

Bright Path

Biopsychosocial Assessment

- **Client Name:** Luna Perez
- **Record Number:** 12345
- **Date of Birth:** 02/16/2010 (age 14)
- **Date of Assessment:** 1/18/2024

Presenting Information: Luna is a 14-year-old Hispanic female, accompanied by her father, Sergio, that was referred for an assessment and services by her middle school counselor. Luna is currently in eighth grade and presents as her stated age, is appropriately groomed, and dressed. Her father is interviewed individually after the assessment, information he provides is included in this assessment.

Biological Components

Medical History: Luna has no significant medical issues. Her father indicates there were no issues with her development and she met all milestones.

Current Physical Health: Luna has no current physical health issues. She is up to date on all vaccinations per her father and makes all annual physical appointments. She denies being sexually active.

Family Medical History: Luna is unaware of any family medical history.

Sergio indicates he has high blood pressure, was diagnosed at 35 years old, and takes medication to manage it. He reports his mother (Luna's paternal grandmother) has high blood pressure and diabetes, and she also takes medication to manage both. He thinks Luna's mother doesn't have any health issues but hasn't had contact with her in two years. He believes Luna's maternal grandparents both have high blood pressure and isn't sure if they take medication or not.

Substance Use: Luna was found with two mini bottles of alcohol (Fireball) and a vape pen with THC in the girls' bathroom one week ago. A teacher was walking by and smelled marijuana, went into the bathroom, and found Luna and two other girls vaping and the liquor bottles were on the sink, opened and half full.

Luna admits to drinking alcohol and vaping THC and adds that she smokes cigarettes too. She began drinking alcohol at age 11, starting with a shot once a week, and has continued use through today. She estimates she drinks about a shot a day if she can get alcohol. She will drink more if possible. She typically drinks liquor and has a friend who can get mini bottles of liquor easily, though she has had other alcoholic beverages ("I don't really like it [Whie Claw] through, that's some weak shit.", "It's hard for me to get, but I'd drink it [wine] more often if I could", "I'll drink it [beer] if someone gives it to me, but I don't like how it tastes.").

Luna began vaping THC at age 13. A friend that she drank with had some and let Luna try it. Luna reports vaping once a week initially, and now vapes two to three times a week, dependent on her friend having some to use.

Luna additionally discloses she has been smoking cigarettes since she was 11, starting with two to three cigarettes a week, and now smoking two to three cigarettes a day. She denies using any other substances and denies experiencing any symptoms of withdrawal when she cannot use alcohol, THC, or cigarettes. The last time Luna drank and vaped THC was four days ago, and her last cigarette was today.

Luna states her alcohol, THC, and tobacco use have no impact on any aspect of her life. She says the only problem was getting caught in the bathroom, and if that had not happened no one would know, and she would not have any problems. She reports her father 'didn't have a clue' she was using any substances, and her brother 'could care less' what she is or is not doing. She is not sure if her grandmother knew or not and feels that while her grandmother is a support person, she just does not understand what Luna is going through.

Luna used to have a larger group of friends, but when she started drinking her friend group became friends she with whom she drank. She is not upset over the loss of friends. Luna says her grades are fine and not impacted by her substance use. She does not think reducing or stopping use would have an impact on anything other than her mental health which would get worse. "I'm able to handle my alcohol, and vaping with my friends just chills me out. Smoking is just smoking, my dad smokes and it's no big deal, so why should it be a big deal for me? The only reason I'm here is because I got caught."

Luna is unsure if she has any family history of substance use.

Sergio reports drinking a beer maybe once a day, sometimes once every two or three days, but never to the point of becoming intoxicated. He does smoke cigarettes. Sergio reports Luna's mother used to drink regularly, more often and in larger amounts than he did.

Psychological Components

Mental Health History: Luna was diagnosed with depression when she was twelve. She is currently taking Prozac and is not engaged in individual or group therapy. She becomes tearful when discussing her mental health, indicating her depression started when her mom left the family when Luna was 12. She does not know why her mom left, or where she went to, just that one day she woke up and her mother was gone, leaving her with her father and older brother. She did have thoughts of self-harm that she acted on at least five times, using a razor to cut her thighs, and she has not self-harmed in two years. She endorses feeling like she wanted to die after her mom left, but did not have a plan, intent, or means.

Current Mental Health Status: Luna says things were tough for a while and got a little better when her paternal grandmother moved in, but she is still sad and misses her mother. She denies any recent or current urges to self-harm. Luna denies any recent or current suicidal thoughts. She has been bothered by feeling hopeless, not being interested in anything, and strong feelings of sadness, as well as difficulty sleeping (sleeping too much, difficulty getting out of bed). Using THC and alcohol help with feeling sad and lonely, as she usually is using with friends. She reports she is still able to take care of herself, go to school, and do some chores at home without significant difficulty.

Cognitive Functioning: Luna doesn't have issues related to cognitive functioning. She typically does well in her classes, her current academic issues are related to her skipping classes. Luna says her grades are fine and not impacted by her substance use.

Social Components and History: Luna used to have a larger group of friends, but when she started drinking her friend group became friends with whom she drank. She is not upset over the loss of friends.

Education and Employment: Luna is currently in 8th grade. She is at risk of being held back due to excessive absences.

Cultural and Societal Factors: Luna identifies as heterosexual and comes from a working-class single parent (father) family. She is the first generation of both her father's and mother's family to be born in the United States. She is bilingual and speaks fluent Spanish and requests all services to be provided in English.

Life Stressors: Luna identifies coming to this assessment as a source of stress, and that the only reason she's doing it is so she meets whatever requirements are put in place so she can get back to school and see her friends.

Spirituality and Religion: Luna states that she has no spiritual or religious practices that should be considered in therapy. Sergio indicates the family is Catholic, and that prior to Luna's mother leaving the family regularly attended mass, and both children attended church school/CCD. Sergio states that Luna used to really enjoy attending church and church school.

Values and Beliefs: Luna doesn't see any issue with her substance use other than getting caught. She reports using substances helps her manage difficult emotions and fit in with her peer group.

Coping and Resilience: Luna's primary coping skill currently is substance use. She reports using cigarettes and alcohol at home 'behind my father's back.' She is reluctant to identifying any other coping skills she used in the past, stating that using substances is what works now and best, and she's not ready to give that up.

Sense of Purpose and Meaning: Luna wants to return to school to be around her friends. Sergio would like Luna to stop using substances and successfully complete eighth grade.

Health Related Social Needs

Employment: Not applicable for Luna due to her age. Sergio currently works two jobs to ensure the family's needs are met.

Affordable/Stable Housing: Luna lives in a three-bedroom apartment with her father, older brother, and paternal grandmother. Sergio indicates they are not at risk of losing their housing.

Healthy Food: Luna has access to healthy food. Her grandmother prepares most meals, sometimes Luna will help.

Personal Safety: Luna has no personal safety concerns. Sergio is concerned that most of Luna's friends are using substances, and that could put Luna at risk and in unsafe situations. He has told her if she finds herself in an unsafe situation to call him and he will pick her up, no questions asked, but he doesn't think she would actually do that.

Transportation: Luna is too young to drive. Sergio has a truck.

Affordable Utilities: Luna is not responsible for utilities. Sergio reports he is able to pay the bills, but only because he works two jobs.

Assessment completed by:

Stacey Jones, LCSW, CAADC 1/18/2024