

LESSON 7 ASSIGNMENT

Western Psychological & Counseling Services

Case Management Treatment Plan

Case Manager – Mark Kavanaugh

Client – Tim Chapman

MHT 220 – Case Management

Spring 2015

Treatment Plan

Summary

Tim Chapman is a 39 year old male presenting with feelings of nervousness and some anxiety. He reports a poor relationship with his mother with whom he lives. She has threatened to kick him out of the house with complaints that he needs to do more around the house and be more productive. Tim has a long history of marijuana use and has a medical card for medicinal marijuana for back pain. He reports smoking several times a day and that it helps him relax and be more focused. Tim complains of some spells of dizziness and reports a history of Irritable Bowel Syndrome. Tim's primary interests in seeking Case Management services are to locate alternative housing, explore the development of his glass blowing business, and to possibly resolve communication issues with his mother.

Treatment Plan

Goal 1: Tim will move into independent housing.

Barriers:

- Tim current has no source of income.
- Tim may need to find housing that allows for his glass blowing business

Strengths:

- Tim did briefly live outside the home
- Tim was previously a recipient of MaineCare and Food Stamps

Steps:

1. By March 15 Tim and the CM will meet with Tim's mother to explore the issues related to his previous MaineCare and Food Stamp eligibility.
2. By March 15 CM will gather together the applications materials for Social Security Disability/Food Stamps/Subsidized Housing.
3. By March 30 Tim and CM will complete the applications.

Goal 2: Tim will explore Vocational Rehabilitation Support for his Glass Blowing Business

Barriers:

- Tim's business is very small and "home grown" right now.
- Tim does not have much experience in developing a strategy for a successful business.

Strengths:

- Tim has sold some of his products successfully.
- Tim may possess skill in this craft.

Steps:

1. By March 30 CM will obtain application paperwork for a referral for Vocational Rehabilitation services.

Goal 3: Tim will sustain a positive communication relationship with his mother.

Barriers:

- Tim reports that his mother is somewhat verbally abusive to him.
- Tim's coping skills are limited to isolating himself from his mother.

Strengths:

- Tim reports having a positive supportive relationship with his father.
- Tim reports a willingness to work on communication with his mother.

Steps:

1. By March 30 Tim and CM will meet with Tim's mother to explore her interest in getting assistance to help them communicate better.
2. If Tim's mother is interested in working with a therapist in this way, CM will make a referral to Family Therapy services.