**EASA SCENARIO FOUR**

Vickie is a 17 y/o female referred to EASA by the local crisis center. The crisis center staffed referred Vickie because during a crisis screening Vickie told the staff that she hears voices and sees shadows.

The EASA screening revealed that Vickie’s mother suffers from depression.

Vickie reported that she would like help with “depression and low self-esteem.”

During her school years Vickie was a poor to average student with a few good friends. She was involved with the school band playing both the drums and trumpet. This pattern was consistent throughout middle school and high school up to her junior year. Vickie reportedly started doing even worse in school. Vickie reported that was due to a lack of motivation. Vickie’s mother reported that Vickie had become very depressed. Vickie attempted to complete her GED, but stopped the GED program after she found out she was pregnant. Vickie was also working at a retail store during this time period.

Vickie currently lives with her parents, her sister and the father of her child.

Vickie is currently in outpatient counseling for depression which she finds supportive but not helping her depression. She has no previous mental health treatment.

Vickie and her mother deny any form of abuse. They both report Vickie had never even been to a hospital up until she delivered she child 6 months ago.

Vickie denies any use of illicit substances.

Vickie reported that she “sometimes” thinks about ending her life but would never do it, because it would leave her son without a mother.

Cognitively Vickie had good focus, attention and abstract ability. She did report that her memory seemed worse as evidenced by forgetting where things were and dates of events.

She denied any unusual sensitivities other than the water coming out of the faucet seem louder.

No evidence of mania.

Further exploration of the depressive symptoms indicated that Vickie’s mood became more melancholic following the birth of her child. She endorsed symptoms of amotivation, and ahedonia. She reported that she lacks the energy to care for her child, and has a reduced interest in going out dancing with friends and completing her education. She reported she feels sad all the time with crying spells at least 2x per week. She reported she does not know why she feels so sad. She reported her appetite is normal (although her mother reports she has lost several pounds and worries she may be developing an eating disorder). She reported that she is able to go to sleep but wakes up 3-4x each night and it takes 30 minutes to fall back asleep. She also reported nightmares of people dying.

Further exploration of the voices and complaint of seeing shadows, revealed that she has heard a man’s voice saying “hey and shhh” that was localized outside of her head (she reported she heard it outside the door) and she thinks she has heard her mom’s voice say her name. She reported the voices have occurred 3x, the first and last time of this experience was 3 months ago. She reported seeing shadows running by her 1-2x. She reported this experience frightened her. She believed that both the voices and the shadows happened because she was very tired.

Vickie also reported that she sometimes gets confused whether or not her dreams are real, and asks family members if what she dreamed was something that really occurred. She reported she feels suspicious at times and worries that maybe someone is watching her. She reported a vague unusual experience where at times she sensed that some of the cartoons she watched with her son gave her “odd feelings”. There was no evidence of thought insertion, broadcasting or withdrawal. Vickie does not believe she is going crazy, she just knows that her mood is not right.