

Case Study 2 Intake Form

Name	Greg Jones	Address	15 Jones Street, Colyton
Partner's Name	Matt Roberts	Children	Matt has one child, a 6-year old boy who lives with his mother Greg has a daughter aged 12 who he has not seen for 4 years
Email	<u>greg@gmail.com</u>	Employment	Accountant
Phone Number	0123 456 789	DOB	15.1.1989

Case Study 2 Intervention Plan

1. What is the client's current drug use and the associated problems/issues arising from this? For example, what is the client's current situation (family, accommodation, employment etc.)?
Greg is a homosexual who has been living with his male partner Matt since 4 years. He has studied accountancy and currently works as an accountant. He is 31 years old and has a 12-year old daughter. Since the age of 19, Greg has been abusing alcohol and drugs (cannabis), but his drug usage has increased heavily since moving in with his partner. This is due to his partner's heavy drug usage and Greg's inability to resist drugs in his partner's presence. Greg hasn't seen his daughter since moving in with his partner as his daughter hasn't forgiven him for his decision and refuses to see him. His drug usage has had an effect on his work as there have been several complaints against him because of his drug usage and inability to concentrate at his workplace. He has to financially support his partner Matt who is unemployed, and if he loses his job due to his drug problems, he may face severe financial issues.
2. What interventions would you select to address the client's AOD issues and your reasons for selecting these interventions relevant to your particular client?
As Greg's drug abuse is dependent on his partner's heavy drug abuse problems, initially, I would select a family counseling approach with both Greg and his partner. This is because helping Greg alone overcome his problem might not be extremely beneficial because his home environment is not conducive for change. Family counseling will enable both Greg and his partner to set treatment goals and help each other through the treatment stages. Family counseling sessions will enable Greg and his partner to become self-aware of their problem and its implications and make goals for reducing and/or giving up drug usage. Once the treatment goals are in place, I would recommend Cognitive Behavioural Therapy as the most common cause for drug abuse in homosexuals is being shunned by the society due to their sexual orientation. They can also be referred to group counseling sessions comprising of homosexuals so that they have a safe and familiar environment to share their thoughts. Motivational Enhancement Therapy can also be used for Greg to help him focus more at work and get the chance to have a functional relationship with his daughter eventually (Substance Abuse and Mental Health Services Administration, 2016).
3. What other issues are currently affecting the client's life?
The client has, since 4 years, started living with his homosexual partner and he might still be coming to terms with his new life. Due to this change, his 12-year old daughter refuses to talk

to him and she hasn't forgiven him for moving in with his partner. He may be missing his daughter and must be eager to re-develop a relationship with her.

The client's partner is a heavy drug user and the client is unable to resist using drugs when he is with his partner. Although he had been using drugs since he was 19, his drug abuse has significantly increased since moving in with Matt 4 years ago. This may be a significant barrier to treatment as Matt will also have to give up drugs if Greg has to achieve his treatment goals. Hence, family counseling with Greg and Matt will help both of them support each other through the journey. Family counseling with Greg and his daughter will also serve as a motivational intervention for Greg to give up drugs and maintain a healthy relationship with his daughter.

4. What might be the client's goals in relation to his/her current issues?

The first possible goal of the client would be to reduce/remove his dependence on drugs. This will include his partner undergoing rehabilitation too, so that both of them can help each other through the journey. As his drug abuse is having an effect on his work, becoming free from drugs will help him perform better at his workplace.

The second possible goal of the client would be to have a fulfilling relationship with his daughter that has suffered because he moved in with his homosexual partner 4 years ago. In order to achieve this, Greg will have to become free of drugs so that he can reach out to his daughter.

5. What are the possible risks/limitations associated with the particular interventions selected, given the client and the setting and how would you reduce these risks?

An important limitation for the client in achieving his goals might be lack of support from his partner who is also a heavy drug user. The client may not feel motivated or have the strength to resist temptation when his partner at home uses drugs. Even if Greg manages to talk to Matt about giving up drugs, Matt may not co-operate fully with the interventions. This may lead to Matt bringing down Greg's motivation to give up drugs.

Another limitation for Greg may be his daughter continuing to refuse having a relationship with him. This may have an adverse effect on his motivation level and may push him to keep abusing drugs.

Other barriers to treatment may include low confidence in the effectiveness of drug abuse treatment programs, confidence in oneself in overcoming the drug abuse problem, denial, fear, and privacy issues (Rapp et al., 2006).

One of the main focuses in the intervention plan will be to promote motivation for change to ensure that the client begins, continues, and adheres to drug abuse treatment. This may be done by developing a therapeutic relationship with the client to motivate him to achieve treatment goals (SAMHSA, 2019).

Greg's partner can also be involved in the process of setting treatment goals so that Greg can be motivated and empowered to achieve his recovery goals. Several approaches for this could be motivational interviewing, motivational counseling, and motivational enhancement therapy. Motivational counselors can integrate the five stages of change with drug abuse recovery goals which include: Precontemplation, Contemplation, Preparation, Action, and Maintenance (SAMHSA, 2019).

An ethical and legal issue in doing so could be involving Matt in drug rehabilitation programs against his will. Matt may not be ready to give up his drug issues and may feel forced to attend

counseling and intervention programs. In such a scenario, Matt and Greg may need to go for targeted family counseling sessions where the impact of drug abuse on each other and their relationship is considered. Matt can also be encouraged to take up a job which would make him more responsible and persuade him to change his lifestyle.

6. How will you monitor the client progress, with reference to the negotiated goals?

One of the most suitable methods for outcome monitoring is face-to-face interview sessions of questionnaires at regular intervals of time. The questions during these sessions should focus on the client's feelings and attitudes towards the drug abuse recovery program, atmosphere of support or lack of support at home, Matt's progress in his drug abuse recovery program, and status of relationship with his daughter. The questions can also focus on specific aspects of the recovery program and how beneficial the program is to his personal treatment goals.

Greg should be asked to maintain a journal record of the amount of drugs, if any, he has consumed on a daily basis. This record can be reviewed on a weekly basis to note any change in his usage of drugs. If there is a marked reduction in his drug usage, Greg should be asked to note down the changes that he has experienced in his life as a result of reduction in drug usage. This can serve as a motivation for achieving future treatment goals. However, if there has been no change or an increase in drug usage, the recovery program and treatment goals need to be reviewed once more and his personal home environment needs to be assessed to identify possible barriers to achieving his treatment goals. Based on this, new interventions may need to be recommended to help Greg overcome his drug abuse issues (United Nations Office on Drugs and Crime, 2003).

References

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