

A Case Study for Transformational Care Planning: Jeff

History and Family Background:

Jeff is a 3 year-old little boy of mixed ethnicity who was referred for an assessment by his social worker. Jeff's father is a 54 year-old man of mixed ethnicity (Chinese, English and French); mother is a 41 year-old female of Norwegian descent.

Jeff is currently living with his maternal grandmother after a 2 month stay in a foster home. He was removed from his parents who separated about 3 months ago. Jeff's parents have had a difficult relationship where domestic violence and substance abuse were frequent occurrences; Jeff was witness to the violence on multiple occasions.

Jeff lived with his maternal grandmother and mother for a period of time before he went to live with his father. According to the father, one night the mother came and "took" Jeff. Their whereabouts were unknown for about 2 weeks at which point mother and Jeff were found homeless. It was at this time that Jeff was placed in foster care.

Jeff had visitation with his father and maternal grandmother while in the foster placement. Currently, at his maternal grandparents' home he has supervised visits with both parents separately; these visits have been a hit and miss.

Father reports that Jeff is a "well loved" child and gets along well with everyone. Foster-father reports Jeff gets along well with all "as long as he gets his way". At the grandparents home, Jeff is now getting more comfortable and beginning to exhibit some difficult behaviors.

Presenting Concerns:

Father is concerned that Jeff is being traumatized by the current situation. "Everything that is familiar to Jeff is gone from him at this time". Foster-father reports Jeff has a lot of difficulty expressing his anger in acceptable ways as such he throws "a lot of tantrums" which include, screaming, yelling, hitting, and biting. He reports Jeff does not like going to sleep and so he will "throw a fit" that can last 1-2 hours. Foster-parents have put Jeff back in pull-ups because Jeff refused to stay on the toilet.

The grandparents have had a period of time where Jeff's behavior was typical of what they had experienced with him prior to all the disruptions; however they are now reporting concerns with Jeff being withdrawn; he is no longer the happy child he used to be. They are also experiencing the screaming, yelling and tantrums that can occur for long periods of time when Jeff is contradicted or not getting "what he wants". Grandmother further reports he is no longer seeking out children at the park to play with, instead will sit and watch.

Child Development:

Father reported Jeff was a planned pregnancy and his mother received pre-natal care. Jeff was breast fed until almost 3 years of age. He was a cuddly and smiley baby, exhibited eye contact and formed relationships easily. He turned at about 4 months old, crawled at 8 months and walked at 9 months. He began to speak early and is quite verbal now. He was potty trained; however has recently regressed. Mother believed in holist healing as a result Jeff did not get any immunizations or medical care during the first year of his life. He currently has 12 cavities. Grandparents are in the process of getting him dental care.

Client Name: Jeff
Narrative Summary

Jeff is a bright, intelligent and verbally communicative 3 year old child of mixed ethnicity. He currently lives with his grandparents at their home. He is "well loved" by his grandparents. Jeff's development appears to have been on track per biological father's report with meeting all developmental milestones. However, recent changes in his living environment have resulted in him having challenges with potty training and having difficulty with sleep. Jeff has also experienced trauma related to witnessing domestic violence and substance abuse of mother while he was in his parents care, as well as being separated from them.

Jeff's challenging behaviors currently are: throwing "fits" of tantrums, yelling, hitting and biting. Per his history, prior to separation from his biological parents Jeff was playful with his peers; however he is currently not seeking out children at the park to play with but keeps to himself for the most part. Jeff's behavior may be due to the disruption in his living situation (multiple placements in a relatively short period of time) as well as significant trauma (witnessing domestic violence and substance abuse of the mother).

Jeff would benefit from play therapy to work on expressing his feelings of anger, confusion and loss due to the recent changes and trauma he has experienced. Home Visitation services are recommended to help support Jeff's grandparents with a behavioral support plan to help primarily with aggressive behaviors and to also help with potty training and sleep schedules.

Jeff would also benefit from being enrolled in preschool in order to have structure, consistency and increased positive social skills. Linkage to Family Resource Centers (FRC's) and grandparent support group would also be of help. Parents could benefit from parenting classes, substance abuse treatment and psychoeducation on the effects of trauma on children 0-5.

Jeff is currently in grandparents' care and they appear to be involved in taking care of his medical needs as well as providing a safe and secure environment for services to continue.