

Multidimensional Assessment—Case Example

ABC Center for Help

Name: _____ Case #: _____ Date: _____

Reason for Referral and Presenting Problem

Leah Smith, age 33, came to the **ABC Center for Help** after being “hit hard” by her husband. Leah reports that she and John, age 35, have been married for seven years and have two children, Alex, age 4, and Dora, age 2. Leah is currently living at home but stated that she is “fed up and ready to move out.”

Leah is a self-referred client and reports that she has been thinking about seeking services from this agency for two years. She indicates that she suffers from severe mood swings that she is unable to control. She worries about the future and stated, “I can’t imagine staying with John, but I have nowhere else to go.” Leah is currently working full time as an office assistant at State University and likes her job. She sees her co-workers as very supportive and helpful, especially around issues in her private life. Leah states her problems as “living an unfulfilled life” and her mood swings which leave her feeling exhausted.

Physical Functioning (e.g., general appearance, health concerns, substance abuse)

Leah reports that she is in good physical condition. She last saw her physician, Dr. Lamont, on October 15, 201_____, for a routine checkup. She is currently taking birth control pills and a multivitamin. She reports that her hair has been falling out and she is concerned about her hormonal levels. Leah stated that she doesn’t sleep well and paces for up to an hour each night. Eventually she does fall asleep, but indicated that she wakes up many mornings feeling very tired and not well rested. Leah reported that she drinks a few glasses of wine on the weekends, but generally not during her work week. She does not believe there is a relationship between her drinking and her nighttime restlessness.

Three years ago Leah had a medical issue that resulted in her being hospitalized for several days. When this worker inquired into the medical issue, she stated, “It was no big deal; I can’t even remember any of the details other than I am fine and they never figured out what was wrong with me.” Upon further questioning by this worker, she stated, “There is nothing more to say.”

Cognitive Perceptual Functioning (e.g., work/school history, judgment, decision making, reality testing)

She has a full-time job and reports her work evaluations are “stellar.” Leah is oriented to time and place and appears to be self-reflective. She is very hard on herself, criticizing many of her past and present choices, especially her marriage to John. She indicated that she is most proud of her work-related accomplishments, as work is where she feels appreciated and understood.

Emotional Functioning (e.g., range of emotion, appropriateness of affect, depression, mental illness)

Leah appears to lack confidence in her presentation of self. She either looked down/away or expressed anger. She stated that she is unhappy in her marriage. The client reported that she cannot have a “civil” conversation with John. When this worker asked her to elaborate, she stated, “He has this nasty habit of spitting when he gets mad, and I end up moving away as fast as I can; it is disgusting.” Her frustration came through as she became louder and pounded her fists on the arm of the chair. Leah’s range of emotion appears to be limited

to either expressing irritation or annoyance. She stated that she has few friends and feels isolated from everyone except her co-workers. Leah is "stressed-out" all the time. She does not have any emotional outlets, such as a supportive network of family or friends. There is no reported family history of mental illness.

She identifies herself as very moody and easily upset. Leah stated that her children should be a source of pride and love, but that she can't find it within herself to express anything other than frustration and meanness. When this worker asked her to further describe her relationship with her children, she indicated that she is a "terrible mom," always yelling and being impatient with them. Leah expresses regret in her inability to parent the way she believes she should. She would like to stop being so negative and enjoy her time with Alex and Dora rather than resenting them.

Social and Family Functioning (e.g., composition, extended family roles, power, birth order, patterns of communication, wider community)

Leah comes from a two-parent home, having grown up in a small farming town of approximately 1,600 people. Her father was a car mechanic, and her mother did not work outside of the home. She has a younger brother, Richard, who is a Peace Corps volunteer living in Ecuador. She speaks very proudly of Richard, but they have not seen each other in almost two years. Leah stated that she missed him but she doesn't "want him involved with anything regarding her failing marriage." Her parents are both still living, and she reports they never see each other. She did indicate that her father is a controlling person and she sometimes feels badly that her mom has nowhere to go either.

Leah stated that John grew up in a foster care placement and that her parents "warned her about him." "He was a nice kid, and we got serious during high school. I don't think I was ever madly in love with him, which is a good thing given how much I can't stand him now."

Her patterns of communication with John and her children seem to be limited to short responses and angry outbursts. She reports that no one at work could picture how "dysfunctional we are at home." When this worker asked her to elaborate, she said, "I am pleasant at work, very polite and a great listener."

Leah has access to many amenities through her employment at State University. She plans to go back to school and finish her degree.

Behavioral Functioning (e.g., problematic issues, power and control, personal habits, criminal history)

Leah has expressed some concerns regarding her decision-making and coping skills. She reports that last week she was so frustrated and angry with her husband and children that she left them at the mall and walked home in the rain. She did not speak to any family member for over a 36-hour period. When her children sought her out she slammed the door and told them to leave her alone. She has bouts of yelling and screaming that she reports she is not able to control. Her coping skills include eating too much and "vegging out in front of the TV." Leah reports that when John hits her, the bruises are always in places that people can't see. She did show this worker a large black and blue mark on the inner side of her upper arm. When this worker asked her to describe some of the circumstances that led up to John hitting her, she stated, "It really depends on our moods. I know that I can egg him on and get him going. He just falls right into his old patterns by trying to keep me from leaving and he thinks that hitting me is the way to do that."

Motivation (e.g., for services, employment)

Leah is a self-referred client and states that she really wants to figure out why she is so unhappy in her life and marriage. She appears to be a very talkative person, with good social skills.

Spiritual/Religious Affiliation (e.g., belief system, church/synagogue/mosque)

Leah reports that she is not a very spiritual or religious person. She grew up in the Catholic Church and was involved in a youth group during her high school years. She and John were married by a priest in order to "calm my mother down." Leah does not socialize with anyone from her church, and hasn't attended a service in over four years. She reports no interest in pursuing this aspect of her life. She stated, "God is not there for me and my kids. Why should I go and be a hypocrite?"

Environmental Systems (e.g., neighborhood, social service community)

Leah lives in a three bedroom town house in a small mid-western community. There are many services available to her family, including public transportation, medical clinics and safe parks. She reports the neighborhood where she grew up was "working class" and all of the women were "stay-at-home-mothers." Her parents did use social service agencies when she lived with them but could not recall which ones. She stated that her parents could not have made ends meet without the help of social service agencies and the church. Upon graduating from high school, she moved to _____ to attend college. She did not complete her degree but hopes to one day, as the university offers employees free tuition.

Leah works full time at State University and has health and dental insurance, good wages, and retirement benefits. John is a carpenter. The economic downturn has caused some financial concerns for them because his work is sporadic and he has no benefits. Leah is not concerned about her finances at this time. They have two cars, and public transportation is available. Both children attend a day care center on the State University campus, which is subsidized by the university.

Leah's community has a domestic violence program that provides 24-hour shelter and support. She has not contacted the hotline and indicates that she would go to a hotel before going to a shelter.

Cultural Factors (e.g., background, ethnicity, impact of culture)

Leah describes herself as "being whiter than white-bread." She grew up in a farming community where her parents were members of the Catholic Church. Being from a rural community, "there were limited things for kids to do, except drink out in the fields." She was active in her church youth group and did well academically. She does not know about her parents' background other than "they are white too." It wasn't until she came to State University that she interacted with people other than those from her home community. She stated, "It was a shock at first, I didn't even know what a Jewish person looked like or believed in. That kind of stuff was always interesting to me. My roommate was Jewish, and she was a very nice person; of course, that is not the way the Catholic Church described Jewish people." Leah believes that she is open-minded and enjoys interacting with people, regardless of their background, religion, ethnicity, or color.

Strengths (e.g., interests, hobbies, support system)

Leah is a hardworking employee and has a secure job. Her employer provides her and her family with good benefits and services. She came to the **ACB Center for Help** voluntarily and continues to meet with this worker weekly. Her community

Appendix

offers many recreational and social outlets. She reports that she is in good health and drinks moderately. She is a very articulate person with three years of higher education completed. A goal identified by Leah is to finish her degree within the next few years. Although she is unhappy in her marriage, it appears as if she is nonviolent and moderately involved in the care of her children. This worker has no reason to be concerned about their immediate health and safety needs.

Barriers to Service (e.g., personal, societal, family)

Leah stated that she is uncertain if she wants to stay married. Although she indicated that John is not often violent, reporting, "five to six times a year he hauls off and hits me." She does not see the shelter or their services as a resource to her at this time. She has no contact with her parents and reports no friends other than co-workers.

Worker's Impressions of the Client (e.g., hunches, issues for further exploration)

How Leah manages her feelings and behaviors can be a potential problem for her. Although she reports interest in getting help, she could not identify anything that she could do differently. She stated several times that she feels stuck and has no option but to stay in her marriage. This worker will explore further what may be leading her to feel so disempowered and dissatisfied in her life. Is there a history of violence in her life? This worker will continue to support her in her decision-making process. This worker will follow up on her hospitalization several years ago. Why are her parents so disengaged from Leah? Where do friends fit in her life?

Submitted by: _____

Date: _____

Appendix

Service Plan/Treatment Plan and Contract (Blank)
(See completed service/treatment plan, Chapter 10, Box 10.4)

Client: _____ Agency: _____

Case # _____ Date: _____

A. Long-term goal #1:	Responsible Party	Date to Begin and End	Means for Monitoring Progress	Outcome: Completed/ Incomplete/ or In-progress
1. Short-term goal: Tasks:				
2. Short-term goal: Tasks:				
3. Short-term goal: Tasks:				

Appendix

Contract

I, _____, agree to complete all the goals and tasks as outlined in this contract by the designated dates. I also understand that if I fail to comply with the terms of the contract (what will happen) _____. I further understand this contract may be renegotiated should my/our life circumstances change significantly. I understand that my progress will be monitored by _____ (social worker) (frequency) _____.

Date

Client's signature

Social Worker's signature

Alcohol Self-Assessment Quiz

The MAST (Michigan Alcoholism Screening Test)

http://www.ncadd-sfv.org/symptoms/mast_test.html

The MAST Test is a simple, self-scoring test that helps assess if you have a drinking problem. Answer YES or NO to each question.

Index of Self-Esteem

<http://www.jwoodphd.com/self-esteem.htm>

Source: Walter Hudson, 2000.

Test your self-esteem. How do you feel about yourself? Is self-image or self-concept a problem for you? This simple questionnaire can help you evaluate how you see yourself. This is not a test; so there is no right or wrong answer.