

## **Journal One- 2/9/2023**

### **Case study:**

This patient has come to the mental health center requesting help with a mental disorder. She was recently diagnosed with bipolar II disorder and is currently in high school studying biology. She could benefit from ongoing psychotherapy and medication management as she struggles with depression, anxiety, and suicidal ideation. Her father has been unable to assist her financially due to his troubles. I recommend having family sessions with the patient's father and another adult relative who can support the client's treatment plan, who lives locally, and provide detailed information about available resources that might help meet the needs of this adolescent girl financially.

### **In-person group**

As a group, we centered on starting with an initial assessment, after which we will present a treatment plan. The group agreed that Bipolar disorder is characterized by significant mood, energy, and activity changes. These symptoms can vary from severe mania to severe depression. People with bipolar disorder often display rapid shifts back and forth between hyperactivity and lethargy, with their periods of depression often resulting from their inability to deal with stress or sleep. The best way to address bipolar disorder 2 is with adult-informed therapy. They recommend including as many family members and friends as possible. For instance, teach them how they can support the client through the ups and downs of his moods so that he does not feel isolated or embarrassed by them.

The recommended assessment, diagnosis, and treatment plan for a patient of this age diagnosed with bipolar disorder II were based on the DSM-5 criteria. The patient has had a history of depressive and manic episodes, and there is a history of psychotic features or violence in the client's past. The focus of this case is to locate or locate support groups, therapy groups, and counseling centers which can provide resources for this individual based on symptoms presented by her.

The patient skipping her medication only escalates the matter since the most crucial benefit of lithium is that it has very low toxicity and can be taken by any age group. As one ages, the body becomes less sensitive to tetracycline and other medications that cause kidney damage. Because lithium has been proven safe in adults and children, so it is a good choice for bipolar treatment. Lithium can also help keep people with bipolar stable, which could help prevent the recurrence of episodes or reduce worsening symptoms if one does have an episode.

To develop a proposed plan for this patient, the group first began by understanding the symptoms, including agitation, confusion, decreased speech, and concentration, which may lead to bullying, social withdrawal, poor school attendance, and more. Then the group agreed to look into the patient's family background to see if there is any history of criminal activity and addictions.

The pros of a bipolar disorder treatment plan include better mood stabilization and reduced symptoms, improved quality of life for the patient, and more effective management of the disorder. The cons of a bipolar disorder II treatment plan include the higher risk involved with

taking medications, which can lead to potential side effects that may not be desirable for the patient.

Bipolar disorder II is a severe illness that requires ongoing treatment. Some of the available treatments include medication, therapy, and lifestyle changes. High doses of psychiatric medications are harmful in terms of patient compliance and side effects; therefore, low-dose psychotropic drugs can be utilized for long-term treatment.

Pros of treatment for bipolar disorder include effective medications and therapies, few side effects, and no relapse risk after treatment. Also, there is a good chance that the mood will stabilize and the patient can stay in remission as long as possible.

### **Dynamics in the group**

Small groups are an environment where individuals can express and develop their emotions, dreams, and thoughts. Each member temporarily assumes the role of leader to facilitate this process by becoming more comfortable expressing their emotions and thoughts. During this process, participants often encounter personal barriers that prevent them from trusting others, particularly at this early stage of development. Group members must have opportunities to express themselves if they wish it to happen; therefore, having safe spaces to follow this process is necessary for everyone involved.

The small group process involves a collaborative effort amongst the members to help them find solutions to their behavior while considering the needs of others. This process can be beneficial in helping people make the transition from the self-help groups they are currently attending to more self-directed ones. It is often difficult for small groups to keep up with schedule changes and be flexible enough so that participants can still participate when circumstances prevent them from being physically present at every session.

Differences in cultural backgrounds, income levels, and educational backgrounds within any given group complicate this work. They may have different understandings of issues we might take for granted, like swearing or discussing sexuality. In this way, training sessions are helpful because they provide opportunities for those in the group to discuss these differences and build on what is common among everyone while recognizing where there may be some misunderstandings or conflicts.

The small group process developed well. The group was having much fun, and everyone truly brought their best to the discussions. Participants had great conversations, shared their stories, and learned new things about the client. We all helped each other learn and grow together to understand the client's needs.

## **Reference**

Zastrow, C., & Hessenauer, S. (2019). *Social work with groups: Comprehensive practice and self-care*. Cengage Learning.