

A Case Study for Transformational Care Planning: Maria

History

Maria is a sophomore in high school and has recently been suspended for leaving campus during the day and cutting classes. Her grades have been dropping to D's and F's in the past year and she has dropped all of her extracurricular activities. Maria states "there is nothing wrong" when questioned about her challenges at school this year.

Maria has been fighting with her younger siblings, and most often stays in her room. She has been arguing with her mother and has refused to talk to her father when he calls home. Maria's best friend has tried to encourage her to stay on the soccer team; however, Maria quit the team anyway. She has also dropped out of the Spanish Club at school as well as stopped going to stay overnight with friends.

Family Background

Maria is a 16-year old Latina who is one of 4 siblings. She is the oldest child and has 2 younger brothers aged 5 and 7, and one younger sister aged 12. Her parents have been married for 17 years and her father is currently on his 2nd tour of duty in Afghanistan. He has been out of the country for nearly 1 year. He recently received a commendation for his heroism in rescuing civilians in Afghanistan and is due to come home in the next few months. Her mother is a "stay at home mom" who runs a business of making and selling tamales out of the home. The children help her sell the tamales door-to-door and at fairs and festivals.

Maria's parents came to the United States from Mexico when they were both small children. Her parents met in high school and were married soon after graduation. Maria and her siblings were all born in the United States. Her parents are both bilingual, however, only Maria and her younger sister speak Spanish.

Maria often watches her younger siblings and helps around the house when her mother is busy with the tamale making business.

Maria's aunts and uncles and cousins are frequently at her home and they are a very close-knit family.

There is no acknowledged history of mental illness in the family but Maria's father has suffered from PTSD and depression and a paternal uncle committed suicide.

Education/Accomplishments

Maria has always been a "high achiever" getting mostly A's and B's in school. This year however, she has periods when she has a hard time getting out of bed and going to school in the morning. Maria has participated in several athletic teams over the years, most recently soccer. She has recently had a poem selected and published by the "California Poets in Schools." Maria is friendly and has a good sense of humor and gets along well with her friends and teachers.

Health Status

Overall, Maria's health is good. She had a tonsillectomy when she was 7 years, and had an ACL tear 3 years ago which required surgery and is now completely healed. Maria has recently begun to complain of stomach aches; however, there does not appear to be any reason for the complaint after a physical examination.

Alcohol/Drug Use

Maria does not admit to drug or alcohol use of any kind.

Medications and Treatment

Maria has been treated with medication in the past for her ACL tear for the pain associated with the injury. Other than that, she has only been treated for usual childhood minor illness with antibiotics or aspirin.

Diagnostic Considerations

Maria has never been diagnosed with an emotional or behavioral problem, and her mother is reluctant to bring her in for an assessment. Her mother states that she "should snap out of it," but is also very concerned for Maria's emotional health.

CANS and TCP Clinical Supervisor Training

Client Name: Maria

Narrative Summary:

Maria is a sixteen year old, bilingual, Latina teenage female. She has a strong family support system. She is creative, artistic and a high achiever. Maria is athletic and has positive interpersonal skills. Maria's mother is a business woman who is also bilingual. She is caring for the family while her husband is deployed. Mother is supportive of whole family and well organized.

Mother brought Maria due to concerns about dropping of grades, isolating and oppositional behaviors. Due to possible cultural differences mother and Maria are not meeting eye to eye about her current behaviors. Although Maria is denying any issues it appears that she is portraying signs of depression which may be exacerbated by the fact that her father is returning home from Afghanistan in the near future. It could be that a family history of depression may also be attributing to Maria's depression.

The family's vision is to have a better relationship which would help increase positive interaction with family and peers.

The purpose of treatment is to improve mood through the use of family psycho-education, developing coping skills, engagement in extra curriculum activities, and increase socialization in the community and friends.