



## DLA-20 Adult Pre-Test and Post- Test

Dot is a 49 year-old female diagnosed with Paranoid Schizophrenia, Alcohol and Methamphetamine Abuse

**Health Practices-** Dot reports she does not take any of her medications. She has not attended her appointments or met with staff at the clinic on a scheduled basis. She shows up at the clinic when she believes that “Troy the Axe Man” is after her. Dot reports hearing voices most of the time. Dot is overweight and has untreated high blood pressure.

**Housing-** Dot currently has very unstable housing. She moves between respite centers, the emergency room, and various men’s apartments. Dot reports she moves around to seek safety from “Troy the Axe Man.”

**Communication-** Within the last month she has not been able to communicate effectively. Her communication is dominated by “Troy the Ax Man”, rapid slurred speech, and antagonistic toward others.

**Safety-** She does not make safe decisions in the community. She prostitutes herself for drugs and alcohol. Dot is not homicidal or suicidal in the past month.

**Managing Time-** Dot does not have a consistent schedule she follows. Her sleep is erratic varying from a couple hours of sleep to sleeping all day. She currently spends her days roaming the community, prostituting herself and using illicit drugs.

**Managing Money-** Dot poorly manages her SSI money/income and will impulsively spend it on what she wants right then. Dot says she does not have any expenses and she can spend her money how she wants too.

**Nutrition-** Dot is overweight. Her diet primarily consists of alcohol and junk food. Dot usually gets one meal a day primarily at fast food restaurants. Dot does not plan or prepare nutritious meals.

**Problem Solving -** Problem solving skills are manipulation and bargaining. Her goals are always directed toward her freedom, partying, and sex with men. She has nicknamed all men “Marvin Gaye” after the singer.

**Family Relationships-** Parents were abusive and she has no contact with them. She has two children and five siblings all who live nearby. “I haven’t seen any of them in a long time.”

**Drug and Alcohol-** Dot uses alcohol and methamphetamines and smokes at least one pack of cigarettes daily. Dot denies her use as any negative impacts.

**Leisure-** Dot considers herself “street smart.” She also reports she likes listening to music and periodically listens to music when provided by others.



DLA-20 Adult Pre-Test and Post- Test

**Community Resources-** Dot seeks community supports when she is stressed like the mental health center, respite and ER. Dot uses transportation including (public and friends).

**Social Network-** She reports multiple friends but those include only men who are taking advantage of her.

**Sexual Health-** Dot prostitutes for money having unprotected/protected sexual encounters with unknown individuals for alcohol and drugs.

**Productivity-** She isn't currently working or productive in any identified role. She has cosmetology training and wants to work in a hair salon.

**Coping Skills-** Dot is not demonstrating the use of any positive coping skills. Her go to coping skills are drug and alcohol use.

**Behavioral Norm-** Dot does not have any current legal involvement. Dot believes she is being "watched by police". She does not control her nuisance behaviors in the community which at times results in the police being called.

**Personal Hygiene-** Dot bathes and brushes her teeth as she values being clean and looking good.

**Grooming-** Dot grooms herself every morning, without prompts or help, even when not stable. She reports she looks neat most of the time.

**Dress-** Dot dresses self but clothes are ratty (have holes in them) and tight and she is always asking the agency for money to buy clothes that fit.

PRETEST SCORE\_\_\_\_\_

POST TEST SCORE\_\_\_\_\_