

Roma – PCP Training Example

7/14/11 – Janis Tondora training – CSP/RP Team Leaders Forum

Roma's Integrated Summary

Roma is a 29-year-old Puerto Rican woman, and a deeply loving mother. Through the years, she has relied on the support of a cousin to provide for her minor age children as she struggled to manage a serious trauma history and subsequent mental health and addiction issues (major depression, PTSD, and poly-substance abuse). She was recently referred to CSP by her therapist and her DCF worker after she was asked to leave her cousin's apartment, with whom she had been living, due to frequent volatile arguments with her 14-year old daughter and a suspected relapse on alcohol. Roma's daughter is currently at the same age that Roma was when she became pregnant with her as a result of sexual abuse and incest at the hands of her own father. Unresolved trauma issues appear to be triggering an increase in symptoms, and making it particularly difficult for Roma to parent her daughter and manage her recovery.

Roma is living in a Transitional Shelter, and while she is feeling very overwhelmed and distressed by her situation, she is hopeful regarding the CSP program and has made it clear that her priority goal is to work toward re-gaining custody of her children. She is in the action stage of change and is motivated to work with clinical and CSP staff in order to develop the stability and skills needed to be the best mother she can be. Priority assessed needs include development of parenting and communication skills, symptom management/coping skills, and ADL skills associated with household management (e.g., budgeting).

Roma has a number of strengths and interests to draw upon in her recovery. She is a devoted mother who has demonstrated significant resilience having survived multiple traumas and losses in her life. Consistent with her culture of origin, she places a high value on family support, has benefitted from a close relationship with her cousin, and may prefer natural supports to formal treatment services. Roma is highly creative and artistic and has found refuge in painting, which she uses as a coping skill.