



Case Study: Michelle

Michelle is a 37-year-old woman and you learn from her chart that she is taking three different psychiatric medications—an anti-depressant, an anticonvulsant and an anti-psychotic and you further discover that she has a diagnosis of PTSD. Michelle is withdrawn and impatient when she has to wait in line to get her medications. Other than showing up for mandatory groups, meals and meds, she spends her time in her room reading.

After getting more comfortable in the program, Michelle shares with you that she graduated from a master’s program in literature and work as a teacher and editor in the past. She hasn’t worked for over seven years since she lost her job due, in part, to her drinking. Her drinking has only gotten worse since then. She reports that her husband will divorce her if she doesn’t stay sober this time. They have a 12-year-old daughter. She worries that her husband will get full custody of her daughter if they divorce. She wants to get sober and get some help to cope with the symptoms of PTSD. She wants to work again and thinks that freelance editing would be less stressful than teaching.

Michelle has decided that she will return to her home and live with her husband when she leaves the recovery home. She honestly believes that their marriage might be over, but she thinks it will be better for her daughter if she moves back home for a while. She wants to develop a business as a freelance copy editor and eventually work 20 hours a week. She wants to go to an early recovery group with other women who have PTSD and continue to see her psychiatrist. She is thinking she might like to try yoga.

What are some of Michelle’s goals?

What services (types) and supports could assist Michelle with her recovery?