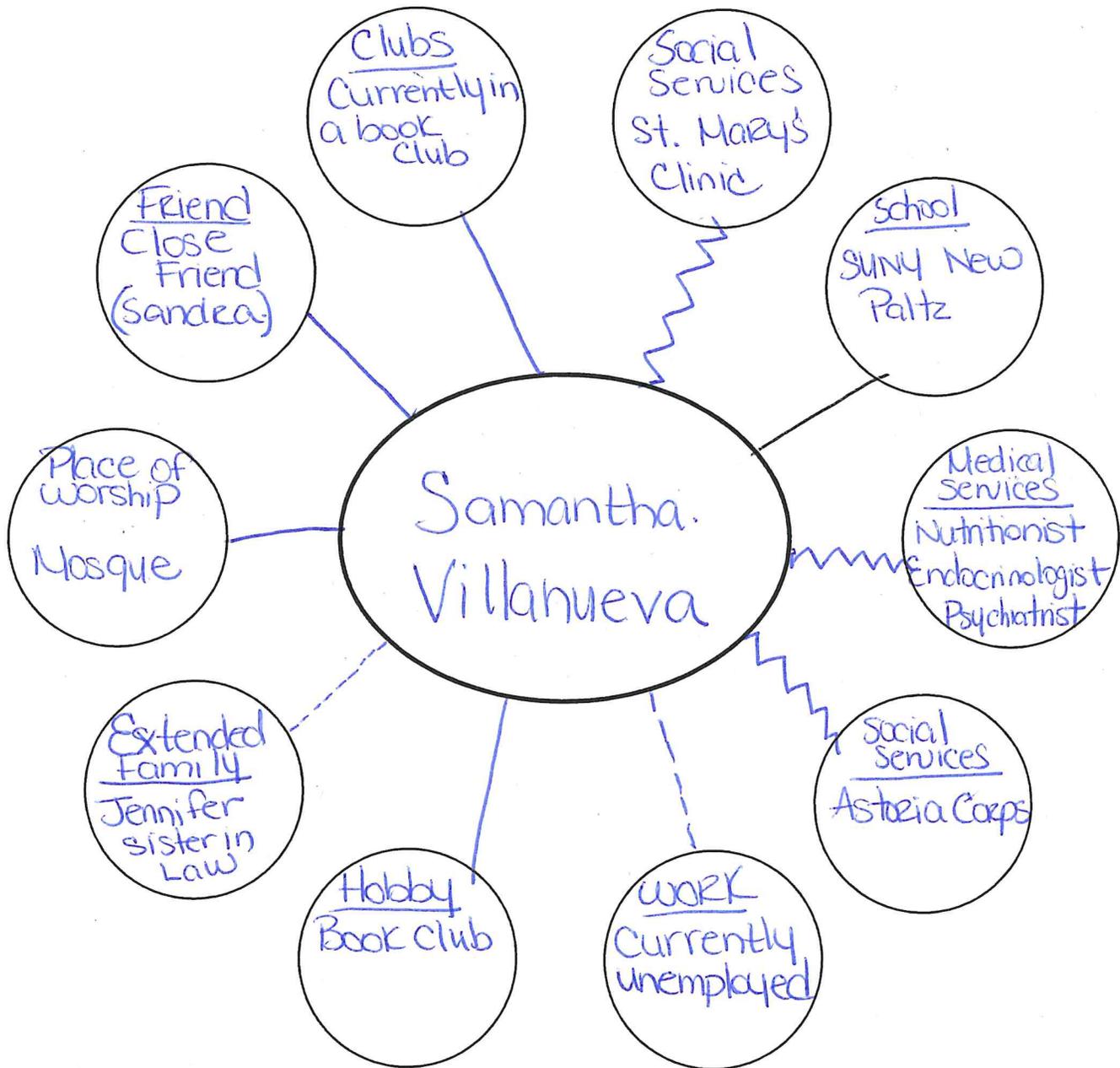
- She has participated in individual therapy where she has effectively learned coping skills that she will utilize if she is feeling depressed or feels the urge to self-harm.
- Through her therapy sessions she has learned how to express herself when feeling sad, overwhelmed, and depressed
- Samantha and her Psychiatrist have developed a program for medication management congruent with a healthy mental health lifestyle. Samantha has agreed to this program and has expressed no concerns.
- Alongside her mental health team Samantha has learned how to express any changes in mood and any side effects she may experience when taking her medication. Samantha has done well and keep a journal where she lists any side effects, questions, or concerns she may feel. She takes her journal with her to all her therapist appointments.

Samantha as well as her mental health team, have agreed that her case will be terminated effective today November 24. Samantha has agreed to continue to attend her Individual therapy, group therapy and will continue to visit monthly her psychiatrist. She has been given her discharge paperwork, refills on her medication as well as her follow-up appointments. Our agency will close her file on our end and will follow up with a phone call in a year to determine if any services would need to be put in place at that time.

Agency Signature \_\_\_\_\_

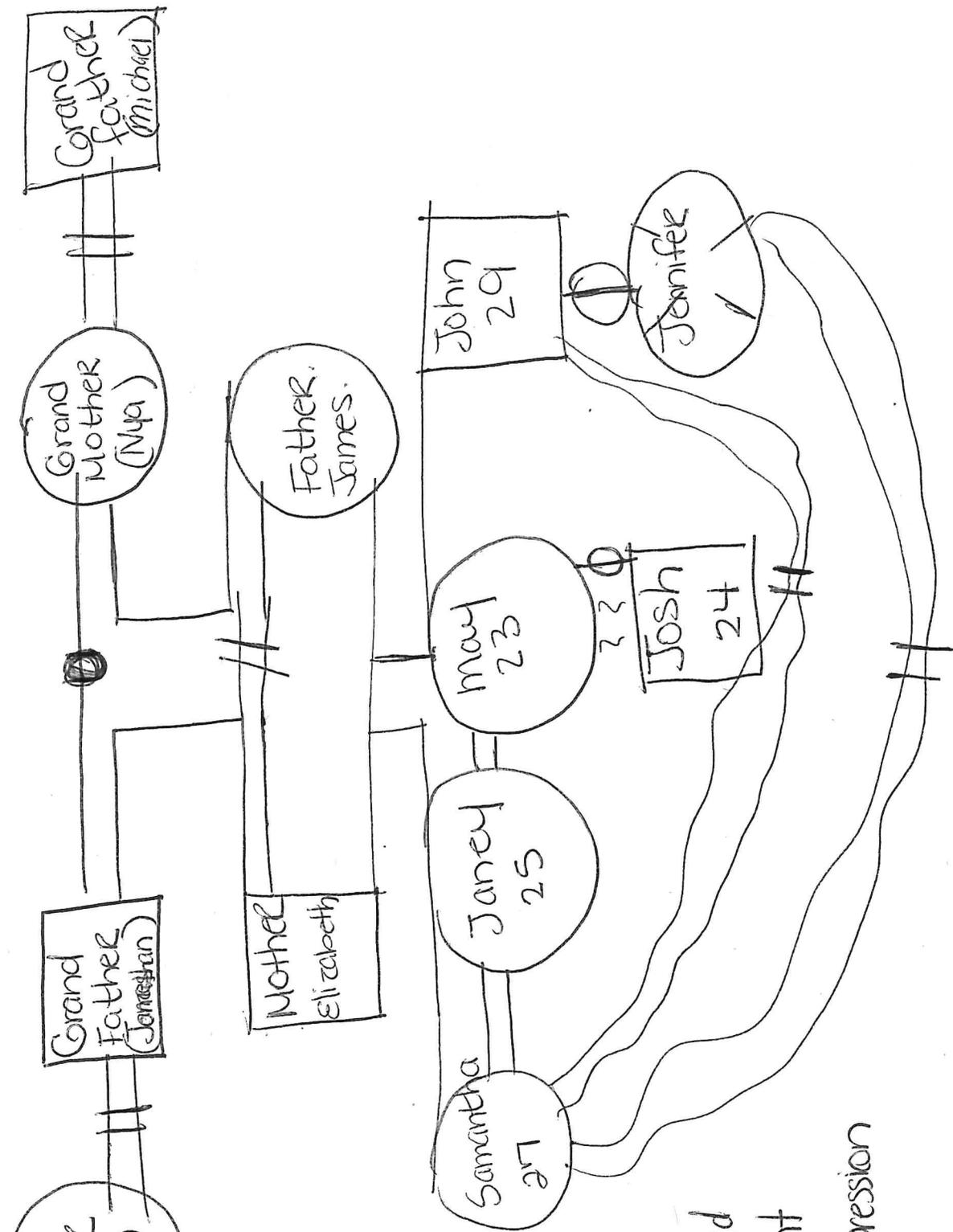
Clients Signature \_\_\_\_\_

# Family Ecomap Template



— positive relationship  
- - - negative or distant relationship  
..... relationship is needed

# Genogram



- Engaged
- Pregnant
- Depression
- Male
- Female

- || - Broken Relationship (Divorce)
- o - In Love
- = - Close Relationship