

Breakout Groups 1: Roles

Scenario:

19-year-old Gabriella grew up in a small, rural Oregon town and still lives there. She is a gifted visual artist and has a small group of close friends who live nearby who do art together and keep track of each other on the internet. Gabriella dreams of becoming a graphic artist, although recently she's withdrawn and lost her sense of hope. She is a talented runner and was on the track team at school. She lives with her parents and grandparents, who immigrated from Mexico and they still have family there. The grandparents speak only Spanish and the parents speak English but prefer Spanish. The grandmother shared that the family is thinking of seeking a curandero. Two brothers ages 16 and 23 also live in the household. Gabriella and her brothers are bilingual. The family attends a local evangelical church and the pastor has been supportive of the family.

Gabriella entered the EASA program two months ago. She is willing to meet with the EASA team but guarded and hesitant to involve her family. Her family is concerned and wanting to be supportive but fearful, confused, and sometimes arguing over what to do.

Gabriella's symptoms emerged gradually starting during the end of her junior year of high school, with an extended period of withdrawal from friends and family, followed by strange behavior where she would talk loudly as if there was someone else there. She became unwilling to eat certain foods and scared to leave her room. Gabriella dropped out of high school during her senior year because she was having trouble keeping up and making it to school. She told her brother that she felt she was being watched. Gabriella entered the EASA program after a trip to the emergency room because she was hearing auditory command hallucinations telling her to harm herself. Gabriella has been hospitalized twice, once before entering EASA, and once a couple of weeks after entering, for command hallucinations. The hospitalizations were at the local acute care unit. The hospitalization experience was very stressful for Gabriella and her family and coordination on the side of the hospital was very limited.

Gabriella has been sleeping a lot less than usual and is often awake for hours in the middle of the night, which concerns and disturbs other members of the family. She spends most of her time in her bedroom without the lights on. Her parents work long hours and have limited transportation access. The family is feeling extremely distressed and unsure what to do.

Gabriella is hesitant about involving her family with the EASA team but is very reliant on her family. There is a lot of tension in the house as Gabriella's parents are very worried about her safety, the possibility of her having to go back to the hospital. Gabriella is on Olanzapine and has gained twenty pounds and experiences sedation. She dislikes the medicine is upset about the idea that she may have to take medication for the rest of her life. The medicine has not stopped the command hallucinations. She has met with a couple of the EASA team members a few times after she was accepted into the program but didn't communicate much and seemed very paranoid and anxious.

Gabriella and her parents both want her to complete high school. The family has limited resources and have difficulty with reliable transportation and accessing resources.

Prompt questions:

1. What questions might you ask to better understand the strengths, values, and needs of Gabriella and her family?
2. What values and resiliency factors could you build on? How would you integrate these into treatment planning and coordination with the full team?
3. What type of psychoeducation would you provide for Gabriella and her family in your role? How might you adapt it based on what you know?
4. What type of coaching and collaboration would you offer the family in how to communicate with and support Gabriella?
5. What could your particular discipline/role offer in working to engage Gabriella? Her family?
6. How could other members of your team/other roles help you in engage with Gabriella and her family?