



# Monica's Family



## Family Vision

**Monica** enjoys living at home, is spending more time with her family, and has one boyfriend. She will be making positive choices and Child Welfare will no longer be involved with her family.

**Tricia** has a healthy relationship with Monica; Monica is more involved in the community than with boys.

### Priority Concerns:

- Monica would like to work on decreasing her sexual activity.
- Monica would like to fulfill the requirements necessary to get out of the residential treatment facility (RTF) and return home.
- Tricia would like more time with her family.

### Family:

Monica (Youth, 15 years old)

Chad Jr (Chad's son, 3 years old)

Tanya (Chad's daughter, 9 months old)

Chad (Brother, 24 years old)

Rose (Chad's GF, 23 years old)

Tricia (Mother, 42 years old)

Christine (Sister, 18 years old)

Doughy Pebbles (Guinea Pig)

## Concern 1:

Monica would like to work on decreasing her sexual activity.

### Strengths:

Monica is concerned with her behaviors and would like to change them. She has learned running away from her problems does not help. She is open to counseling and feels it helps her. Monica plans on getting a job so she can have extra money and stay out of trouble. She would like to get involved with basketball because she felt good about herself when playing. Monica has plans to go to college to become a nurse. She cares for others and will go out of her way to help them. Monica benefits from counseling and finds it helpful. Tricia is a strong supporter of her family and will do her best to keep them safe. She is a hard worker and believes in holding people accountable for their actions.



### Culture:

Monica struggles with her father leaving and being in and out of her life. She feels this has a lot to do with her engaging in sexual activity with older men. Her feelings related to these behaviors are guilt and sadness.

Tricia quit school in the twelfth grade after becoming pregnant with Chad. She knows how hard it is to raise a child and all of the added responsibilities. Tricia is pressing charges against a man who was having sexual relations with Monica. Tricia wants Monica to understand that what he has done to her isn't right, and if they let him off he will continue to do it to other girls.

### People:

Christine is a positive influence for Monica and they share some of the same friends.

Chad would like to be there for Monica when she returns home. He wants her to know that she can talk to him whenever or about anything. He does not want her or her sister to make the same mistakes as he did.

Nicole has been Monica's friend since preschool. They "watch each other's backs" in school and support each other by talking on the phone when they are unhappy or have exciting news.

Mike supports Monica by being a safe man for her to turn to. He does not try to pressure her into things she doesn't want to. Monica has the people that continue to provide counseling and support in school. They are: Laurie (Pyramid Worker/D&A), Coral (RTF Therapist), Mr. Hobbs (Pressley House Skill Center), and Mr. Fred (Pressley House Shelter Staff).

### Family:

Monica values her family very much and describes them as loving and caring. Tricia says that Monica "is a spitting image of her". Laurie, Monica's drug and alcohol counselor said that "Monica gets very excited when Tricia visits her at the group home." Monica is working on communicating with her mother and sister better in order to decrease the number of arguments they have over "stupid things". In the past they have attempted to cut down on the arguing by going to separate rooms when things got "heated". This strategy seemed to work for the family until Chad Jr., Tanya and the grandbabies moved in. Now there are less rooms available for the family to have alone time in.



Monica has mixed feelings about Chad, her brother, living in the home. On one hand she likes having her niece and nephew in the home and being together as a family. Yet, she thinks “as a grown man he should be living on his own” and not putting more financial pressure on Tricia.

Additionally, Monica does not like being woken up by babies crying throughout the night when she has to go to school the next day.

Monica said that her sister Christine is “a good girl and a positive influence”. They go to the same school and while they don’t have any classes together they do have shared friends.

Tricia thinks that Chad is her “strongest link right now”. She finds it helpful when he helps her out in managing Monica’s behaviors. She also loves her grandbabies, Chad Jr. and Tanya, and thinks it is a blessing that she has the opportunity to be involved in their young lives. Chad stated that he believes “Tricia is the best mom in the world”!



Chad says that he “wants to be the backbone of the family.” He doesn’t want to see Monica and Christine make the same mistakes he has or get in trouble. When Monica gets out of the RTF he wants to make sure she knows that she can talk to him about anything.

Tricia is a single mom, working a full-time job, running her household, working on her own mental health concerns and trying to provide for her family. Overall, she feels that they are a strong family and are there for one another.

Tricia has a boyfriend, Josh, who lives in Virginia. He is able to come up and visit with the family every three months and stays for about a week. Tricia says that when he is around she feels comforted.



The family suffered a great loss when Bobby (Monica’s Uncle) died nine years ago, and Will (Monica’s cousin) died six years ago. Monica said that Bobby was like a Dad to her and that she cried a lot after he died. The family thinks of them fondly and often.

Tricia enjoys talking to both her grandmothers, Doreen (maternal) and Maggie (paternal) who live in the area. She says that they are supportive and check in on her to make sure she has everything she needs. Tricia talks to both Doreen and Maggie, but not often. She finds that when seeking support from them they add more stress rather than helping the situation.

Monica’s cousin, Jen, is a negative influence in her life. The last time Monica ran away was to be with Jen. She understands that running away from her family wasn’t right but also did not want Jen to be alone. Jen is currently on the run from the police and it worries Monica that she could be in trouble.

Tom, Monica’s dad, is not in the picture. The family has not seen him in about two years. He does not provide emotional or financial support to Monica or Tricia.

## **Residence/ Community:**

The family lives comfortably in a three bedroom home. Tricia takes pride in being able to provide a nice home for her kids to grow up in. She has plans to work on the basement, making it a fourth bedroom for Chad's family. Then once the dining room is freed up again it can become a play room for the little ones.

Tricia likes their community, for the most part, because there are children in the area for Monica and Christine to play with. She is concerned about the amount of shootings that have been occurring in their neighborhood. Monica likes her house very much and feels that it is cozy, clean, safe, big, and nicely decorated.



## **Social/Recreational:**

Tricia would like the family to do more things together. She is interested in finding activities in the community that are budget-friendly. Moreover, she thinks that the family doing physical activities together like going on walks around the block or going to the YMCA would be great. Not only would they be spending time together as a family, they would also become more physically fit. Monica thinks it would be fun to go to Chuck E Cheese as a family and watch Tanya and Chad Jr. play or have a sundae party at the house. The family also enjoys playing PlayStation 3 and the Wii together.

Some of Monica's favorite activities to do by herself and/or with others are shopping at the mall, eating pretty much anything but especially Chinese food, and playing basketball. Monica was a team captain of her basketball team for four years. She is interested in playing on her schools team or on a league at the YMCA. She also wants to investigate the clubs available in her community that she may join. Tricia has signed Monica up for a summer camp at Penn State Hazleton that she has attended before. At the camp her favorite activity was hiking.



Monica's friend from school, Nicole, has written Monica while she has been at the RTF. The note meant a lot to Monica and she hopes to continue her relationship with Nicole when she leaves the RTF. Tricia "loves Nicole" and says that "Monica and her have been friends since preschool". They support each other by talking on the phone when they are unhappy or have exciting news. In school they "watch each other's backs". Nicole tries to keep Monica off of drugs and alcohol by reminding her of reasons she doesn't need to use.

Mike is a very good friend of Monica's. They met through her cousin and have been into one another ever since. He makes Monica feel loved and special. He respects Tricia and says that he will follow her rules. Mike does not like Monica being with other men intimately. Monica has not been able to talk with Mike since being in the RTF, but does plan on continuing her relationship with him once she is home. Tricia wants to have a sit-down conversation with Mike and Monica about their relationship, if they want it to continue it, and if it needs to be nonsexual for the time being. If Tricia feels that any funny business is going on, the two of them will only have supervised visits. Mike supports Monica by being a safe man for her to turn to. He does not try to pressure her into things she doesn't want to, unlike other men in her life.

Tricia classifies herself as “a homebody”. When she is not working she is sleeping, cooking, or cleaning. Her favorite activity is to shop, not only for herself but all her children and grandbabies. She says that is why she works, to provide for them. Tricia is a bargain shopper and is pleased when she finds a good deal. She also enjoys swimming and taking walks in order to improve her health.



Tricia is supported by her work friend Eileen, who is a nurse. They are able to talk with one another openly about the issues they are encountering at home. Tricia feels that she has a lot in common with Eileen.

Tricia and her boyfriend, Josh, have a very healthy relationship. While it can be hard at times, because he does live in Virginia, they get by with his trips to PA. When he is visiting Tricia, she says that the family feasts on the delicious meals he makes. The last time he was up he made a shrimp and rice dish that filled each of their plates to the brim.

### **Employment/Income:**

Tricia works third shift at a nursing home as a Certified Nursing Assistant (CNA). While her work is back breaking at times she finds it very rewarding and loves caring for her residents. She finds it difficult to achieve a balance of working enough to provide her family with everything they need and being able to have enough time to spend with her children. She says that the reason she works so hard is to provide her children with all that they need. Chad says that “Tricia is extremely good at what she does and that her residents are lucky to have her because she is a very giving person”.



Tricia feels that her income is bordering between adequate and inadequate, at the current time. Her bills are somewhat high for what she makes, but says that she finds a way to provide. She is able to get disability for Christine and is seeking disability for Monica, at least until she is able to manage her behaviors.

Monica is involved with the work experience program at the RTF. She is making \$3.20 an hour by cleaning offices. Tricia thinks that Monica getting a job once she is out of the RTF is a good idea as it will keep her out of trouble. Monica knows that Burger King and Taco Bell hire 15- year-olds and is interested in applying for a position at either of those places once she is discharged. She would like having her own money to spend as she sees fit. Some plans she has once she has extra money includes “buying my mom something nice, and taking the family out to dinner”.



¡Yo Quiero Taco Bell!

In the future Monica sees herself going to East Stroudsburg and becoming a Registered Nurse (RN). She would like to be a traveling nurse once she obtains her RN degree.



Tricia has begun teaching Christine and Monica about money management and budgeting by giving them fun money that they can spend on whatever they

choose. However, they only get a set amount and need to make last till the entire month.

Chad works second shift at Wawa. He likes the people he works with and the tasks he is responsible for. However, he does not like that he has to work on the other side of town. There is a Wawa closer to his home and he has thought about transferring in the future. His girlfriend, Rose, has put employment on the backburner for now while she is taking care of their two children, Chad Jr. and Tanya.

### **Safety:**

Monica is concerned about her sexual behavior and her history of running away (figuratively and literally) from her problems. In order to address these needs when she gets home she wants to steer clear from negative peers and gain more positive supports. Through her therapy at the RTF she has learned that “you cannot run from your problems because they will eventually catch up to you”. She has also learned that her decisions have to be her own, and not just reflect what her cousin, Jen, is doing.



Tricia does have some concerns about living in downtown. Recently there has been a spike in shootings in her area.

### **Emotional/Behavioral:**

Monica struggles with her father leaving and being in and out of her life. She feels this has a lot to do with her engaging in sexual activity with older men. Her feelings related to these behaviors are guilt and sadness.

Monica is addressing her drug and alcohol abuse through Pyramid and is currently in week six out of the 12 mandatory weeks of treatment. She is serious about her sobriety and says her head is clearer when she is not smoking weed. Her drug and alcohol counselor, Laurie, said that in group they are currently talking about positive relationships, regrets the youth have due to their intoxication/drug usage, and the 12 step process. She stated that Monica is always well behaved and appropriate in group.

In the past, Monica found drug and alcohol counseling beneficial and felt that it helped her stay sober. However, when she started skipping counseling sessions in order to hang out with her cousin Jen, and other negative peers, she started using again. Once using she quit going to groups and treatment altogether because of her guilt.

Tricia, Monica, Chad, and Christine all struggle with their own mental health diagnoses and are finding ways to make it easier for one another. Taking their medications is vital to the household running smoothly.

Overall Monica, Tricia and Chad classify themselves as happy.

## Health:

Tricia would like to see her family become healthier. She wants Christine and herself to focus on losing weight by taking walks.

Monica does not have any health concerns at this time.



Tricia stated that it is very important that all family members continue to take their medications so that their symptoms remain under control.

## Legal:

The family is currently involved with Child Welfare. Tricia voluntarily reached out to Child Welfare when she began having difficulties controlling Monica. Their caseworker, Shannon, believes the “family will be successful” and that “Monica is a good girl.” Child Welfare is concerned with the lack of supervision in the home, Monica’s drug/alcohol usage, and her unsafe sexual behaviors.

Monica was placed into a residential treatment facility. The judge said that he thinks “Monica is a good kid and wants what’s best for her.” He will be releasing her when Shannon believes Tricia is prepared with enough supports to care for Monica.

Tricia is pressing charges against a man who was having sexual relations with Monica. Monica is afraid of what the man will do to retaliate. Tricia has reassured Monica that they will be fine and that they are doing the right thing. Tricia wants Monica to understand that what he has done to her isn’t right, and if they let him off he will continue to do it to other girls.

## Education:

Monica attends Pressley House’s Skill Center for education. Her favorite subjects are math and social studies. She likes going to school at the Skill Center because they are “more hands on than a regular school” and have smaller class sizes. Her favorite school staff is Mr. Hobbs, the Assistant Principal, and her favorite teacher is Mr. O’Tool. Monica has four best friends that attend the Skills Center that she would like to see again. Monica has been on the Honor Roll multiple times and she is proud of that.



Mr. Hobbs said that he and Monica have a “good relationships based on mutual respect” and that “she is a good kid”. Monica does well in the school setting and has only had two write ups for minor incidents.

When she graduates she wants to attend East Stroudsburg University to become an RN.

Tricia attended Daniel Boone High School and dropped out in the 12<sup>th</sup> grade. She went back to get her high school diploma five years ago through the local school district. Afterward she went to the community college, acquired her CNA license and has been working as a CNA ever since.

## Spiritual:

Monica identifies herself as non-denominational. She was baptized as a baby, and has gone to various churches in the past. Monica feels that her spiritual needs are met but might join a youth group in the future to meet more positive peers and go on trips.

Tricia truly believes in God and finds support through him. She stated that “He is the only one who can truly change things”. When Monica returns home Tricia plans on returning to Christian Assembly’s mass with her.

Rose stated that she “used to attend Sunday school at Holy Rosary and liked it for the most part”.

## Holidays/Traditions:

The family celebrates all the major holidays together, including Christmas, Thanksgiving, and Easter. Tricia does all of the cooking for the holidays, and Monica reports that her “baked beans are amazing”. Tricia loves cooking for the holidays and says that she “makes enough food for 500 people”. Rose agrees and says “on the holidays there is food everywhere” and that “Tricia is a great cook”.



The family goes on trips to The Outlet at Sands Bethlehem around the kid’s birthdays to go on shopping sprees.

Each July Tricia’s entire family gets together for a family reunion in remembrance of her brother, Bobby. They also invite all of Bobby’s friends to share in the celebration. Tricia feels close to her brother by keeping in contact with all of his friends.

## Youth and Family Needs: *(prioritized by youth and family)*

- Monica would like to work on decreasing her sexual activity.
- Monica would like to fulfill the requirements necessary to get out of the residential treatment facility (RTF) and return home.
- Tricia would like more time with her family.
- Tricia would like to be more active and improve her physical health.
- Tricia would like her family to work on their communication.
- Monica would like there to be less arguing and fighting in the family home.
- Monica would like to quit smoking weed.
- Tricia would like to feel comfortable being the boss of the family and disciplining her children when necessary.
- Tricia would like to feel respected by her children, and people living in her house.





**Potential Team Members:** (identified by the youth and family)

*(include relationship):*

- Monica (Youth)
- Tricia (Mother)
- Christine (Sister) Chad (Brother)
- Rose (Chad's Girlfriend)
- Nicole (Friend, Natural Support)
- Mike (Natural Support)
- Eileen (Tricia's Friends, Natural Support)
- Shannon (Child Welfare Case Worker)
- Laurie (Pyramid Worker/D&A)
- Coral (RTF Therapist)
- Mr. Hobbs (Pressley House Skill Center)
- Mr. Fred (Pressley House Shelter Staff)

**Review Date(s):**

*I have had the opportunity to review this document, all changes have been made according to my wishes and I approve this document to be shared with my team members.*

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**Youth**

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**Date**

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**Parent/Guardian**

\_\_\_\_\_

**Date**

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**Facilitator**

\_\_\_\_\_

**Date**