

CompuPIE - PIE Assessment Summary

Client: Brown, Stacy	Client ID# 001	Assessed By: admin	Assessed on: 06/15/2018
Address: 3034 Albany Crescent Sacramento CA 95833	Phone: 916 222-2222	Referred By: physician	Ethnicity: White
Gender: Female	Date Of Birth: 06/15/1983	Marital Status: Divorced	# of Children: 3
Highes Level of Education: High School or GED	Employment Status: Part Time	Living Arrangement: Renting	
Additional Notes: Recently, clients hours at work have been reduced. Ct is looking for additional work.			

Case History:

Reason for Referral:

Stacy, a 32-year-old divorced mother of three children, was referred by her family physician due to increasing headaches which are according to her physician are "likely related to stress." In addition to the increasing headaches, ct. reported being increasingly irritable at home, more depressed and more frustrated with her children. Ct reported that her son, Jimmy, age 10, has been getting into fights more frequently at school and was recently suspended. Ct. reported that her son has been difficult to manage since her divorce two years ago. She reported that son has frequent temper outbursts and bullies younger children. Ct. also expressed concerned about her daughter, age 12, whom she describes as shy and doing poorly academically in school. Client reported that she is feeling overwhelmed and stated It is a struggle to get up in the morning. She stated she is tired despite having 6 -7 hours of sleep. During the past 3 months, Ct. has been dating a man whom she describes as kind and good to the kids, but added she does not know if she wants to continue this relationship because her son does not like him and she thinks this has contributed to the problems between her and her son. Ct. reported husband was both emotionally and physically abusive in marriage; since the divorce (2 years ago) he has not followed through much with seeing the children and he recently moved out of state.

Current Situation:

Client's situation is aggravated by financial problems. She has had to move to a smaller apartment in a less desirable and less safe neighborhood. Her ex-husband pays only \$300/month in child support and he is sporadic in his payments. Due to cutbacks at her place of employment, she now works only 25 hours per week. She has been unable to find additional work and is worried about being able to financially make ends meet.

Ct. cried during the session, stating life is just too much for me. She denied any suicidal ideation, stating she would never do that to her children. She appears to be highly motivated and states she wants help to give her children a better life. She reported her children are receiving counseling in school but she wants help for herself.

Relevant History:

Ct. reported growing up in New Jersey. She has little communication with her bio family. She is the middle of 3 children. She reported witnessing domestic violence and being physical abused by her father (as were her siblings). Father reportedly was an alcoholic and would become abusive when drinking. Ct. reported an incident of sexual abuse by maternal uncle when she was 12. Ct reported her mother never believed her. Ct said she did well in school and graduated high school.

Trauma History:

Childhood: Physical abuse, Sexual abuse, Witness family violence

Adulthood: Domestic violence, Emotional abuse, Witness family violence, Witness community

Substance Abuse:

Past 30 days use: Alcohol to intoxication (1)

Lifetime use (years): Alcohol to intoxication (5 YRS)

Mental Status Exam:

APPEARANCE

Casual dress, normal grooming & hygiene

SPEECH

Normal rate/tone/volume w/out pressure

EYE CONTACT

Appropriate

COGNITION

No cognitive problems

INSIGHT

Good

MOTOR ACTIVITY

No unusual movements

BEHAVIOR

Cooperative, Friendly

MOOD

Anxious/Fearful, Depressed

AFFECT

Depressed

PERCEPTION

Within normal limits

ORIENTATION

Oriented X 4

JUDGMENT

Good

IMPULSE CONTROL

Good

THOUGHT PROCESS

Goal Directed & Logical

THOUGHT CONTENT

Within Normal Limit

RISK OF SUICIDE

Suicidal Ideation

Risk Level: Low/Minimal Risk

Assessed on: 06/15/2018

Factor 1: Social roles and relationships

Problem:

Priority:

Parent Role, Mixed Type, Moderate Severity, 1-5 years Duration, Below Average Coping Skills.

High

- Goal:** 1. Decrease conflict between ct. & son.
 2. Increase communication between ct. and both children around divorce, past domestic violence and their relationship with father.

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| <u>Recommendation:</u> | 1. Psychoeducation around effects of DV and substance use on children.
2. Parenting education esp. re clearer boundaries; use of positive reinforcement and greater consistency re consequences for misbehavior.
3. Family therapy to open up communication re domestic violence and relationship with father. | <u>Expected Outcome:</u> | 1. Improved parenting skills
2. Increased communication among family members. |
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Problem:

Priority:

Lover Role, Ambivalence Type, Moderate Severity, 1-6 months Duration, Average Coping Skills.

Medium

- Goal:** 1. Education re what constitutes a healthy relationship.
 2. Enhanced decision making re relationship with boyfriend.

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| <u>Recommendation:</u> | 1. Psycho education re healthy relationships.
2. Examination of pros and cons of current relationship. | <u>Expected Outcome:</u> | Ct. will have increased knowledge re healthy relationships and experience a sense of self efficacy re relationship with boyfriend. |
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Factor 2: Environmental problems/needs

Problem:

Lack of Education or Training Facilities Type, Moderate Severity, 1-6 months Duration, Good Coping Skills,

Priority:

Medium

Goal: Ct. wishes to explore obtaining a CNA - nursing certificate

Recommendation: 1. Check into at least 2 programs that offer CNA certification (also check on line programs)
2. Referral to Career counselor in agency.

Expected Outcome: Ct. will have greater knowledge about programs, identifying both obstacles and resources.

Factor 3: MH functioning

Problem:

Persistent depressive disorder (dysthymia) -- F34.1 Type, Professional DX Source, Moderate Severity, 1-5 years Duration, Good Coping Skills, Ct will experience a greater sense of her own strengths, resiliency and accomplishments as well as a decrease in depressive symptoms Specifier,

Priority:

High

Goal: 1. Decrease depressive symptoms
2. Improve self esteem

Recommendation: Solution focused techniques
Strength based approach

Expected Outcome: Ct will experience a greater sense of her own strengths, resiliency and accomplishments as well as a decrease in depressive symptoms

Problem:

Personal history (past history) of spouse or partner violence, Physical -- Z91.410 Type, Client Report Source, Moderate Severity, 5 or more years Duration, Average Coping Skills, Specifier,

Priority:

Medium

Goal: Assess for impact of dv (PTSD symptoms) on client's functioning,

Recommendation:

Expected Outcome:

Factor 4: PH functioning

Problem:

Headache, cluster Type, Client Report Source, Moderate Severity, 1-5 years Duration, Average Coping Skills,

Priority:

Medium

Goal: 1. Reduce stress
2. Improve self care

Recommendation: 1. Mindfulness and Relaxation exercises.
2. CBT

Expected Outcome: Ct will experience reduction in stress levels and improved self care which will decrease likelihood of headaches.

Strengths and Resources

Factor 1: Social Role and Relationship

Parent, Lover

Factor 2: Environmental Situations

None

Factor 3: Mental Health Functioning

Spiritual / Religious Beliefs, Strong Motivation, Empathy, Resilience, Perseverance

Factor 4: Physical Health Functioning

None

Additional Notes: