

**Final Counseling Session  
Treatment Plan**

November 12, 2013

Mark Kavanaugh

**MHT 110: Interviewing and Counseling**  
Fall 2013

## **Treatment Plan for Brittany O.**

### **Building Relationship and Gathering the Story**

Brittany was referred for case management services by her physician. I met with Brittany on November 12, 2013 and she reports that she has been served an eviction notice from her landlord. She reports that a neighbor reported that she, Brittany, was smoking pot. This was in violation of the "No Smoking" rule of her rental agreement.

Brittany also reported that she has not got along with her landlord for much of the six months that she has resided there. She claims that he has confronted her numerous times related to noise and having people come into her apartment. Brittany maintains that she has a right to have people over for her apartment and expressed anger toward the neighbor who reported her behavior.

In addition, Brittany has recently lost use of her car due to mechanical problems, which has resulted in her not going to work at the local Hannaford. She is unsure if she still has a job there. Her lack of income has caused her to lose access to her cell phone account.

If possible, Brittany would like to stay in the current apartment, as it feels safe for her. She is willing to negotiate a promise to refrain from smoking on the premises. She is concerned about safety. She does have some friends with whom she can stay if need be, but would prefer to be on her own. Brittany receives approximately \$700 in SSDI, food stamps, and has MaineCare.

### **Goals**

1. Brittany wants to have a secure apartment in which to live that she feels is safe.
2. Brittany wants to return to work at Hannaford.

### **Barriers to Goal 1**

- Brittany has been served an eviction notice to vacate the apartment in one week.
- Brittany will not be receiving her SSDI check until a week AFTER the eviction goes into place.
- Brittany has a history with confrontations with the landlord over noise and visitors.

## **Barriers to Goal 2**

- Brittany has not been in contact with her employer for some time.
- Brittany's primary transportation to work is no longer operable.
- Brittany's cell phone is no longer operating.

## **Treatment Plan**

1. Brittany wants to have a secure apartment in which to live that she feels is safe.

### Steps in the Plan for Goal 1:

- Brittany will visit the High Hopes Club House (which she has been associated with before) and explore options for another local apartment option.
  - I will call the landlord and explore having a meeting with myself, Brittany, and the landlord to (1) explore removing the eviction if Brittany promises to refrain from the problem behaviors or (2) extend the eviction notice to the point where Brittany will have received her SSDI check.
  - I will meet with Brittany again in 2-days to follow up.
2. Brittany wants to return to work at Hannaford.
    - Brittany and I will visit the Hannaford store where she worked to explore the current status of her job following our visit in 2-days.
    - Brittany will reapply for services at the High Hopes Club House by next week.
    - Options for transportation to work through High Hopes will be explored.