

## Training Vignette:

**Julia**

Female, 15

Julia is a 15-year-old girl who moved from Bogota, Columbia to a small city in New York State when she was 10 years old. Julia and her younger sister, Sarah, were removed from their shortly after they arrived in the United States and were adopted by their maternal aunt and uncle a year later.

Julia's aunt and uncle have always lived in the United States. They have been married for 14 years and appear to have a strong marital relationship. The couple owns their own home and they are very active in their church and community. Julia's Aunt worked as a paralegal until two years ago, when she fell at work and injured her back. She has some limitations physically and receives pain management treatment on a regular basis.

Last year, Julia's uncle received a job promotion, and the family moved to a new, more suburban neighborhood in same county. The girls had to change schools as a result. The neighborhood is a good one, but there are few Latino families living nearby. Julia attends church services regularly with her family. She also has been getting more involved with her relatives in community projects but says that she would like to be more involved in cultural activities in the Latino community.

Julia has significant behavioral and emotional needs. She was abused sexually by her biological father for more than five years, and her father often threatened her with violence during the abuse. In addition, Julia witnessed her father's violence toward her biological mother many times, and reports that her mother was badly hurt during several of these incidents. Julia often intervened to protect her mother and sister.

Julia has had periods of depression for the past three years, and her parents say that she can be moody and impulsive. Julia says that she nightmares and some flashbacks from her childhood. She has had several different therapists, but did not feel safe enough to talk about her history with them. Her aunt and uncle say that they think she is manipulating the therapists and are not sure what to do next to help Julia. Two weeks ago, Julia's family brought her to the emergency room because she had threatened to kill herself by slitting her wrists. Julia was not admitted to the hospital because it was determined that she had no real intent to harm herself.

Julia's family describe her as generally calm, but say she has difficulty telling them what she wants or how she feels. Julia can become very agitated, anxious or angry when reminded of her traumatic experiences, and this seems to be happening more and more lately. She will not talk about her history with her family, and refuses to do many family activities because she says they remind her of her biological parents. Julia's caregivers report that she sometimes responds to their signs of affection toward her, but also can react to these signs with withdrawal or rejecting behaviors. Julia also can be argumentative, and her caregivers say that she responds to and follows some limits and directives but challenges them or ignores them at other times. Julia has missed her curfew repeatedly over the past few months, and her aunt and uncle report that nothing they say or do seems to make Julia respect their house rules. This month, Julia came home intoxicated twice. Aunt and Uncle report that they are worried about Julia when she is out late at night. Julia's Aunt says that sometimes her pain makes her grumpier than she should be with Julia, and that both times Julia came home intoxicated she had raised her voice with Julia earlier in the day.

Julia appears to be in good physical health. However, she has severe headaches when she is under stress, and has been having frequent headaches for the past few months. She does not want to go to the pediatrics practice in her new neighborhood, because she says she does not want to "tell my whole story over again to a stranger."

Julia's family of origin spoke exclusively in Spanish at home, and she still has some difficulty reading and writing in English. In her old school, she was getting A's and B's, and was involved in the Latino Students' Coalition with several of her closest friends. She is struggling with grades in her new school, and says that she has experienced some racial discrimination in the neighborhood and at school. Her new teachers say that she seems to have problems with concentration and frequently seems to space out or daydream in class. Her teachers also report that she seems to have difficulty staying organized and submitting completed assignments and projects on time.

Julia generally gets along well with peers and has several close friends that she keeps in touch with from her old school. She does not get to see them as much as she would like since she moved. She says she has had difficulty making friends in her new neighborhood and school. She has been spending much of her after-school time with her sister and appears to enjoy this time a great deal. She makes a habit of taking her sister to the park almost every day after school. Other times, Julia spends alone either reading or writing in her journal. Julia is very talented at creative writing and wants to become a writer someday. [2018]

Ratings:

BEHAVIORAL HEALTH MODULE		
Psychosis	0	No evidence
Impulsivity	2	Described as impulsive
Depression	2	Recurrent depression; recent suicidal ideation
Anxiety	1	Becomes anxious when asked about trauma
Oppositional	1	Can be argumentative, and challenges or ignores limits at times.
Conduct	0	No evidence
Adjustment to Trauma	2	Has some problems concentrating and can space out or daydream. She has some difficulty remembering school stuff but not her trauma. Has recurrent nightmares and some flashbacks. Gets agitated or angry when reminded of trauma experiences.
Anger Control	0	No evidence
Substance Use	1	Two recent incidents of ETOH use. Not clear that it is interfering with functioning.
Eating Disturbance	0	No evidence
LIFE FUNCTIONING DOMAIN		
Family Functioning	1	Julia's Aunt says she is grumpier than she wants to be with Julia.
Living Situation	1	Is inconsistent with aunt and uncle
Developmental/Intellectual	0	No evidence
Self-Care/Daily Living	0	No evidence
Medical/Physical	2	Having frequent headaches and needs connection to a new peds practice.
Sexual Development	0	No evidence
Sleep	1	Reports nightmares
Decision Making	0	No evidence
Social Functioning	1	Has close friends and gets along with others but has difficulty making close friends since her move.
School Behavior	0	No evidence
School Achievement	2	Struggling with grades and getting assignments in on time
School Attendance	0	No evidence

STRENGTHS DOMAIN		
Family Strengths	2	Has aunt, uncle, and sister. She has difficulty maintaining consistency in her relationships with her aunt and uncle.
Interpersonal	2	Has close friends but doesn't get to see them much; having difficulty making friends in new school.
Optimism	1	Wants to be a writer someday.
Educational Setting	3	No evidence.
Talents/Interests	1	Writes and reads and wants to be a writer.
Spiritual/Religious	1	Attends church services regularly with family.
Community Life	1	Julia is involved with community projects and wants more involvement with the Latino Community
Relationship Permanence	2	She has her sister but has only known her relatives for a short time
Youth Natural Supports	2	Has close friends but doesn't get to see them much; having difficulty making friends in her new school.
Resiliency	3	No evidence
Child Involvement with Care	2	Has not felt safe with several therapists; does not want to see a new pediatrician
Cultural Identity	2	Wants more involvement with Latino community but is experiencing some discrimination
CAREGIVER RESOURCES & NEEDS DOMAIN		
Caregiver Supervision	2	They report that nothing they say or do makes Julia follow house rules. Aunt's raising voice seems to have precipitated two incidents of alcohol use for Julia.
Caregiver Involvement with Care	0	They adopted Julia and her sister and are seeking additional help.
Caregiver Knowledge	2	They think Julia is being manipulative and are not sure what to do to help her.
Caregiver Organization	0	No evidence
Caregiver Natural Supports	1	They are active in church and community but recently moved to a new community.
Caregiver Residential Stability	1	The family moved this year because of Dad's new job.
Caregiver Physical Health	2	Aunt has back pain that makes her grumpier than she should be and she has raised her voice with Julia on more than one occasion.
Caregiver Mental Health	0	No evidence
Caregiver Substance Use	0	No evidence
Caregiver Developmental	0	No evidence
Caregiver Safety	0	No evidence
Caregiver Financial Resources	0	No evidenced
CULTURAL FACTORS DOMAIN		
Language	2	Language barriers are impeding her success at school.
Traditions & Rituals	0	No evidence
Cultural Stress	2	Is experiencing discrimination at school and in her neighborhood.

RISK BEHAVIORS DOMAIN		
Suicidal Thoughts/Behavior	2	Threatened to slit her wrists two weeks ago.
Non-Suicidal Self-Injurious Behavior	0	No evidence
Other Self-Harm	0	No evidence
Danger to Others	0	No evidence
Sexually Problematic/Harmful Behavior	0	No evidence
Runaway	0	No evidence
Intentional Misbehavior	0	No evidence
Delinquent/Criminal Behavior	0	No evidence
Fire Setting	0	No evidence
TRANSITION AGE YOUTH MODULE		
Housing Stability	0	No evidence
Independent Living Skills	1	Has difficulty staying organized in school.
Transportation	0	No evidence
Job Functioning/Vocational	0	Wants to be a writer someday.
Parenting/Caregiver Roles	0	Not currently a parent or caregiver.
Medication Adherence	0	No evidence
Educational Attainment	1	Struggling with grades and getting assignments in on time
Financial Resources	0	No evidence
Support System	2	Has difficulty maintaining consistency in her relationship with aunt and uncle; moved to a new community recently; has close friends but doesn't get to see them much; having difficulty making friends in her new school.