

Treatment Planning Clinical Vignettes

Corey had symptoms of mania and psychosis. He enjoyed smoking cannabis every day, believing it helped him relax. To Corey, smoking pot was an important part of his lifestyle. Despite being hospitalized, he did not feel he had a mental illness, nor did he feel his use of cannabis was a problem in any way. Early in his treatment, he was in the engagement stage.

Tanya presents with concerns about depression, rather than drinking, though she has problems with her children, with anxiety, and later with the law that are related to alcohol. With brief counseling, she decides that drinking may be causing problems for her and that she is willing to try cutting back. She comes to treatment in the persuasion stage, and moves rapidly into the active treatment stage.

Jane had paranoia and polysubstance dependence on heroin, alcohol, and cannabis. She had been clean and sober while in treatment 16 years ago, but then relapsed into many years of severe illness and substance dependence. When she was hospitalized at age 33, she became clean and sober again. She moved into transitional housing. She was trying to stay away from substances so she could be involved in parenting her new baby and so she could stay in transitional housing. After going through all the stages of treatment 16 years ago and then relapsing into the engagement stage, where she stayed for many years, she is now back in the active treatment stage.

Mark has schizophrenia and alcohol dependence. After 3½ years of treatment, he is sober. He is attending church, building a new relationship with his sister, and considering getting a different job. With his case manager, he spends time planning how to avoid drinking again by avoiding his old drinking buddies, strengthening new sober relationships, and by keeping busy with meaningful activities. He is in the relapse prevention stage.