

## Case Example:

Chantelle is a 25-year-old female of Asian descent. Her family immigrated to (YOUR CITY/TOWN) when she was two years old. She is the youngest of three, with one older sister and one older brother. She grew up living in various subsidized housing with her parents and her siblings.

Her father has had an addiction to alcohol for as long as she can remember. He drank most evenings after work. Her mother used to make the kids play outside, or keep quiet in their rooms in the evenings, so they wouldn't disturb their father. If the kids were loud, their father would yell at them and become verbally abusive. Chantelle recalls her father being physically abusive to her brother.

Her parents struggled financially and this caused them to argue often and at times she saw her father physically assault her mother. Chantelle said she remembers feeling scared of her father most nights and that on a couple of occasions she almost called the police, but never did. At one point, when Chantelle was 5, her mom took the kids to a shelter. Her mom struggled to find employment, and they couldn't find housing, so they returned to the family home.

Chantelle thinks her mother had depression as she recalls times that her mom wouldn't leave her room for days at a time. When this happened, her aunt would come over and help with the kids. They didn't talk about her mom's condition, but Chantelle later learned from her aunt that her mom had been diagnosed with Major Depressive Disorder and took medication.

Chantelle reports she struggled academically and barely finished high school. She recalls being bullied regularly in elementary school. She was often sick in the morning and as soon as she woke up she felt anxiety and dread about going to school.

She began to smoke marijuana in grade eight and was smoking daily by grade nine. In grade nine she got a job at a fast food restaurant and enjoyed the independence she felt with money. She stopped smoking marijuana in grade 10, when she began to drink alcohol and smoke cigarettes.

Chantelle says in her late teens she fell in with "the wrong crowd" and spent a lot of time "partying" although she always kept a job of some sort, usually as a waitress. At age 17 she moved in with a boyfriend who sold drugs. She reports that after a few months he became physically violent with her. After three years of the abuse, at the age of 21, she moved out to live with her sister. At this time, she stopped using alcohol, but continued to smoke cigarettes.

At age 23, Chantelle decided to go to college to become a dental assistant. Her sister and brother-in-law co-signed student loans for her in order to attend. She was living

with a new boyfriend and enjoying school. Chantelle became pregnant and left school two months before she had her daughter. She did not return to school after her daughter was born as childcare was too expensive and her student loans didn't cover it. When her daughter was 8 months old, her boyfriend lost his job and began to drink regularly.

Chantelle experiences anxiety most days, is not sleeping well and is not eating proper meals. She went to her family doctor who told her she has Generalized Anxiety Disorder and recommended she see a counsellor. Chantelle continues to smoke cigarettes and now that she is no longer breastfeeding, she has begun to abuse alcohol again.

Chantelle and her partner have been arguing frequently since he was laid off and Chantelle has become aggressive, hitting her partner on occasion. During one argument the neighbours called child and family services and they now have a case worker they meet with regularly.

Chantelle is scared that she will lose her daughter. She wants her relationship to be healthy again and she wants to find a way to go back to school. She has begun to work with a counsellor, is attending SMART Recovery for addictions and has set up an appointment with her college to see what is required for her to resume her studies. Chantelle's case worker has identified some of her strengths to be her ability to set clear goals and to ask for support in reaching them.