

Recommendation Form

Date: January 22, 2021

Case Synopsis:

Description of the client (e.g., demographics, education, employment, primary source of income, social support, etc.)

20 year old male with some grade 10 high school education. Unemployed and supported by ODSP. Lives with his mother. Parents are separated but are both supportive. Client also has a close friend who is a support for him.

Description of the suspected psychiatric diagnoses, substance use, and current presenting concerns. Also include relevant developmental, social, and family history.

- In service with 1st Step since January 2019
- Dx- Schizophrenia, social anxiety disorder, major depressive disorder, cannabis use disorder, stimulant use disorder in remission, alcohol use disorder
- Symptoms include delusional beliefs about being a messiah figure, believing friend is a medium, other religious themes. Symptoms have largely remained stable over time
- Daily marijuana use, recently increased up to 20 tokes a day on the bong.
- Not leaving the house, low motivation to look at work or independent living. Exacerbated by COVID-19 restrictions.
- Family history of depression, completed suicide, alcohol and substance abuse.

Supporting information, safety concerns, medical conditions, 6-point wellness check, etc.

- No acute safety concerns. No history of suicidal ideation.

Past/present treatment interventions, as well as the client’s current goals for treatment and strengths that will support them to work towards their treatment goals.

- Client’s goals: Showering 3x a week, change clothes 3x a week and when going out, meal planning/cooking, spending time outside of room, clean bedroom
- Engaged with groups, attends meetings but little follow through on tasks outside of appointments. Little progress on goals- i.e- goal of showering regularly has been a goal for 2 years
- Recently completed Youth Job Connect- program which provides 60 hours of workshops in prep for employment and offers paid placements- has not pursued placement option at this point
- SEE goals: Explore work opportunities close to home in autobody industry, consider volunteering in industry first
- Has demonstrated motivation to reduce substance use in the past. Was able to stop using cocaine and MDMA when they made a decision that they wanted to. Discontinued about 1 year ago. Was previously drinking to get drunk almost daily up until about 6 months ago. Recently 2-3 drinks, 1-2x a week.
- Family has engaged with family education and support clinician, has struggled to implement strategies recommended (i.e. setting and following through on expectations, boundaries and consequences)
- Trials of Abilify, Olanzapine, Wellbutrin, Celexa, paliperidone, sertraline- all

demonstrated little impact on mood and psychotic symptoms. Recently showing improvement on Invega Sustenna/Trinza

Reason for case consultation and any specific questions that the provider would like answered.

1. How would you support this client to move past “stuckness”?
2. How would you prepare this client for discharge from EPI services?

Summary of Recommendations:

Recommendation: description of recommendation.

Elaborating on recommendation, and clarifying information (e.g.; where to access scales, monitoring required when prescribing medication, etc.):

- Goals may need to be broken down into small concrete steps to address negative symptoms, as well as mood and anxiety symptoms, that might be impacting follow through
- Consider IRT modules that address anxiety and low self-esteem if these are areas that have been identified as potential barriers to moving forward
- Continue with SEE support and consider exploring recreational and employment goals that require a hands-on approach
- Motivational Interviewing can be a valuable approach to address substance use, but also in other contexts when trying to motivate clients to make changes in other areas of their lives.
- A helpful resource might be Action over Inertia, by Krupa et al.
- As clinicians we may need to take a step back from our expectations of, and our hopes for, our clients' recovery to manage our own feelings of being stuck.
- Validate client's engagement with the program and progress to date. Peer support may also offer further encouragement.
- Continue working with client's parents on setting expectations and healthy boundaries.
- This client has engaged in all aspects of EPI services and may be a suitable candidate for another case management service upon discharge from EPI.

Follow-up

If it would be helpful to have some further discussion and consultation regarding this case, please consider bringing it back to ECHO EPI-SET in the next month. To do so, please connect with: Brannon Senger (brannon.senger@camh.ca) and Andrea Alves (andrea.alves@camh.ca).