

MHT104 – Lesson 5 Assignment Example

Please use this ONLY as an example since I believe it is helpful to have an idea of what the Instructor is looking for. Example from actual student in Spring 2017, her name was changed.

Mary: Hi Darlene, nice to see you again.

Darlene: Hi Mary. Come in. I forgot about our appointment but I'm glad you're here. This is my friend Frank Reunion.

Mary: Frank, it's nice to meet you. So, Darlene, I know there were a lot of things we wanted to talk about today. What would you like us to discuss while Frank is here?

Darlene: Frank is my friend and is aware of he my situation. I think it would be helpful if he sits in on our discussion. He sometimes remembers information that I don't remember and he knows me really well.

Mary: Ok, so what I hear you say is that you are comfortable discussing any topic in front of Frank?

Darlene: Yes

Mary: Ok. While other people's input is sometimes helpful at building information and history, we need to make sure Darlene that this session is focused on your needs and goals. Frank, are you comfortable with that?

Frank: Yes, I just want to help.

Mary: Darlene, do you agree as well?

Darlene: Yes, thank you for clarifying.

Mary: Ok, then let's refer to your plan. One of the first things we wanted to talk about today is selecting some substance abusive treatment options for you.

Darlene: yes, I could really use the help.

Mary: I have found 3 options for treatment. Here is some information regarding the options. What do you think?

Darlene: Umm

Frank: I could drive you to the one in Waterville. I go there to work every day anyway if that helps.

Darlene: That would be great – I could use the moral support too.

Mary: That is great. Thank you, Frank. Darlene, do you feel like that is the best program for you?

Darlene: They look pretty similar to me. I have tried the Bangor option before and didn't have success so yes, I'd like to try the Waterville option.

Mary: Ok, I know last time you mentioned that you wanted to start as soon as possible. They have an opening starting on Monday. Their next opening is in 3 weeks.

Frank: Darlene it'll be hard to start next week.

Mary: Frank, remember we are here to support. These are Darlene's decisions to make. Darlene, what do you think?

Darlene: I did say I wanted to start as soon as possible. Do you think I can do it on Monday, will that work?

Mary: Yes, you and I can call them in a few minutes and give them the information you need. Frank, will you be able to drive her on Monday or should we make other arraignments?

Frank: I can drive her starting on Monday.

Darlene: Thank you Frank

Mary: That sounds great. On to a different topic. Darlene, one item in your plan is to stop smoking. We were going to contact the Maine Tobacco Helpline today to find some local resources and some ideas. Do you want to do that now?

Darlene: Not really. I've changed my mind. I'd rather wait and do that after I have spent some time in this new substance abuse treatment program.

Frank: (nodding)

Mary: Ok, that's your choice. What I'm hearing is you think it might be more effective to try to stop smoking after you have spent some time in the substance abuse treatment program.

Darlene: Yes, I think so

Mary: Would you like to keep that as part of your plan but just adjust the dates to a later time?

Darlene: Yes, I need to stop smoking at some point.

Mary: Ok, I'll make a note to revisit this in 3 weeks. How does that sound?

Darlene: Good, thanks.

Mary: Ok, so we have one more area to discuss. This might be more personal so I just want to confirm that you are comfortable having all discussions with Frank in the room?

Darlene: Uuuhhh, yeah I think so. I don't really remember what the other topic is.

Mary: Frank, would you mind giving us a minute of privacy so I can speak with Darlene. I will come get you shortly.

Frank: Well, I'm sure it's fine but yes.

Mary: Thank you. (Frank leaves) The other discussion was about your psychiatrist to make sure your medications are right.

Darlene: Oh yes, of course. Frank is welcome to join that discussion. He picks up my meds for me at the pharmacy. (louder) Frank come on back in. (Frank enters) She just wants to talk about making an appointment with my psychiatrist to check my meds.

Frank: Oh yeah, I see him too.

Mary: Ok, so let's call his office and schedule an appointment for you. (calls office and schedules appointment)

Mary: Well thank you both very much. So just to recap, you are going to start drug treatment on Monday and Frank you are going to drive her. You need to arrive by 8 a.m. We are going to postpone the tobacco work for 3 weeks and you have an appointment with your psychiatrist on March 8 at 3 p.m. It was nice to meet you Frank and great to see you again Darlene. Darlene, I'll see you next Monday at 2. Have a great afternoon.