



Recovery & Resiliency-Based Treatment Planning Case Scenario (Mia)

Mia is a ten-year old girl. She has been in outpatient services for six months and her treatment plan update is due. The clinician notices that the current plan is not very Resiliency oriented and wants to address that.

Mia was initially referred by the school because she was not paying attention in classes and was getting into trouble (fights, talking back to the teacher, and once threatening the teacher with a pencil). At that time, her mother Katherine said that she also had similar problems with Mia at home. Mia has one older brother (13) that she fights with a lot and one younger sister (8) that she picks on. Mia was diagnosed with ADHD and Oppositional Defiant disorder. She takes Strattera. She also has asthma and uses an inhaler. When she gets angry she has to use her inhaler more than usual.

She has shown some improvement in her school behavior and has not had any in-class suspensions for one month. Katherine reports that Mia still has the same problems with her siblings but it's not of the same intensity or frequency. The last incident was last week when Mia told her sister that she was adopted and not really Katherine's child. This resulted in a huge screaming match and lots of tears, but no fists were thrown. Katherine is also concerned that Mia seems too quiet at times and she doesn't seem to enjoy playing with friends or going outside to skate like she used to. Katherine is divorced from Mia's father and Mia hasn't seen her father for more than six years. Katherine works at Wal-Mart and always tries to be home before Mia and her siblings get off the school bus because she doesn't trust them to not fight, even though she normally would expect that the 13 year old boy could baby-sit for awhile. But Mia is too much of a handful and is too unpredictable to let the son be in charge alone. Katherine admits that Mia's problems add to her chronic exhaustion and that she doesn't have enough time to play with the kids and often loses her patience with them. Mia's brother is doing well and doesn't have any obvious problems. Mia's sister is becoming very clingy and tearful and Katherine is talking about bringing her in for an intake too.

Katherine wants Mia to be a happy child, do well in school, and stop instigating trouble at home.

Task:

- One partner plays 'Mia'
- One partner is the clinician
- Write three Resiliency-based Treatment Plan goals and the objectives and action steps to go with the goals
- Discuss with your partner any changes from the version that was done as homework