

**Presenting Problem:** “Sharon Smith” is a 41-year-old heterosexual female. She appeared early for her interview, was well dressed, and able to maintain eye contact. She did seem to present with a flat affect throughout the interview but was open to answering questions. She is seeking assistance with mental health services, employment, and financial resources. The client would like referrals to mental health agencies that work with low- or no-income clients. Additionally, the client would like help finding felony-friendly employers and apartments. The client is on unemployment, actively seeking employment, and needs assistance with a new apartment deposit when employment is found.

**Personal Status:** “Sharon” is not married and currently lives with her fiancé of one and half years in the Bethany area. She says she was born in California but raised all over as her father was in the military. Sharon says she has one older sister and two younger brothers. She says she feels like a lot of her growing up time was spent around Tinker as her father was stationed there several times. Sharon has three children from a previous long-term relationship that she says was a common-law marriage. Her daughter J is 13 years old, her sons M. and B. are 9 and 8. Sharon says that the children’s father filed for custody and won when she was charged with a felony. She says she is supposed to have regular weekend visitation. However, she further states that it is hard to spend time with the children because her current space is so small. While they were together, she says her children’s father could be verbally abusive towards her; however, nothing was ever directed at the children. She does not feel anything ever needed to be reported.

**Drug History and Current Use:** Sharon states that her mother would leave the children unsupervised when her father worked. Her older sister would drink, and she would sometimes also try a some – she believes the first time this happened, she was around 12 years old. She additionally states that she does drink some now, but not often. Sharon also disclosed that she has a medical marijuana card that she uses to manage her bipolar disorder. She has a previous history of cocaine use; however, she has not touched it in years.

**Medical History and Current Status:** Sharon states she has back issues from an injury in a car wreck a few years ago and has been diagnosed as bipolar. She says she does not know of any problems that run in her family other than maybe cancer. She says that while her father died in a car wreck but her mother had colon cancer. She says she has never been screened for it and doesn’t know if she is supposed to be screened or when. Sharon did disclose that while she has three children, she has had five pregnancies, including one early miscarriage. The client states that the 5<sup>th</sup> pregnancy she chose to terminate as she was leaving the children’s father at the time.

**Treatment History:** Sharon says she has previously been in therapy and on medication for her bipolar disorder. However, she dislikes the way the medication makes her feel and act. She states she prefers to try and self-manage with marijuana but admits that this is not always easy. Sharon states her mental health diagnosis does affect her, but she does not like pills. She says she does not go to the doctor regularly because she does not have any health insurance, and usually her jobs do not offer it either.

**Family History and Current Status:** Sharon feels that her family was pretty average growing up, other than being a military family. She said that yes, her dad was gone a lot but so was everybody else’s dad, so she did not think much of it. She mentions having extended family in

California but states that she has never been that close to them as she has never spent much time in their area. She says she was always closer to her brothers but doesn't talk with them much right now because she doesn't want to worry them about everything happening in her life. She says she is not in contact with her sister and has not heard from her in several years. Both parents are deceased.

**Legal Issues:** Sharon was arrested for a felony narcotics possession charge several years ago. She states that she is currently in a suspended sentence status that should be up in 2023. She believes she does still owe some fines and fees from that, but it has gone to collections due to unemployment, and she is not sure how to find out. She further states that she wants to look down the line, but it hasn't been a huge thing on her mind because she has just been trying to keep a roof over her head. She mentions that concerning housing, she did have an eviction in the Oklahoma City area about five years ago when her relationship with her children's father ended. She states that only her name was on the lease, but he paid most of the rent. After he moved out and she could not continue payments on her own.

**Support and Community:** Sharon says she really only has one close friend and that this friend is more like a sister. She says when she had space for her kids, and they were spending time with her, she would swap babysitting with this friend if one of them needed to run to the store – she states they would do anything they could to help each other out. Sharon says that other than this friend and her fiancé, she doesn't have much interaction with people anymore. She does not have her own vehicle to get out and do things. Her fiancé has a car that his family helps him with and can get her where she needs to go. She mentions that she was involved in church some growing up and has tried a few as an adult, but it has not been her thing so far.

**Education:** Sharon completed high school and states she has earned some college credit for childcare classes. She says she enjoyed school and likes to learn new things. She states she does not have a degree at this time, but before COVID, she planned to tour a local school that offers a culinary program. Due to employment and pandemic, she says that is on hold, but she would like to revisit it in the future.

**Employment:** Sharon is currently unemployed and mentions her mental health and COVID as contributing to unemployment. Her first job was working at a restaurant while in high school. Sharon says that since that time, she has had several food service jobs and worked in retail. She mentions having some office skills but has not liked the office jobs she has held in the past. She has several courses already taken at the college level, mostly regarding child care, and would like to add to those. Currently, she feels limited by her felony and the pandemic job market decreasing her funds available. She would like to attend culinary school to open her restaurant or food truck. She is actively looking for employment and states that she has a background check pending at Home Depot, after which she would have to complete a pre-employment drug screen.

**Resources and Responsibilities:** Sharon's current resources are her close relationship with her fiancé and friend. She also has access to unemployment funds and SNAP benefits and has been very resourceful in keeping her household afloat while looking for work. She has been responsible for reporting to the unemployment system while looking for work. Sharon also says

that her strengths are her children and her willingness to work for them. The client says she thinks her past, specifically her felony, can hold her back, and she needs help working through it.

**Assessment:** Sharon's mental health has been a barrier for sustained employment, and her current feelings about mental health treatment/medication may be a further barrier to accessing services. Due to finances, she is struggling with access to mental health care. She is also isolated, seemingly by choice, from most community support/relationships. Since Sharon's mental health has impacted her job performance/retention, she has been underemployed or had several breaks in her employment status. Her lack of employment or underemployment and COVID pandemic has led her to rent a very small apartment to get by, and the client cannot spend weekends with her children in this space. Her lack of interaction with her children may be adding additional strain on Sharon's mental health, further affecting her job prospects and chances for continued employment.

**Plan and Goals:** Moving forward, Sharon's main desire is to increase her income and have space for her children to stay. A secondary goal is to increase her access to resources for mental health. She has asked for mental health care services referrals and any listing the agency may have of felony-friendly employers and rentals. She would like to be in a new apartment before the lease on her current rental runs out at the end of April. The client will continue to work through the employment process with Home Depot and utilize the agency's felony-friendly employer list for other job leads. She will also use the agency's felony friendly and low-income housing list to begin looking for a suitable apartment. The case manager will provide mental health resources as the client requested. It should be noted that the client is unsure about accessing provided resources due to the provider's reactions to her medical marijuana card.

**Summary:** Sharon seems to have several short- and long-term goals she would like assistance in reaching. She seems eager, is ready to engage in the case management process, and willing to continue to do her part to move forward. She is very excited to have assistance and resources to get back into a space to be a family and cook for her kids again. Sharon is hopeful she can celebrate Mother's Day with her kids in a new, larger apartment.