

Paula Phillis  
Intake I  
REH 310 2002

**I. Identifying Information:**

Name: Sarah Osgood  
Age: 31  
Date of Birth: February 15, 1971  
Occupation: Full-time College Student; Waitress  
Marital Status: Single

The client is a single, non-traditional sophomore at a small northeastern college. She is a mother of one child, a daughter, age 11. Her major in college is rehabilitation. She also holds a job as a waitress on the weekends.

**II. Presented Concerns:**

The client expressed concerns about being in her 30's and not yet financially stable. She is a welfare recipient and the state helps her a great deal. The client said that without the help of the state she would not be able to attend college full-time. Although it makes her feel good that she is not taking advantage of the help that she receives, she admits that it can be a little embarrassing. She feels embarrassed to use food stamps in the grocery store, or to ask for reimbursement for car repairs.

The client admitted that she is a recovering alcoholic. She has just recently celebrated three years of sobriety. Although this is a great achievement, she says that staying sober is an everyday event. She stays sober and lives her life One Day At A Time. This is motto taken directly from the program of alcoholics Anonymous, which she attends regularly (2 times a week).

The client also stated that she stays sober daily by staying in close contact with her sponsor, working the 12-Steps of the program, refraining from drinking, going to meetings, and asking for help when needed. AA's call themselves "recovering alcoholics," not "recovered alcoholics,"

because it is a lifelong process. The client said that the AA program is one that she will never graduate from.

The reason for concern in this area of the client's life is because alcoholism is a progressive disease and she is afraid of having a "slip." She hears in meetings about people who have been sober for 10 years or more go out and have a drink. She said that she is afraid this will happen to her and she does not ever want to live that way again.

Another area of concern for the client is the relationship with her daughter. In fact, this may be her most important concern; however, it took her awhile to warm up and share these concerns. The client stated that her 11-year-old daughter is not a "problem child," and she does not drink, smoke, or swear, but the client stated that she and her daughter argue and yell a lot. She said that her daughter is selfish and sometimes angry. Her daughter does not admit when she is wrong and does not accept responsibility for her wrong doings. The client hopes that she is teaching/raising her daughter well, but she often becomes frustrated and yells at the child. She then wishes she could take the words back.

The daughter is supportive of the client going to college; although, she sometimes complains that her mother is too busy for fun. The child is responsible in that she does chores and earns an allowance. The client just wishes that she and her daughter could get along better, but she is afraid that it is going to get worse before it gets better. The client stated that her daughter is on a waiting list to receive counseling; however, the daughter has stated that perhaps her mother needs counseling also.

### **III. Appearance/Behavioral Observations:**

The client was dressed casually in jeans, shirt, and a zip down sweater with her college's logo. She maintained eye contact and appeared willing to talk openly.

#### **IV. History/Current Functioning:**

##### **A. Clinical**

The client sees her family physician once a year for a “Well Woman Physical” in her hometown. Occasionally, she has seen her doctor at other times if the need should arise (i.e. if her arthritis is acting up). Since becoming sober she stays up-to-date with her yearly physicals and eye exams. Dental services are a little harder to maintain because she is on state medical insurance and they do not allow dental unless extreme pain is involved. During her drinking days, she had been promiscuous and for the past three years she has been tested for HIV/AIDS and other STD’s. All tests have been negative and her doctor sees no reason for these tests to continue unless symptoms arise.

The client is currently experiencing physical pain: arthritis in the knees, a possible bone spur in her left heel and a pinched nerve in her back. For now, the doctor has suggested Ibuprofen and exercise. Although the client states that she is in physical pain she does not push the issue with her doctor. She has not told her doctor that her pain is getting worse.

The client stated that she uses her doctor as a counselor. She tells her doctor about situations with her daughter, guilt about her drinking days, and worries about STD’s that may currently be dormant. She stated that her doctor is a wonderful listener and praises her for going to college and trying to be a good mom. The doctor reminds the client that she is aware of her life situations and is willing to make them better.

Prior to becoming a member of AA, the client was charged with Operating Under the Influence (OUI) and was sent to alcohol counseling for three months. The client stated that this was very beneficial for her. In fact, the day she started counseling, she had been sober for 30 days. She was very willing to attend counseling and it set the mode for her to become a Licensed

Alcohol and Drug Counselor (LADC). She likes her AA meetings, grateful in fact, for helping her to stay sober.

## **B. Family**

The client is the youngest of five children. She refers herself as “the baby of the family.” Although she does not remember much about how her family showed affection when she was younger, the client is very close to her family today. She is very close to her brothers and sister (especially in sobriety) and she claims that her mother is the best in the world.

The client’s father died when she was six years old. He was in a car accident (no known cause for the accident) and later in the hospital his aorta ruptured, which was the cause of death. The client has only a few memories of her father. He was a bass player in a band and she remembers the band practicing in the cellar when she was a child. The client states that she has only heard wonderful things about her good-natured, humorous father. The client’s mother has had nice, friendly boyfriend’s in the past, but has never remarried. The client said that her mother’s current boyfriend is nice and they have been together for 14 years.

The client also had a brother who dies. He was 14 years old and the client was 11 years old when he passed. He had a series of diseases that began with Hepatitis. He also experienced sleep apnea, precocious puberty, and something to do with his lymph nodes. The client’s brother was in and out of the hospital for seven years before he died of respiratory failure; this event took place only five years after the client’s father died. The client states that she is not sure if she has dealt with either of these deaths. She also stated that she wondered if she held resentments against her mother for not being around much when she was younger (the mother was often at the hospital with the client’s brother). She explained that if she does hold resentments against her mother, she is not aware of them. She understands that her mother was caring for a sick child.

The client states that her family is very supportive of her and they are proud of her for getting sober, going to college, and living on her own. The client knows that she can count on her family if she needs them. This feeling also extends to her aunts, uncles, and cousins.

Besides her mother, the client's daughter is the most important person in her life. She tries very hard to please her daughter and gives her what she wants and needs. Even through the arguing, the client and her daughter hug, kiss, and tell each other that they love one another several times a day. The client said that the best part of her day is when she crawls into bed with her daughter to tuck her in at night and scratches her back. They always spend a few minutes talking and cuddling.

### **C. Health**

The client is concerned somewhat about her health. On a scale from 1 to 10 she gives herself only a five. The client is overweight and she would like that to change. She said that she thinks about it everyday, but does not do much to change it. She tries to eat healthy. While in school she tries to eat salads and yogurt, but when she prepares dinner at home it is not always healthy. Given the client's busy schedule, she orders out a lot, usually pizza or Subway. The client knows that she needs to exercise and lose weight, shape-up and feel better, but she is having a hard time getting motivated. Although the client has lost weight a few times, she has generally been overweight her whole life.

The client is also a heavy smoker. She has smoker's cough and sometimes loses her voice in the winter when her reoccurring bronchitis sets in. She says that sometimes she gets disgusted with herself, but apparently is not ready to quit. She has tried Zyban two times. She said that this prescription medicine helped her cut back on the number of cigarettes per day, but she knew (or felt) that she was not mentally or emotionally ready to quit smoking. "Maybe someday" she says.

The client takes a B-12 vitamin everyday and Advil for her arthritis. She has been involved in a new relationship for the past 5 months and is currently taking Depo-Provera for birth control. She wonders if this has something to do with her recent weight gain. She does see her doctor regularly and plans to ask her about this at her next visit. The client is not currently taking any other prescription medication.

As far as mental health is concerned, the client gives herself an 8. She stated that she sees big differences in herself mentally and emotionally since getting sober. The client had once been on Prozac because she was experiencing anxiety. She stopped taking Prozac to go on Zyban so as not to mix the two. When she stopped Zyban she decided not to go back on Prozac. The client believes that her AA and rehabilitation classes at the college help with her mental health. She said that the two remind her to think rationally. She claims that AA gives her tools to deal with life on life's terms. She says she is able to recognize when irrational thinking takes over and because of this awareness she can change it without the help of drugs.

#### **D. Education**

The client attended small schools in a small town up until the 7<sup>th</sup> grade. During the summer between 7<sup>th</sup> and 8<sup>th</sup> grade (then age 13) the client and her mother moved to a much larger town in South Florida. The client stated that there was a huge, scary difference between the schools. One was much larger than the other one was, with many more students. Her grades were average throughout middle school and high school. She did share that her days of drug addiction had begun before high school and she said that she smoked a lot of marijuana in high school, which brought her grades down. The client graduated high school in South Florida, on time, in 1989.

#### **E. Employment**

The client has worked in the food service business since she was 15 years old; her career

began at McDonald's. The client stated that she has worked at many different restaurants as a waitress and said she has learned something new at every place. Some places she has worked in were short-term, places such as chains or franchises. The client prefers single-owned, small businesses such as an Italian Restaurant and Raw Bar in South Florida where she worked for five years; and her current place of employment where she has worked for the past three years.

As the client stated before, she likes waitressing, but she has had enough. Waitressing is beginning to take its physical toll on her (maybe the causes of her arthritis or bone spur). She also expressed that there is no room for advancement, no financial security, no insurance, and no benefits.

The client currently has a second job at the college she attends. She is a Student Assistant; she spends time with freshmen that are going through the same program she had to go through to get up to college level classes. She helps these students with time management, study skills, and pre-registration for the next semester. Mostly she is a companion and listener. This is the first non-waitressing job she has ever held.

#### **F. Self-Care**

The client says that she tries to take care of herself. Although she is overweight and smokes, she stated that she is "no couch potato." She says that she tries to make some meals healthy, such as having a Nutri-grain bar and orange juice in the morning and salad and yogurt in the afternoon. The client eats dinner out a lot because of convenience. At home, she fixes herself and her daughter their meals. The client drinks a lot of coffee and wonders if she should be concerned about that.

The client only sleeps about 6 hours a night. She stated that between work, school, mothering, and taking care of the house there is often times not enough time for sleep. She does try

to not let herself get overtired. She knows that she might become short-tempered and irritable when that happens. She also admits that it is much harder to concentrate without enough sleep. The client stated that her sleep is often disturbed because of knee or hip pain.

The client does not exercise regularly. She claims that she moves a lot waitressing and walking around campus. She often thinks about a regular exercise program, but never implements one. She has tried Tae-Bo two times in the past two weeks hoping it will get her motivated, but so far she has not stuck with it.

The client said that she knows when it is time to stop and relax. She knows a few relaxation and breathing techniques and uses them a couple times a week. She tries to monitor her stress level because she knows she will accomplish nothing if she is too stressed. The client likes to read or watch television with her daughter to relax and she enjoys hot baths.

#### **G. Social/Recreational**

The client stated that her recreational activities are limited. She claims that there is not much time or energy. She then went on to say that she and her new boyfriend have done several things together this past summer such as four-wheeling, whale watching, movies, and dinner with new friends. They have gone for long drives and experienced new towns in the state where they live. The client sounded excited and appreciative of these opportunities. She stated that these are things she never would have done without the suggestion of someone else. With her daughter, the client enjoys movies, shopping and going to events that her daughter is involved in such as cheerleading, tap dancing, and horseback riding.

#### **H. Spiritual**

The client stated that her spiritual beliefs are stronger than ever because of her AA program. She said that it is not a religious program, but a spiritual one. Specific beliefs are not forced onto

a person, but having a higher power in one's life is highly suggested. The client believes that God saved her from Alcoholism and she stated that she thanks Him every night for it. She said that her relationship with God grows stronger everyday.

## **I. Risk Factors**

### **A. Substance Abuse**

The client has been clean and sober for more than three years now. Earlier she had also stated that she used cocaine for approximately four years about four times a week. The risk factor here is reoccurrence, or slipping back into the symptoms of the disease.

### **B. Safety**

The only concern the client has about safety is for her daughter. She worries often when her daughter is out playing (being hit by a passing car), or in school (being picked on by bullies). The client said that she and her daughter live in a good neighborhood and they both attend good, small schools. A violent crime in her neighborhood is rare.

### **C. Sexuality**

The client is sexually active with her boyfriend of five months. She stated that they dated for two months before they had intercourse. Before her new boyfriend, it had been exactly one year since the client had been sexually active. She is currently taking Depo-Provera for birth control.

## **V. Strengths, Achievements, Special Skills or Interests:**

Again the client gives credit to her disease of alcoholism for being able to overcome great despair in her life. She believes the AA program has given her special tools to help herself and she can use those tools to help others. Progressively recovering from this disease has sparked her interest in helping others with the same issues. A special skill or strength, she says, might be her

life experience.

#### **VI. Social Supports: People, Groups, Activities:**

The client has very positive support systems. Her immediate family: mother, sister, brothers, and daughter are there to give her feedback. She is in close contact with a few friends who know her well and listen intently. Her new boyfriend is a great listener and talker with plenty of ideas for her if she asks for advice. The client's primary group is Alcoholics Anonymous, which she attends regularly to "keep her sanity."

#### **VII. Overall Goals/Best Hope for the Future:**

The client's major goal at this point and time of her life is to graduate college. She is just beginning her 3<sup>rd</sup> year and probably has three more years to go because she only takes 12 credits a month instead of 15. She also said that she is working on improving her relationship with her daughter. She stated that this is as far ahead as she is thinking right now.

#### **VIII. Assessment/Conclusion**

The client is a recovering alcoholic/drug addict who is now clean and sober. She works on staying sober daily. The client is concerned about her physical health: she would like to lose weight and quit smoking. The client would like for her relationship with her daughter to improve. She is concerned about her daughter approaching her teen years. The client puts much emphasis on her college life; she is very excited and proud of herself, but often does not get enough sleep and sometimes stress is high. The client spends time thinking about her past wondering if there are hidden feelings about her father, brother, and mother that she should be concerned about.