

Dr. Peterson
Generalist Practice with Individuals and Families
Elizabeth Kuhr

Social History

Client Name: Michelle Ybarra McMurray-Adkins

Date of Interview: 10/06/2019

Date of Birth: 02/06/1960

Address: 7100 Stinchcomb Dr Oklahoma City, OK 73132

Telephone: 405-234-7531

Reason for Referral/Presenting Problem:

Michelle is a 59 year old Caucasian woman who I am conducting a mock interview with for a class assignment.

Description of Interview Setting:

The interview with Michelle took place in her home in Oklahoma City. We sat together at her kitchen table after eating dinner together so we were both relaxed and able to have open and honest conversations. The lights were on but dimmed so they weren't over bearing and we made sure that there were no outside distractions like phones or the television.

Describe Personality and Physical Characteristics

Michelle is a 59 year old Caucasian woman. She is around five feet tall and has long white hair. She wears glasses to help with her vision. Michelle is a very open person. She is willing to welcome others into her home and is able to make them feel comfortable. She has a sense of humor and is able to laugh at herself and have a good time with her friends and family.

Family Composition

Michelle's biological father is Ricardo Ybarra. Ricardo is 84 years old and is a retired member of the air force. He currently lives in Del City, Oklahoma. Ricardo is currently married to Betty Ybarra, who is Michelle's stepmother. Betty lives in Del City with Ricardo and is retired from General Motors. Michelle's biological mother is Lynn Frasier. Lynn is 81 years old and is retired. She currently lives in Massachusetts. After her divorce from Ricardo, Lynn married Perry Bennet, Michelle's first stepfather, who used to work in construction. Perry is deceased. Lynn is currently married to Robert J., Michelle's second stepfather, who is a retired member of the navy. He currently lives in Massachusetts with Lynn.

Michelle has five siblings, who are all children of Ricardo and Lynn. Her oldest brother, Michael Ybarra, is 61 years old. He currently lives in Newcastle, Oklahoma, and works in construction. Peter Ybarra is the second oldest at 59 years old. Peter owns his own business and lives in New Mexico. Michelle is the third born. Marcia Doll is the fourth child. She is a 57 year old homemaker from Virginia. Piler Ybarra was born after Marcia. She is 55 years old. She is a personal trainer and owns her own gym in North Carolina. The youngest of Michelle's siblings is Richard Ybarra. He is 50 years old. Richard is reserves military and an operations manager in Washington.

In 1981 Michelle married her first husband, Jeff McMurray. Michelle and Jeff had four children together. Their first born, Michael McMurray, is 37 years old. He is in the army and is also a program manager in Alabama. Their second child is Jessica Taylor. She is a 31 year old stay at home mom. Jessica currently lives in Blanchard, Oklahoma. Lori Goode is the third oldest. She is 29 and works part time at Walmart. She also works from home for Wink Naturals. Lori lives in Moore, Oklahoma. Their fourth child was Anthony McMurray, who passed away at three months old. Jeff passed away in 2010. In 2013 Michelle married her current husband Doug Adkins, who is from Oklahoma.

Michelle explained to me that, for the most part, her relationship with her family is pretty good. Since some of her family lives out of state, she doesn't see or speak with them as often as she would like. Because of that some of those relationships sometimes feel a little strained. Her relationship with her family that remains in Oklahoma is steady and she speaks with them weekly.

Cultural/Ethnic Background

Michelle was born in the United States and has lived here her entire life. She explained to me that most of her culture is family oriented and based on providing for her family. Michelle says that some of her strengths are that she is loyal and tries to be as honest as she can. She also is a firm believer in keeping her word when she says that she's going to do something. Something that Michelle struggles with, however, is being to balance her home and work lives and keeping them separate. She is very involved in both so it's hard for her to put them aside.

Educational History

Michelle graduated from Del City High School in Del City, Oklahoma. She attended Rose State College for one semester right out of high school. She decided after that semester that college was not for her and decided to go straight into the work force instead.

Employment/Vocational

Michelle has worked at an architectural firm in Oklahoma City for the past 15 years. Her overall title is Administrative Assistant as she does a handful of different duties around the firm. Her role, however, has slightly decreased over the past few years because of the increasing abilities of technology. Her only other source of income is from her husband Doug. Michelle says that while her income could definitely be more, it is a fair amount and allows her to pay for their house and provide for her family. She has not received a reasonable raise to keep up with the cost of living in the past three years.

Childhood/Adolescent History

The only part of Michelle's childhood that has stuck with her is the fact that her parents were alcoholics. She remembers times when they drank less and things around the home were better, but for the most part they were heavy drinkers. She also remembers her dad being gone for the military frequently, so he was rarely around for long periods of time. She believes that he often volunteered to do tours overseas because he wanted to be away from home.

Social Relationships

Based off of the 12 question Lubben Social Network Scale, Michelle's score was a 32. If higher scores means that an individual has more social engagement, then Michelle's social engagement is roughly in the middle. So her social engagement isn't low, but there is room for it to grow. Michelle's main support systems are her husband Doug, her mom Lynn, and the individuals in her Alcoholics Anonymous group. She also relies heavily on her relationship with God to help her get through tough times. Some of the most prominent issues in Michelle's life that her support system helps her with are her role as a sponsor to three girls in her Alcoholics Anonymous group, her relationship with her daughter Jessica, who suffers from substance abuse, and gaining legal guardianship over her granddaughter Reagan, who is Jessica's daughter. Michelle has suffered the loss of many loved ones that had significant impacts on her social relationships. She lost her son Anthony when he was only three months old. She has also lost her first husband, Jeff. Michelle had a close friend from her Alcoholics Anonymous group and her niece Tiffany to suicide.

Leisure/Recreation

One of Michelle's most common hobbies is running 5Ks. She tries to run at least one or two a month in order to maintain her speed and keep her practice. While she doesn't do it as often anymore, Michelle used to scrapbook in her time and admitted that she would like to pick it up again. In her down time at home Michelle likes to watch television shows like Yellowstone, Stranger Things, The Walking Dead, and Dancing with the Stars with her husband Doug. She and Doug also frequently take Argentine Tango classes together. One of Michelle's favorite volunteer experiences is the time that she spent with Habitat for Humanity, which she found incredibly grounding.

Spiritual/Religious

Michelle very strongly identifies as a Christian and says that she has a very strong relationship with God. He is the center of her daily life and supports her in her family and her sponsorship as she believes that he has been a significant part of maintaining her sobriety. Michelle doesn't regularly visit a church, but she does spend time silently praying every morning when she gets up and before she finally goes to bed each night.

Physical Health/Mental History

Overall, Michelle has remained healthy her whole life. Her only hospitalizations were to have her gallbladder removed and because she had a cesarean section with all four of her kids. Michelle suffered from alcoholism for almost twenty years, which is genetic in both sides of her family. These issues led to years of a deep depression and feelings of severe anger which only ever went away when she was sober.

Michelle has health insurance through Blue Cross Blue Shield through her employer. Her primary health care provider is located at Integris Family Moore. Every two years Michelle visits a Gastroenterologist because there is a history of colon cancer in her family.

Alcohol and Drug Use History

Michelle has never used or experimented with any kind of drugs, but she has suffered with alcoholism in the past. The alcoholism started in 1983 when her son Anthony died. She said that the only relief she ever felt was when she was drinking. When her first husband Jeff's health started declining in 2005 her drinking became heavier, but was never severe until Jeff passed away in 2010. When Michelle drank heavily she tended to black out and became abusive. She confided in me that, at her worst, she was physically abusive to her daughter Jessica. She does not remember any of what she did, but there is physical evidence that shows her what she did. Michelle has now been sober for nine and a half years. Her 10 year anniversary is on March 31, 2020. Michelle has managed to maintain her sobriety by attending her Alcoholics Anonymous group five days a week. She also currently sponsors three women in their sobriety.

Sexual Development/Sexual Activity

Michelle told me that her sexual experiences at the moment are good. Physical intimacy is still present in her marriage, but she finds companionship and emotional connections to be much more important.

Legal

Michelle is an American citizen and has no criminal background. The only time Michelle has had any legal experience is when she went to court in order to fight for full custody of her granddaughter Reagan.

Prior Contact with Social Agencies

One of the social agencies that Michelle has experience with is DHS. She met with a social worker when the issue of custody of Reagan came up because there was substance abuse

in her birth mother's home. Michelle has also been through inpatient therapy when she went through an alcohol detox at St. Anthony's Start program.

Source of Information

Michelle Ybarra McMurray-Adkins provided the information in this interview.

General Impressions from Interview

Overall, I am impressed with how willing Michelle was to be completely honest with me. She has experiences that many people have never been through before. She uses these experiences to learn and move forward and help others that are in similar situations. Michelle has an excellent support system that she is able to go to when she needs help and she is not afraid to reach out for support when she needs it.

Intervention Plan

Goal #1: Michelle's first goal is to build her relationship with her daughter Jessica.

Objective #1: Michelle needs to have open and honest discussions with Jessica.

1. Michelle will call Jessica at least once a week to see how she is doing and give her updates on her daughter Reagan.
2. When they become comfortable talking more often, Michelle will invite Jessica over to house for dinner every other weekend.
3. Michelle will keep Beth updated on her progress with her relationship with Jessica at the end of every week.

Objective #2: Once a relationship has started to form, Michelle will set clear boundaries with Jessica.

1. Michelle will make sure that Jessica is doing well when they have their weekly phone call.
2. Michelle will make it clear to Jessica that she will no longer act as her enabler and will not provide any money to her.
3. Michelle will write down the boundaries that she sets and report to Beth at the end of each week whether or not they have maintained these boundaries.

Goal #2: Michelle's second goal is to participate in and finish two 5Ks on October 26, 2019 and October 27, 2019.

Objective #1: Michelle needs to remain healthy in order to take part in the 5Ks.

1. Michelle will eat healthy food daily and keep a log of what she eats.
2. Michelle will train for the 5Ks by going on mile long walks every morning or evening.
3. Michelle will pace herself while she's training each day and make sure that she does not push herself to do more than she's comfortable with.

Objective #2: Michelle will focus on healing her ankle, which she twisted during the last 5K she participated in.

1. Michelle has visited her orthopedist and will follow up with him as he deems necessary.
2. Michelle will practice daily exercises to stretch out her ankle.
3. Michelle will refrain from strenuous activity such as her Tango classes with Doug until her doctor tells her that she is clear to do so.

Clinician Signature: *Elizabeth Kuhr*

Date Completed: October 14, 2019

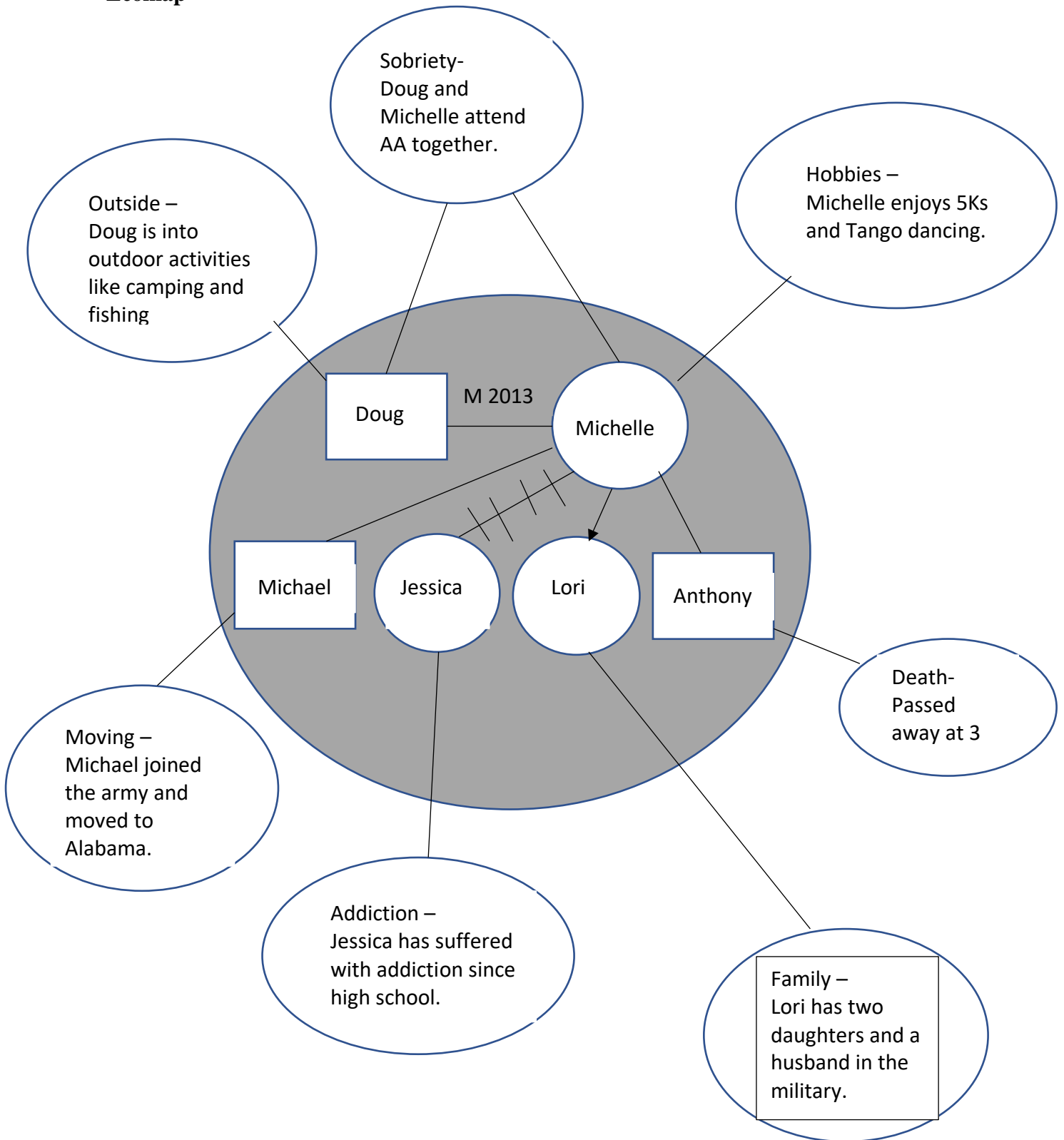
Self-Reflection

The Social History interview was a good opportunity to practice the skills that I've been learning about in my Social Work classes. I was able to find the best way to prepare for an interview with a client and learned how to address my client in a way that made them feel comfortable enough to be honest and share the information I needed in order to help them. I had to practice maintaining eye contact while taking notes and making sure that they knew that I was listening to everything that they said.

Something that I struggled with while completing this exercise was remembering to remain professional. I already knew the individual that I interviewed so we strayed off topic in our conversations and I felt more comfortable offering my opinion and thoughts, even though my opinion should never come up like that in an interview with a client. My client felt like she didn't have any pressing issues that needed an intervention plan, so I struggled to offer ideas of areas that she might have been interested in working on.

When interviewing clients in the future, I need to focus on remembering that they are a client and not a friend. It's important that they feel safe in the environment, but becoming too friendly becomes unprofessional after a while. I also struggled with remembering what I needed to ask. I had to refer back to notes too often and it felt like it was distracting to the client. When I was interviewing the client, I forgot to ask simple things like the ages of her family members, which were important to the paper and family dynamics. I had to call and message her in order to figure out the information I forgot. In the future I will have to be more mindful about making sure that I get all of the information I need.

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