

IPHER

Interprofessional Health Education and Research

Case of Tracy MacDonald

Tracy MacDonald is a 30 year old woman. She is moderately active, walking for thirty minutes, two or three times per day. She is currently completing her high school diploma online, and is not currently working. She receives financial assistance from Ontario Works. She is a mother of 3 children, two that live with her. She is in need of child care and family support for her family. Tracy has stopped taking her medication that was helping her with her depression and anxiety. She requires counselling services from a clinical psychologist to improve her mood and coping strategies.

Her children are currently being monitored by CAS. Michael MacDonald is 12 years old, and has had issues with ADHD and severe behavioural problems. He has been able to cope in school, and lives with his dad. Isabelle is 9 years old, and has been diagnosed with post traumatic stress disorder. She is not currently receiving counselling for her emotional problems related to her parent's traumatic divorce. Cara is 7 years old, and has not had any previous relevant history.

Currently, Tracy has indicated that she deals with depression, anxiety and agoraphobia. Tracy comes to you seeking help to cope with her emotional struggles. She requires help to cope with the crisis in her family. Different resources need to be looked at for Isabelle and Michael to help with their behavioural and coping issues.