

CONFIDENTIAL

MENTAL HEALTH EVALUATION

Client Name: Monique (Molly) Polanco

Date of Birth: January 27, 1997

Age: 26

Date of Evaluation: April 15, 2023

Date of Report: April 23, 2023

Tests Administered: Beck Anxiety Inventory, Beck Depression Inventory-2 (BDI-2), The Drug Abuse Screening Test (DAST-10) & Spiritual Well-Being Scale.

Reason for the Assessment

Monique (Molly) Polanco is a 26-years old female college graduate. She has worked as an office assistant for the past four years. She is seeking an assessment because she has been having difficulty getting work tasks done on time, is not motivated to complete the tasks at work, and expresses that "nothing seems to matter anymore." Molly also said she has been relying on drugs to get her through the day; besides the activities, she enjoys playing sports and smoking. She said, "The only thing I enjoy is getting high, and everything else in life is just something I need to drag myself through."

Description of the Client

Molly arrived at the evaluation dressed casually in jeans, a t-shirt, and sneakers. She dressed appropriately for the weather but had a strong odor, and her jeans, t-shirt, and sneakers had dirt patches. Her hair was groomed; pulled back in a ponytail, but she had difficulty maintaining eye contact, and her eyes were bloodshot. Her mood was somewhat anxious but compliant after taking a short break. Her speech was average, some words were slurred and needed to be concise, and her awareness of current events and common knowledge was slightly below average.

Background Information

Molly disclosed she received counseling a few years ago but did not mention her previous counselor's location or name. She has never been hospitalized, received outpatient treatments, or taken psychiatric medications. She has also received speech therapy as a child. Molly also shared her family history; she was born and raised in New York City, and her parents divorced when she was only a child. She has two younger siblings; her mother is a homemaker, and her father is a business owner. She shared she has a challenging relationship with my mother, to the point of emotional abuse; she is unsure, but her mother was and is still very strict with her.

Molly shared that she has never been convicted of a crime or been on probation. On her mother's side, there is an addiction to drugs and alcohol (Aunt and Grandfather). On her father's side, an addiction to drugs (Uncle-cocaine) resulted in an overdose, passing away, and a history of high blood pressure.

Molly disclosed her use of alcohol to be a couple of drinks per week, her use of drugs to be marijuana daily, and no tobacco usage. She did not list any medical history besides surgery for a broken arm. Molly is currently in a romantic relationship for a year and a half. She describes the relationship as "mostly good but causes intense stress for days/weeks sometimes." Her partner is employed at Home Depot, and they do not have any children.

Evaluation Method

The assessments that were given to Molly were the following: The Beck Anxiety Inventory (BAI), The Beck Depression Inventory-2 (BDI-2), The Drug Abuse Screening Test (DAST-10), and The Spiritual Well-Being Scale (SWBS). The BAI is a 21 questions inventory used to measure the intensity of anxiety symptoms in adolescents and adults. The BAI takes 5-10 minutes to be administered by a mental health professional or self-administered. The BDI-2

measures the intensity of depression symptoms in adolescents and adults. The BDI-2 is a 21 questions inventory that takes about 5 minutes to administer either by mental health professionals or self-administered.

The DAST-10 Test is a ten-question inventory, a condensed version of the original DAST, and it identifies an individual's substance use over the past 12 months. The DAST-10 can be administered either by mental health professionals or self-administered. Lastly, The SWB is a 20 questions inventory that measures an individual's perception of spiritual well-being broken into two sub-scales: Religious Well-being and Existential Well-being.

Behavioral Observation

Molly was compliant and could understand the contents of the assessment measures administered to her. All results of the assessments are considered concurrent validity and a valid assessment of her present emotional functioning.

Results Summary and Interpretation

Beck Anxiety Inventory (BAI)

Ms. Polanco scored 14-15 on the Beck Anxiety Inventory, indicating her anxiety symptoms are in the mild range. A score between 8-12 indicates mild anxiety.

Beck Depression Inventory-II (BDI-II)

Ms. Polanco scored a 35 on the Beck Depression Inventory-II, indicating her symptoms of depression are in the severe range. A score between 31-40 indicates Severe depression.

The Drug Abuse Screening Test (DAST-10)

Ms. Polanco scored an eight on The Drug Abuse Screening Test, which reveals a substantial level relating to drug use. Scoring between 6-8 indicates a substantial level, and the next action would be an intensive client assessment.

Spiritual Well-Being Scale (SWB)

Ms. Polanco scored an 84 on the Spiritual Well-Being Scale, indicating a moderate sense of spiritual well-being. She scored a 30 on the Religious Well-Being subscale, indicating a moderate sense of religious well-being. In addition, she scored a 29 on the Existential Well-Being subscale, indicating a moderate level of life satisfaction and purpose.

Results Summary and Interpretation

The results of the assessments given to Ms. Polanco are as follows: The BAI indicates anxiety symptoms in the mild range. The BDI-II results indicate depression symptoms are in the severe range, and the DAST-10 reveals a substantial level relating to drug use. Lastly, the Spiritual Well-Being Scale, with the two subscales, indicates a moderate sense of spiritual and religious well-being and a moderate rate of life satisfaction and purpose.

Interpreting the results of the assessments to Ms. Polanco went as follows: "Ms. Polanco, thank you for coming back to the office to discuss your results. As I stated, these assessments are seen as data and are part of the overall counseling process. It helps me, as your future counselor, if you decide to start therapy, better understand the concerns you disclosed. The results are not an end all be all situation, and like a test score you would get in college, it does not show us the whole you, but it shows us areas where you might need support. I will review the results with you, and if you have any questions, please let me know."

"The results of the Beck Anxiety Inventory show a mild level of anxiety symptoms based on what you disclosed. This can mean that some areas in your life are causing anxiety, and your body is finding a way to cope. However, the results from the Beck Depression Inventory show a high level of depressive symptoms, which goes with what you checked off on your intake form, such as having a depressed mood, too much sleep, and feeling sluggish and worthless. As

mentioned, these results show areas where you might need more support than others. It looks like you would need support with improving how you view, think, and act towards yourself."

In addition, "the results from The Drug Abuse Screening Test shows a high level of drug abuse/usage, and the term 'drug abuse' refers to the use of any medication (over the counter or prescribed) that exceeds at the level where it impaired how you function daily. We can discuss more about this regarding your feelings with the results and next steps options. Lastly, The Spiritual Well-Being Scale results show a moderate sense of spiritual well-being, religious well-being, and life satisfaction and purpose. It seems like this area in your life has much support, and we can work on maintaining it."

Recommendations and Summary

Ms. Polanco would need additional assessment regarding her substantially high level of possible drug abuse based on the results from the DAST-10. If additional assessment confirms drug abuse, Ms. Polanco will benefit from inpatient, outpatient, or residential treatment. She can also benefit from counseling and Cognitive Behavioral Therapy (CBT) to address negative thoughts and behavioral patterns and change those actions into positive ones. In addition, medication management works well with CBT if her symptoms do not improve with therapy alone.

Monique Polanco, a.k.a Molly, is a 26-years old female college graduate. She is seeking an assessment because she is not motivated to complete tasks at her employment, where she has been an office assistant for four years, and it's difficult to complete them on time. She shared that she needs the assistance of drugs to get through her days since she feels like "nothing seems to matter anymore; the only thing that brings her joy besides sports is smoking to get high." Molly

disclosed her use of alcohol to a couple of drinks per week and her use of drugs to be marijuana daily.

The results of the BAI indicate anxiety symptoms in the mild range, and the BDI-II indicates depression symptoms in the severe range. Results of the DAST-10 indicate a substantial level; the next step would be an intensive client assessment. Lastly, the Spiritual Well-Being Scale, with the two subscales, indicates a moderate sense of spiritual and religious well-being and a moderate rate of life satisfaction and purpose.

Personal Reflection

Administering the assessments to the client was uncomplicated. I gathered the necessary assessments that I felt would help reflect the concerns the client disclosed in her intake form and my evaluation. All the inventories were accessible to me without any difficulty. During my Practicum and Internship journey, I know I will continue to have access to similar or updated inventories. However, obtaining these types of assessments might be challenging once I have my limited permit or licensure; it will depend on where I see my clients, obtaining these types of assessments might be challenging.

Interpreting the assessments was not challenging, but I noticed I would need to continue practicing to be efficient. It took some time to process some of the instructions on interpreting some assessments, especially the SWB scale. Since completing this course, I started recognizing how administering and interpreting assessments is essential to becoming a competent counselor; it helps assist with obtaining one piece of the puzzle, which is the client, and it's a counselor's commitment to seeing all the pieces and help the clients heal one piece at a time.

Clinician Name and Credential: Lea Smith MHC-Intern

Signature: *Lea Smith*