

PSYCHOSOCIAL REHABILITATION - INDIVIDUAL (H2017)

P - (Purpose): Rehab services to Yolanda to help with her decision-making skills

I - (Intervention): Helped Yolanda go through the pros and cons of keeping her car versus selling it. Helped Yolanda identify the techniques she uses to make a decision.

R - (Response): Yolanda said that she often prays as a way of coming to a decision. She was still undecided about selling her car, but she said there was no real deadline for making a decision. She is concerned that giving up her car will impair her ability to visit her family.

PL - (Plan): Yolanda will continue to practice decision-making regarding keeping her car.

P - (Purpose): Individual rehabilitation services to help Yolanda increase her self-care and social skills.

I - (Intervention): Phoned Yolanda to check in on her use of coping skills. Helped Yolanda identify the ways she had successfully used positive coping skills in the past week. Brainstormed additional techniques she could try.

R - (Response): Yolanda reported feeling anxiety about her finances and said that her anxiety and depression are worse in the mornings. She said that prayer, positive self-talk, gratitude, and the DBT skill "Comparing" from "Wise Mind ACCEPTS" all help improve her symptoms. She also was able to identify that sending Christmas cards helped because it helped her connect with others. Yolanda agreed to try journaling as a way of processing her anger and anxiety and increasing her ability to shower daily and engage with others.

PL - (Plan): Yolanda will try journaling to see if it helps her process her emotions and reduce her anxiety. Yolanda will call the NAMI Warm Line over the weekend if she needs additional support. Clinician will phone Yolanda within one week to inquire about progress.

P - (Purpose): Psychiatric rehabilitation services to help Keisha with her job goals.

I - (Intervention): Met with Keisha at her home. Using the Center for Psychiatric Rehabilitation's "Psychiatric Rehabilitation Training Technology" worksheets, facilitated goal-choosing exercises of identifying, defining, and ranking personal criteria.

R - (Response): Keisha identified flexible scheduling, friendly bosses and co-workers, mixed work tasks, and high pay as her personal criteria for choosing an occupational goal. She was able to identify minimum, acceptable, and ideal requirements for each of those categories. She was also able to assign weights to each criteria. She said that she could see the utility of evaluating potential jobs in this way, rather than just accepting any job that was presented to her.

PL - (Plan): Clinician asked Keisha to identify three potential jobs so that they may work on assessing them using Keisha's defined criteria and rankings at next meeting. Next meeting 2/17 at noon at Keisha's home.

P - (Purpose): Rehab services with Leon's Dad regarding Leon's physical outbursts at home.

I - (Intervention): Phone call with Leon's Dad. Actively listened to Dad's report of Leon's recent physical outbursts at home. Validated Dad's frustrations and concerns. Engaged Dad in discussion about precipitating events, past interventions tried (what worked, what didn't). Suggested new interventions (rest and snack after returning from school, more structure in schedule to increase predictability of event, increasing positive feedback to Leon). I also coached Dad in working to remain calm (steady voice, controlled body movements) when Leon shows beginning signs of behaviors and in maintaining clear boundaries/consequences (i.e., not giving video games back until Leon cleans his room).

R - (Response): Leon's Dad reports that Leon has had a recent increase in physical outbursts over the last week (pushing Dad, throwing items around his room and towards Dad). Dad believes that it is connected to Dad going away for work for a week and Leon struggling with him being gone. Dad agreed to trying out a more structured schedule, as predictability does settle Leon. Dad also reported that when staying with Grandparents (where he stayed while Dad was gone), Leon does not have to clean up after himself and is able to watch TV/play video games whenever he wants. Dad was receptive to coaching around his reactions to Leon's behaviors and agreed to report back to me around how he was able to implement the interventions.

PL - (Plan): Leon will meet with his therapist at Lifeworks on 5/9. Leon's Dad and I have scheduled a meeting for 5/11 via phone discuss the interventions tried and any changes in Leon's behaviors.