

Client: Jane Doe
Program: DTAP
Referral Source: ISBE
Permanency Goal: Return Home

PRESENTING HISTORY:

Jane was adopted from Kazakhstan when she was 9 months old. She resided with her adoptive mother since her adoption. It was reported that her behaviors began at an early age but were not considered a big deal and thought of more as age appropriate outbursts. However, as she got older these incidents involved more physical aggression.

At the time of placement Jane was fourteen years old. She was referred to Chaddock's Developmental Trauma and Attachment Program by her adoptive mother and hometown school district to address her continued mental health issues that prevented her from being successful in her academic and home setting. Jane had a history of impulsive behavior, mood instability, and escalating aggressive behavior towards her adoptive mother. Jane often refused school. At the time of placement she had not attended school for approximately one month due to refusal. Jane demonstrated aggressive and impulsive behaviors in the home evidenced by physical aggression towards her adoptive mother and property destruction. Her lack of attachment to her adoptive mother led to verbal and physical outbursts, and poor peer relationships. Prior to placement Jane had at least three psychiatric hospitalizations, 2 of which were the year prior. Reasons included physical aggression and suicidal ideation.

TREATMENT:

While in placement, Jane participated in the DTAP Program. Individual and family therapy were a large part of treatment. Below are some specific activities that were a part of her treatment.

- Jane attended regular therapy and individual counseling. She had an Individual Treatment Plan that identified goals that she worked on while in placement. Modalities used in therapy included:
 - Sensory based and Theraplay activities
 - Trauma Focused Cognitive Behavioral Therapy (TF-CBT)
 - Dyadic Developmental Psychotherapy (DDP)
- Family therapy, which included her mother, was provided throughout placement.
- Jane and her mother completed the Marschak Interaction Method (MIM). The MIM is a structured technique for observing and assessing the overall quality and nature of relationships between caregivers and child. It consists of a series of simple tasks designed to elicit behaviors in four primary dimensions of structure, nurture, challenge and engagement.
- Jane's mother and father also completed the Adult Attachment Interview which is a semi-structured assessment that generally consists of about 20 questions. The purpose of this interview is to allow the administering therapist to evaluate the inner representations of childhood attachments of the adult being interviewed. The information gathered from the interview can then be used to assess how the parent's childhood attachment impacts their attachment with the child.
- Jane completed a Psychiatric Evaluation and met with Dr. Stiles periodically but did not take psychotropic medication during her stay.

- Jane attended Chaddock School consistently and as she progressed in the program she was able to attend school in the community part time.
- Jane participated in Life Skills groups in the cottage to learn about potential resources available and gain knowledge regarding life skills for independence.
- Jane was able to have and maintain an on campus job.

During placement Jane made significant progress in expressing her feelings. This was especially true with her mom. She showed an increase in empathy and the ability to reflect on her behaviors. She progressed with understanding the connection between thoughts, feelings, and behaviors allowing her to be able to identify the feelings underneath her behaviors. Jane continued to work on appropriate boundaries especially with her peers and addressing her anxieties regarding school. Jane's acknowledgment and understanding of these anxieties allowed her to make better choices by talking out her feelings and using coping skills that she learned while at Chaddock instead of acting out physically. This progress is also noted in Jane's pre and post assessments.

Strengths & Difficulties Questionnaire

At the time of admission and throughout placement clinicians administer various assessments to the clients. Information can be used for treatment planning, to assess progress and show outcomes. Attached are the results of Jane's SDQ assessments from the time of admission to discharge. The Strengths and Difficulties Questionnaire (SDQ) is a screening measure for early detection of behavioral problems and strengths in children and adolescents. The SDQ subscales include: Emotional Problems, Behavioral Difficulties, Hyperactivity, Peer Problems, and Prosocial. Total Difficulties and the Impact are also recorded. The significance of each score is classified as 'Normal/Average', 'Clinical', or 'Borderline'.

Per parent report the overall/total difficulties score decreased 50% from intake to discharge, going from 26 (clinical range) to 13 (normal/average range). In addition 5 of the 6 subscales showed clinical improvement. 4 of those 5 moved from being in the clinical range to being in the normal/average range and 1 moved from clinical to borderline. There was also a positive increase/improvement in the prosocial category; therefore each sub-category and the overall score show clinical improvement from intake to discharge.

In preparation for discharge the team worked with the family to identify resources in the home community that she could use after discharge. Throughout the course of treatment, Jane had a number of visits, eventually being able to go home each weekend to help her and her mother prepare for the transition home.

UPDATE:

Since Jane's discharge from Chaddock, the Aftercare Coordinator has completed post discharge surveys. For the 12 month post discharge survey it was reported that Jane had maintained school placement taking general education classes and was recently on the honor roll. Jane's mother reported no incidents of physical aggression towards her since discharge. Although Jane still has issues with her anxiety that result in verbal aggression, her mother reported that she knows the steps to help Jane calm down. Jane has had no psychiatric hospitalizations since discharge. Jane's mother reported being very satisfied with Jane's growth and development since discharge.