



Case Study for 3.5 Hour Initial DLA-20 Adult MH Training

Mike is a 29-year-old male diagnosed with Depressive Disorder, Post-Traumatic Stress Disorder, Alcohol and Marijuana Abuse. During the interview information was provided by Mike, his girlfriend and his mother.

Health Practices- Mike is currently on prescription medications and reports he takes the correct dosage only about 2 times a week. He reports that he often forgets and does not take them or takes them late. “I should probably take my medications to help my mood problems. My mood is up and down and I feel anxious a lot.” Mike reports that he has been to several mental health centers over the years however “they don’t really help me.” He sporadically attends his medication appointments with his psychiatric prescriber. Mike reports he was diagnosed with Hepatitis C several years ago, but his symptoms have not changed, and he reports he makes it to about half of his primary care doctor’s appointments.

Housing- Mike currently lives in an apartment with his girlfriend however housing has been very unstable this past month as he has been sleeping on various friends couches and staying at shelters. He moved in with his girlfriend last week.

Communication- Mike is very guarded around others and restrictive in his speech. He has a hard time paying attention when people are talking to him, so he tries to avoid most people because he starts feeling anxious. He reports being comfortable most the time talking to his mother and girlfriend but those are the only two people he wants to communicate with.

Safety- Mike reports there are no safety concerns in the home and that he always felt safe at the shelter or with friends however currently he is not making safe decisions in the community. Mike reports nothing has happened in the community “but I go to really rough places to get my drugs every week and I am not going to quit using.” He reports that it has been many years since he felt like hurting himself.

Managing Time- He does not have a set schedule, only getting 2-3 hours of sleep a night. He reports feeling restless at night and having frequent nightmares when he does fall asleep. Mike reports he eats when he is hungry, takes his medication if he remembers (2-3 times a week) and only remembers about half of his appointments he is supposed to attend.

Managing Money- Mike’s only income at this time is from selling his few personal belongings that he had with him in the last month. He reports the money he got from selling his personal belongings in the last month pays for drugs and sometimes food.

Nutrition- He reports for most of the month he ate lunch and dinner at the local shelter while staying with friends or in shelters. When he missed lunch or dinner he ate what he could find or purchased soda or junk food. “I don’t know how to prepare my own food.”

Problem Solving- Mike stated “I have never been good at solving problems or making decisions with anything. I don’t even see things as problems and if I do, I just ignore what is going on and it tends to go away. I did find places to stay at night however it was normally the same place over and over and it didn’t really fix my problem.”

Family Relationships- He reports he talks to his mother each week and they have always had a good relationship. He has a little brother age 14 who he reports he is close to and a cousin who is 28 that he doesn’t speak too. He said he gets along with his girlfriend “great.”



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Alcohol/Drug Use- Mike reports that he is currently using alcohol daily (3-5 mixed drinks) and marijuana “at times throughout the day”. He reports that he has taken some Xanax in the last 2 weeks but he doesn’t remember exactly how many. “I have maybe taken 6 total within the last two weeks when my mood is really bad because that is what my doctor told me to do just take them when I feel bad”. His Xanax is prescribed PRN. He also reports that he smokes 1 pack of cigarettes a day. “I am not going to quit.”

Leisure- Mike reports that he loves to draw, write and watch the news. He reports he does one of those activities almost daily.

Community Resources- Mike does not have a car but he uses public transportation (bus), walks or rides his bike. He reports in the last month he went to a doctor’s appointment and used the shelter for sleeping and meals.

Social Network- He reports that the only people he trusts right now are his mom and his girlfriend. He reports that he has friends that he sees each week and they are who he gets his drugs from.

Sexuality- He reports that he is positive for Hepatitis C and has not been tested for HIV or other STD’s however he is not concerned with having any STD’s. He reports that his girlfriend is aware he has Hepatitis C and she is not concerned. Mike reported that they have talked to his doctor about Hepatitis C and they are taking the necessary steps that his doctor recommended however his doctor did request additional preventative testing that Mike has not followed through with that.

Productivity- Mike reports that he is not currently working. “I have a lot of time right now and I don’t really do much during the day.” He stated he graduated from high school and he plans to go back to school one day for a degree in drafting.

Coping Skills- He says he likes to drink and use drugs because it is the only thing that “helps my mood and anxiety.”

Behavioral Norms- Mike reports he tends to avoid interactions in the community. “I don’t like being around people I don’t know.” He is currently on probation for drug use and says that he is keeping to himself mostly just using drugs and hanging out with his girlfriend.

Personal Hygiene- He reports that most days he showers and brushes his teeth every day. He reports he has not seen a dentist in a “long time” and that he has aches and pain in his mouth. He does not note any other problems in this area.

Grooming- He reports that he always brushes his hair and shaves when needed. Mike was appropriately groomed by all observations.

Dress- Mike reports that sometimes he wears the same clothes two days in a row especially when he was staying with friends or in the shelter. His clothes appeared clean and well-kept.