

Vermont Advanced Care Coordination Cases for Practice

1. Mental Health Cases:

- MIKE/Anxiety

Your client Mike is a 32 year old white veteran who has been solidly in recovery from alcoholism & heroin addiction for 7 years. Mike's father died in his 50s from cirrhosis and several of his siblings are active substance users, including having done time in jail. Mike used to play in a band, but has given up music since he got sober because the scene is a trigger. Without using substances, he is very anxious including having nightmares, problems sleeping, socializing, and communicating with his girlfriend (a fabulous nurse) who can be critical of him. He works part time in a hardware store, serves in the National Guard, and is feeling stuck & unsuccessful in his life.

Curriculum: Managing my Health p.126-128

Goal: Help Mike look at how his anxiety is impacting his life

- CARLINE/Depression

Your client Carline is a 66 year old African-American proud mother of 4 grown kids and grandmother of 8. She is also diabetic and struggles with her eating habits. She tells you both diabetes and depression run in her family and she doesn't want to die young like her Mother did. Carline loves to cook with her grandkids, paint, and take her two dogs for walks in the woods. She was recently diagnosed with depression and prescribed meds to help her mood. She took them for a month and said she felt numb and gained more weight. She says she won't take the meds prescribed to her, even though she admits to still feeling "really down". Carline has never been to counseling and worries her family will think she's crazy if they find out she went to a therapist.

Curriculum: Ready for Treatment p.136-138

Goal: Help Carline figure out what kind of treatment she's ready for, by sharing accurate information & answering her questions

2. Substance Use Cases:

- LUIS/Anxiety & drinking

Your client Luis is a 19 year old Latino man who recently dropped out of college. He lives with his Mom (monolingual Spanish speaker) & younger sisters, who finally have stable housing after being homeless for several years, but still depend on his support & income from his side job at a local restaurant. He comes to the clinic for HIV/STD testing, and was recently diagnosed with asthma after a few trips to the ER. He has come to appointments smelling of alcohol and looking hung over, and his team is worried. He feels shaken up since his Mom was diagnosed with high blood pressure and has been having troubling sleeping, eating, and focusing. He admits he's been partying a lot, including doing shots to the point of blacking out and recently tried snorting coke at a party & liked it. He isn't interested in going to counseling but is very open about what's stressing him out. He wants to return to school next semester and make his Mom proud.

Curriculum: Harm Reduction A p. 234-235, 238-239

Goal: Help Luis find ways to identify & reduce the harm of his drinking

- JENNA/ Meth

Your client Jenna is a 41 year old white woman who recently gained custody of her 4 year old nephew Chris after his Mom was incarcerated. She is HIV+, on disability from her office job, and doesn't always take her meds, but is trying to remember them more often. Jenna never wanted to be a mother, and had her tubes tied at 30. But she loves her nephew, and is willing to keep him for now. She has an on-off relationship with Tony, with whom she snorts meth occasionally. Jenna started using at 14, after she was sexually assaulted at a party. Her drug use was more frequent and serious in her 20s, but she says she's too old for that kind of foolishness now. Jenna is trying to not use drugs now that she is caring for Chris, but feels like she has the right to live her own life & blow off some steam.

Curriculum: Me & My Use A p.218-220

Goal: Together better understand Jenna's history of use, pros/cons, and what it means to her