



CASE SCENARIO: BETSY

Betsy is a 28 year old Native American female who lives with her father and her two children. Her son is 10 years old, and her daughter is 3. Betsy is divorced from her husband and moved in with her father two years ago to care for him after the death of her mother. Betsy reports drinking daily and getting intoxicated “most weekends”. She is overweight and has diabetes. She works in her father’s grocery store, which is connected to the family’s apartment. She gets to look after her daughter while she works.

Her father also drinks daily and has health concerns, too. There is one other sibling that often works in the family store. He is an older brother, age 33. He frequently lives in the home, as well. Betsy reports that he has a “cocaine problem” and sometimes crashes with her and her dad when he runs out of money.

Betsy recently fell and injured her foot and leg. Due to her diabetes, this injury took on a more serious nature and is not healing well. She felt this was a “wake up call” for her and has asked for residential treatment. Her primary concern is the care for her children in her absence from the home. She feels her father is not capable of taking care of her children and she does not trust her brother. Betsy reported being molested by her brother as a child. Her brother was treated for depression as a teenager and has had a problem with drugs for many years.

Betsy would like to sober up and find a new place to live for her and her children. She also wants a new career, and has thought about computer programming. She has previously worked as a car sales person, but lost her job due to frequent absences from work related to her drinking. She indicated that she enjoyed working in car sales, but it was demanding having to be on her feet so long. Betsy wonders if getting trained in computer programming might allow her to work from home so she can care for her children, and wouldn’t be as physically demanding as sales.



**TREATMENT PLANNING MATRS:
CASE SCENARIO PROBLEMS & STRENGTHS WORKSHEET**

Problems & Concerns you know about Betsy:

Betsy's strengths:

Outstanding questions you have that might help you individualize Betsy's treatment