



## PRACTICE CASE STUDIES

### A. MENTAL HEALTH & WELLNESS AND COGNITIVE FUNCTIONING

(TRAINING MANUAL: PG 18; SPDAT V4.0: PG 5)

- 1** Kim was told she was “slow” when she was in elementary school. She did not complete high school, and struggles to read beyond a 4th grade level. A survivor, she has gravitated to others in her adult life that can help her get by day to day. Some roommates and boyfriends have taken advantage of her financially throughout the years, though most often the fact that she has been used has to be brought to her attention by her brother or a case worker. What score in the Mental Health and Wellness section of the SPDAT best describes Kim?

**SUGGESTED SCORE: RATIONALE:**

- 2** Clay has indicated to you that he has schizoid personality disorder. He sees a psychotherapist weekly and has been actively participating in a new group therapy program recently started by his psychotherapist. He also attends an outpatient “Sharing is Caring” group on Saturday mornings. He feels he has his mental health under control, that the therapy is very helpful in staying focused daily and that he is connected to the resources that help him stay focused on wellness. He has worked with you and his psychotherapist to develop a wellness plan. What score in the Mental Health and Wellness section of the SPDAT best describes Clay?

**SUGGESTED SCORE: RATIONALE:**

- 3** Tiffany, during some home visits, seems agitated and confused, engaged in a narrative that seems nonsensical. During other home visits she is entirely focused and engaged in the conversation and goal setting. It is inconsistent. On the days she seems agitated she appears tired and the apartment tends to be messy. On the days she is focused, she appears well rested and the apartment is generally clean. What score in the Mental Health and Wellness section of the SPDAT best describes Tiffany?

**SUGGESTED SCORE: RATIONALE:**

- 4** Alex moved into his apartment four months ago. Increasingly, when you visit him he tells you that the neighbors are trying to poison him by putting powder in his food when he isn't looking. He is also convinced that when renovations were occurring next door that the landlord put heat sensors and microphones in the walls to track his movements and listen in on his conversations. He would like you to find a new place for him to live where the apartment is made of brick or cinder blocks, without windows, and with a steel door. If you don't do it in the next couple of weeks, Alex says he will either be killed by the poison or be forced to kill himself so that people don't get the information they want out of him. What score in the Mental Health and Wellness section of the SPDAT best describes Alex?

**SUGGESTED SCORE: RATIONALE:**

- 5** Susan has told you that she has difficulty with her anger and outbursts because her mother drank when she was pregnant. Susan tells you that her two sisters have been diagnosed with Fetal Alcohol Spectrum Disorder, though she is adamant – and your layperson observation would concur – that the facial characteristics of a person with FASD are not readily seen on Susan's face. Though you have offered to help her work through an FASD assessment, Susan does not want to do so because she has seen how others treat her sisters. What score in the Mental Health and Wellness section of the SPDAT best describes Susan?

**SUGGESTED SCORE: RATIONALE:**



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## B. PHYSICAL HEALTH AND WELLNESS

(TRAINING MANUAL: PG 20; SPDAT V4.0: PG 6)

**6** Davis was told by a doctor that his rash is just “jock itch,” but Davis remains convinced that it is crabs that he got from a date a couple of weeks ago. While the doctor prescribed an anti-fungal cream to help the “jock itch” go away, Davis refuses to fill the prescription or follow the treatment plan because he is convinced that it will do no good for the crabs he is convinced he has. Davis wants you to find the money for him to see a naturopathic doctor, which he has become convinced will provide better care for what is happening to him. What score in the Physical Health and Wellness section of the SPDAT best describes Davis?

**SUGGESTED SCORE: RATIONALE:**

**7** Paula is diabetic. She monitors her blood sugars carefully. She follows the prescribed diet put together by the hospital dietician. She self-administers insulin as necessary and she charts and tracks her care. She belongs to a diabetics support group and keeps all of her doctors appointments. What score in the Physical Health and Wellness section of the SPDAT best describes Paula?

**SUGGESTED SCORE: RATIONALE:**

**8** Dustin seems to have a new physical ailment to tell you about each time you visit. He has considerable detail about each ailment, can tell you what the diagnosis is using the medical (and often Latin) terminology, how it should be treated, and what medication should be prescribed. More than a dozen times you have accompanied Dustin to doctor appointments or the Emergency Room, and in each instance there is no confirmation of an illness. What score in the Physical Health and Wellness section of the SPDAT best describes Dustin?

**SUGGESTED SCORE: RATIONALE:**

**9** Gary has a rare blood disorder. The town he lives in does not have the special equipment needed to conduct the ongoing required tests, nor to perform transfusions, which are part of the treatment regime. Gary, in his 60s, in his own words has had a “rough life,” and while appreciative of your offer to help facilitate getting to the city to get the care he needs, would prefer to just let the illness run its course, and if he passes away, so be it. What score in the Physical Health and Wellness section of the SPDAT best describes Gary?

**SUGGESTED SCORE: RATIONALE:**

**10** Kate uses drugs through injection. She has Hep C. She has infections and abscesses on a fairly regular basis. When that happens and IV antibiotics are needed, she will wait as long as possible before going to the hospital because she is most often admitted for a day or two, making it difficult to use. She feels stigmatized by medical staff and is frustrated by doctors and nurses struggling to find veins that won't readily collapse. What score in the Physical Health and Wellness section of the SPDAT best describes Kate?

**SUGGESTED SCORE: RATIONALE:**



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### C. MEDICATION

(TRAINING MANUAL: PG 22; SPDAT V4.0: PG 7)

**11** Carly has chronic back pain. She can take up to four pills per day, as prescribed by her doctor. On the days when the pain is too overbearing she takes 8 or 12 and will buy additional pills from a “friend.” What score in the Medication section of the SPDAT best describes Carly?

**SUGGESTED SCORE: RATIONALE:**

**12** Jerome experiences migraine headaches. When he feels one coming on he takes four or five Tylenol, closes the blinds and tries to sleep. What score in the Medication section of the SPDAT best describes Jerome?

**SUGGESTED SCORE: RATIONALE:**

**13** Matthew has a prescription for OxyContin to help alleviate his chronic pain. This particular prescription allows for one pill every eight hours, as needed. On average, Matthew consumes five pills per day. His girlfriend also likes to have one before she goes to bed every day. What score in the Medication section of the SPDAT best describes Matthew?

**SUGGESTED SCORE: RATIONALE:**

**14** Barb lives with depression and, last month, had her dosage of Cymbalta changed from 60mg per day to 90mg per day. She reports that this has really helped her mood and management of symptoms. What score in the Medication section of the SPDAT best describes Barb?

**SUGGESTED SCORE: RATIONALE:**

**15** Hailey has a rule that she does not take her psychotropic meds on weekends when she is drinking because the combination makes her feel too “off” and “cramps her buzz.” Monday through Thursday she takes her meds at the right times and as prescribed, never forgetting a dosage. What score in the Medication section of the SPDAT best describes Hailey?

**SUGGESTED SCORE: RATIONALE:**



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### D. SUBSTANCE USE

(TRAINING MANUAL: PG 24; SPDAT V4.0: PG 8)

**16** Maria usually parties for two or three days after she gets her check each month. During those two or three days she most often consumes a case of beer, two bottles of vodka, and as much Percocet she can afford. The rest of the month, while Maria may have a drink or two per week or the occasional joint when friends offer it to her, she does not tend to consume to the point of inebriation. What score in the Substance Use section of the SPDAT best describes Maria?

**SUGGESTED SCORE: RATIONALE:**

**17** Christopher is known to just about everyone in town. Shortly after lunchtime he gets a bottle of mouthwash to drink. He then proceeds to hang around downtown, most frequently alone but panhandling, asking people passing by for cigarettes and making unwelcome comments to those who refuse his requests. Several times per week, on days when he gets enough money for a second bottle, he tends to pass out outside, regardless of the weather. What score in the Substance Use section of the SPDAT best describes Christopher?

**SUGGESTED SCORE: RATIONALE:**

**18** Jim likes to unwind every evening with three cans of beer before he goes to bed. He says it helps him sleep. What score in the Substance Use section of the SPDAT best describes Jim?

**SUGGESTED SCORE: RATIONALE:**

**19** Cathy used to have a dependence to sedatives. Eight months ago, she was accepted into a study that provides controlled use of cannabis and is monitored for the effectiveness of marijuana in helping to recover from the sedative dependence. What score in the Substance Use section of the SPDAT best describes Cathy?

**SUGGESTED SCORE: RATIONALE:**

**20** Greer had been regularly attending AA meetings and working with her sponsor for five months. After her sponsor had a relapse, Greer declared that the program of meetings and sponsors was a fraud. Instead she works the Big Book on her own, dismissing all aspects of the program that she doesn't agree with. She likes to keep alcohol in her apartment since she stopped going to meetings saying it increases her willpower to have it around and not use it. On bad days she likes to pour a glass, hold it, sniff it and even bring it to her lips but has not consumed it. She says it calms her down. What score in the Substance Use section of the SPDAT best describes Greer?

**SUGGESTED SCORE: RATIONALE:**



## PRACTICE CASE STUDIES

### E. ABUSE AND/OR TRAUMA

(TRAINING MANUAL: PG 26; SPDAT V4.0: PG 9)

**21** Mandy left her last apartment a few months ago because, when drunk, her boyfriend (and father of her two children that have been in care since birth) would get rough with her. Mandy does not want to connect with any domestic violence services; she simply wants an apartment that her boyfriend won't know about. What score in the Abuse and/or Trauma section of the SPDAT best describes Mandy?

**SUGGESTED SCORE: RATIONALE:**

**22** Peter lived with his parents until he was almost 30. As a person with a brain injury, he saw their care and support as invaluable. The fact of the matter, however, is that his parents did not provide him with any income nor did they connect him with any income supports or community resources. Peter spent most of the day being told to stay in the basement where there was no TV or radio, nor was there anything to read or activities to engage in. Not long after the death of his parents, Peter found himself homeless. What score in the Abuse and/or Trauma section of the SPDAT best describes Peter?

**SUGGESTED SCORE: RATIONALE:**

**23** Ann lived with Brian for several years. Brian would not let Ann work outside of the home. When the monthly check came in, Brian would have Ann sign it over to him so that he could manage their finances. Ann never had any money of her own to use as she wanted. If ever she needed money, even for basic needs, she would have to ask Brian. The answer was frequently "no". Brian rarely let Ann go shopping alone, and if he did have her go out to get something, demanded to see the receipt and counted the change. Brian passed away two months ago, which caused Ann's homelessness. Ann says that she misses all that Brian did for her. What score in the Abuse and/or Trauma section of the SPDAT best describes Ann?

**SUGGESTED SCORE: RATIONALE:**

**24** Wally is 18 and left home last year. Wally is public about being gay, but says neither his father nor mother would accept who he was. From the time he was 14 and told his parents he thought he was different, they would publicly pray for him daily, refused to let him engage with any male friends, reviewed any books he brought into the house, would not let him use the computer without supervision, and left brochures for Wally to read about how to become straight. What score in the Abuse and/or Trauma section of the SPDAT best describes Wally?

**SUGGESTED SCORE: RATIONALE:**

**25** Cindy, last year, watched her husband of eight years get stabbed to death in a bar fight. She became homeless within a few months of the event. She has not wanted to engage with anyone to talk about what happened. What score in the Abuse and/or Trauma section of the SPDAT best describes Cindy?

**SUGGESTED SCORE: RATIONALE:**



## PRACTICE CASE STUDIES

### F. RISK OF PERSONAL HARM/HARM TO OTHERS

(TRAINING MANUAL: PG 28; SPDAT V4.0: PG 10)

26

Frederick has a speech impediment and a limp and is frequently picked on by other men in the shelter. Once he hits his threshold, he lashes out and fights – about once a week, give or take. He loses just about every fight that he gets in and has suffered a broken nose, bruised kidney, and lost teeth in fights within just the past two months. What score in the Risk of Personal Harm/Harm to Others section of the SPDAT best describes Frederick?

**SUGGESTED SCORE: RATIONALE:**

27

Christine, three weeks ago, took an overdose of sleeping pills intentionally in the hopes of killing herself. She was in the hospital for a week before being released. She regrets what happened and is seeing a therapist to work through the feelings that caused her to want to kill herself. What score in the Risk of Personal Harm/Harm to Others section of the SPDAT best describes Christine?

**SUGGESTED SCORE: RATIONALE:**

28

Nicole is a domestic violence survivor. She has not seen her abuser for almost three years. Fearing that he will one day come back to get her, she sleeps with a hunting knife in her bedside table, and has been clear with you that should he ever reappear in her life she will kill him. What score in the Risk of Personal harm/Harm to Others section of the SPDAT best describes Nicole?

**SUGGESTED SCORE: RATIONALE:**

29

Marienella has lit two apartments and the shelter on fire within the past three years. She did this when she was angry and says she has always found that watching fires helps her anger disappear. In all three instances damage was minimal and nobody was hurt. She has not lit a fire within the past six months. She says that she will not burn down her current apartment, no matter how angry she gets. What score in the Risk of Personal Harm/Harm to Others section of the SPDAT best describes Marienella?

**SUGGESTED SCORE: RATIONALE:**

30

Kristen was incarcerated for six years for assault. A year and a half ago she was released. She has not had any incidents of harming herself or others since being released. What score in the Risk of Personal Harm/Harm to Others section of the SPDAT best describes Kristen?

**SUGGESTED SCORE: RATIONALE:**



## PRACTICE CASE STUDIES

### G. INVOLVEMENT IN HIGH RISK AND/OR EXPLOITIVE SITUATIONS

(TRAINING MANUAL: PG 18; SPDAT V4.0: PG 11)

31

For as long as he can remember, Mark has been picking up pre-rolled joints on Fridays from Mike, and delivering the packages to Dave, Carl and DJ. What score in the High Risk and/or Exploitive Situations section of the SPDAT best describes Mark?

**SUGGESTED SCORE: RATIONALE:**

32

Gail is a sex worker. She used to work on the streets. Since getting an apartment she entertains dates in her apartment on Monday, Wednesday and Thursday afternoons and is now engaged with more upscale men. She says this is safer than street work and that she always has condoms for the men to wear now, which she didn't always have when working the street. She also rinses and cleans herself after every date. What score in the High Risk and/or Exploitive Situations section of the SPDAT best describes Gail?

**SUGGESTED SCORE: RATIONALE:**

33

Glenn sleeps outside in a remote part of the woods, and has been doing so for four years. He has a tent, sleeping bag, tarp, three changes of clothes, and extra layers for the wintertime. He has grill equipment for cooking. He meets his hygiene needs at a community center about a 10 minute walk from where he sleeps. His camping site is spotless. He treks all garbage and other waste away from the site. What score in the Involvement in High Risk and/or Exploitive Situations section of the SPDAT best describes Glenn?

**SUGGESTED SCORE: RATIONALE:**

34

Marina uses drugs through injection. She uses daily, multiple times per day. Because she does not always have access to new works, she cleans out her needles and syringes, disinfects in bleach and air dries a handful of supplies daily. What score in the High Risk and/or Exploitive Situations section of the SPDAT best describes Marina?

**SUGGESTED SCORE: RATIONALE:**

35

Tristan is developmentally delayed. His friend Mikey takes him to the same job site he works at. In exchange, Mikey takes half of Tristan's pay at the end of the day for helping him get the job, helping him get to the job site, and for looking out for him at the site. Tristan has never agreed to this financial arrangement nor is he fully aware that Mikey is taking 50% of his pay. What score in the High Risk and/or Exploitive Situations section of the SPDAT best describes Tristan?

**SUGGESTED SCORE: RATIONALE:**



## PRACTICE CASE STUDIES

### H. INTERACTION WITH EMERGENCY SERVICES

(TRAINING MANUAL: PG 32; SPDAT V4.0: PG 12)

36

Lorianna is obese. She frequently feels out of breath when she walks up the three flights of stairs to her apartment, especially during the summer. At least once every two weeks she calls an ambulance because she can't catch her breath. What score in the Interaction with Emergency Services section of the SPDAT best describes Lorianna?

**SUGGESTED SCORE: RATIONALE:**

37

Tomislav got picked up by police at least once a week for over a year when he was homeless. In the four months that he has been housed he has not had any interaction with police whatsoever. What score in the Interaction with Emergency Services section of the SPDAT best describes Tomislav?

**SUGGESTED SCORE: RATIONALE:**

38

Stan used to go to the Emergency Room at least three times per week when he was not taking his medication and had active hallucinations. For the past five months he has not been to the ER once. What score in the Interaction with Emergency Services section of the SPDAT best describes Stan?

**SUGGESTED SCORE: RATIONALE:**

39

Garson is a cutter. Most of the time his cuts are shallow. But about once a month he cuts a bit too deep or some of the cuts get infected. In these situations he goes to the emergency room. What score in the Interaction with Emergency Services section of the SPDAT best describes Garson?

**SUGGESTED SCORE: RATIONALE:**

40

Jordana frequently felt suicidal when she was living in the shelter, distraught over her children being in custody and the state of her life. At least once per week the police and/or ambulance would arrive at the shelter in response to her threats or attempts. She has been housed for four months and only once have police been called to the home. What score in the Interaction with Emergency Services section of the SPDAT best describes Jordana?

**SUGGESTED SCORE: RATIONALE:**





## PRACTICE CASE STUDIES

### I. LEGAL

(TRAINING MANUAL: PG 33; SPDAT V4.0: PG 13)

**41** Sharon was ordered to community service earlier this year for a second offense shoplifting. She has completed all of her hours and has no other outstanding legal issues. What score in the Legal section of the SPDAT is Sharon?

**SUGGESTED SCORE: RATIONALE:**

**42** Justin beat up the Deputy Sheriff with a baseball bat when an eviction notice was being served. He has been held on remand without bail since the altercation last month. He has had two court appearance so far and it is expected that the trial will start in 6-9 months. What score in the Legal section of the SPDAT is Justin?

**SUGGESTED SCORE: RATIONALE:**

**43** Timothy has been sentenced to serve weekends for a relatively minor drug infraction. He will be serving the time for the next 22 weekends. What score in the Legal section of the SPDAT best describes Timothy?

**SUGGESTED SCORE: RATIONALE:**

**44** Bernie is part of a class action suit against a pharmaceutical company, stemming from a medication he was prescribed as young adult. What score in the Legal section of the SPDAT best describes Bernie?

**SUGGESTED SCORE: RATIONALE:**

**45** Dina was visited yesterday by by-law officials. The local by-law stipulates all cats and dogs must be licensed and that there can be no more than two cats or two dogs per residence. Dina has 14 cats. She has been given one week to find homes for the cats, otherwise the cats will be removed from the home and she will face a fine of \$150 per cat over the two allowed. Her monthly income is just shy of \$800 and she has no savings. What score in the Legal section of the SPDAT best describes Dina?

**SUGGESTED SCORE: RATIONALE:**



## PRACTICE CASE STUDIES

### J. MANAGING TENANCY

(TRAINING MANUAL: PG 34; SPDAT V4.0: PG 14)

**46**

Rick refuses to pay his rent. He says he put a work order in three weeks ago to have the showerhead repaired and it has not been done yet. The superintendent says he has no record of the work order. Rick refuses to put in another one. You are trying to sort matters out with the landlord and Rick so that the work gets done and the rent gets paid. The landlord is happy to work with you to resolve the situation. What score in the Managing Tenancy section of the SPDAT best describes Rick?

**SUGGESTED SCORE: RATIONALE:**

**47**

Ian is currently without a home and looking for an apartment. On each apartment application he lists the shelter address, drop-in address, and his deceased parent's address as the last addresses. What score in the Managing Tenancy section of the SPDAT best describes Ian?

**SUGGESTED SCORE: RATIONALE:**

**48**

Everett gets the payment from income supports for his rent on the 26th of each month. His rent is due on or before the 1st of the month. Three months in a row he has been \$100 short on his rent, which he admits was spent on booze between the 26th and the 1st of the month. What score in the Managing Tenancy section of the SPDAT best describes Everett?

**SUGGESTED SCORE: RATIONALE:**

**49**

Jessie has chosen to remove the wall between the kitchen and living room without his landlord's permission. The work is immaculate, though the landlord is unimpressed and has indicated she is moving forward with eviction. What score in the Managing Tenancy section of the SPDAT best describes Jessie?

**SUGGESTED SCORE: RATIONALE:**

**50**

Ross has been warned by his landlord not to store bicycles in the hallway. Currently there are 10. Without removing them, he has been threatened with eviction. Ross insists he needs them for parts and has no other place to put them – and that if the landlord has a problem with that, he can go ahead and evict. What score in the Managing Tenancy section of the SPDAT best describes Ross?

**SUGGESTED SCORE: RATIONALE:**



# PRACTICE CASE STUDIES

## K. PERSONAL ADMINISTRATION AND MONEY MANAGEMENT

(TRAINING MANUAL: PG 36; SPDAT V4.0: PG 15)

- 51** Joseph was excited when he got his TV and cable. For the past three months he has raked up very large bills from movies and UFC pay per view. His aunt helped him pay off the first two months but has vowed not to do it again. Joseph has stated he shouldn't have to pay for the movies and UFC because it is his girlfriend and friends who have been ordering them and not him. He thinks the cable company should send his girlfriend and other friends a bill – not him. Joseph is refusing to pay the bill. What score in the Personal Administration and Money Management section of the SPDAT best describes Joseph?

**SUGGESTED SCORE: RATIONALE:**

- 52** Marge has two adult children that both live with Fetal Alcohol Spectrum Disorder. Each month when she gets her check for \$1,150 she pays her rent and utilities and turns the remainder of the money over to her children. She says this is the least she can do for them given what she did to them. She relies on church donations and the food bank to get through the rest of the month. It is not uncommon near the end of the month for her to stretch one can of tuna out over three days. What score in the Personal Administration and Money Management section of the SPDAT best describes Marge?

**SUGGESTED SCORE: RATIONALE:**

- 53** Steven has his brother manage his finances. His brother pays the rent, utilities, and cable each month, and sets aside \$75 a week for groceries and cigarettes. When Steven gets the grocery money, he likes to take his girlfriend out to dinner or buy beer rather than buy groceries. He refuses to work with you to create a budget for the \$75 a week. What score in the Personal Administration and Money Management section of the SPDAT best describes Steven?

**SUGGESTED SCORE: RATIONALE:**

- 54** Marnie has literacy and numeracy issues. She cannot comprehend or complete forms – regardless of how simple – and relies on her caseworker to help fill out all forms. Attempts at budgeting thus far have proven to be very difficult given Marnie's numeracy issues. What score in the Personal Administration and Money Management section of the SPDAT best describes Marnie?

**SUGGESTED SCORE: RATIONALE:**

- 55** Ben is often taken advantage of by younger men in the neighborhood. For example, they will tell Ben they will get him cigarettes, but then not return the change; they will ask for a small loan of \$50 and then deny that they took the loan; etc. Ben says he doesn't mind and that the guys are just looking out for him, though he relies on meal programs and a church to get by each month and often runs out of cigarettes. What score in the Personal Administration and Money Management section of the SPDAT best describes Ben?

**SUGGESTED SCORE: RATIONALE:**



# PRACTICE CASE STUDIES

## L. SOCIAL RELATIONSHIPS AND NETWORKS

(TRAINING MANUAL: PG 38; SPDAT V4.0: PG 16)

56

Debbie belongs to a sex worker support group. They meet at least once a week to talk about their work, safety, bad dates, etc. and have been doing so for almost a year. Debbie considers these people to be like sisters to her. When she does escort, she most frequently is with another woman from the support group, and they will often grab a coffee after a date and chat. Even when not working, these ladies are the people that Debbie is most likely to go shopping with, hang out with or watch a movie with. While only an occasional drug user, Debbie will only get high with these people. Debbie believes these are the best friends for her because they understand her without judgment. What score in the Social Relationships and Networks section of the SPDAT best describes Debbie?

**SUGGESTED SCORE: RATIONALE:**

57

Emmanuel is agoraphobic. He does not like going to places where there are crowds of people. He finds that he feels best when he stays in his apartment. He loves his computer and spends about 7 hours per day in chat rooms, chatting with people he has met in chat rooms on Facebook, and engaging in discussion through Twitter. None of the people he engages with online live in the same city he does. What score in the Social Relationships and Networks section of the SPDAT best describes Emmanuel?

**SUGGESTED SCORE: RATIONALE:**

58

Keith meets up with the same group of people, more or less, at around 5pm Monday through Saturday at the same pub. He knows their first names, a bit about what they do for a living, but otherwise spends a couple hours every day talking about sports, politics, and the economy. He has been doing this for half a year. Every time a member of the group has suggested they do something else together like go to a game, go fishing, go to dinner, or visit at their home, Keith politely declines. He does not want anything more than the relationship he currently has with them – at least not for now. What score in the Social Relationships and Networks section of the SPDAT best describes Keith?

**SUGGESTED SCORE: RATIONALE:**

59

Jean keeps to herself, and claims she has liked it that way since she lost her son more than a decade ago. She has refused all of your offers to help her join clubs or meet others with similar interests. When at appointments in the community she is impeccably polite and socially aware. She treats you with respect when you do home visits or accompany her in the community, and says you are the first person who has accepted her shyness. What score in the Social Relationships and Networks section of the SPDAT best describes Jean?

**SUGGESTED SCORE: RATIONALE:**

60

Oscar had been living alone for four months. Then his aunt and two cousins came from out of town to stay with him. Since that time Oscar has been disengaged from case planning and has steadily missed appointments. He says that he loves having his aunt around and his cousins too, though he can be frustrated when they drink his beer or eat his food. Occasionally, he has called you after a big fight with them, but chalks the conflict up to being part of a "normal" family. What score in the Social Relationships and Networks section of the SPDAT best describes Oscar?

**SUGGESTED SCORE: RATIONALE:**



# PRACTICE CASE STUDIES

## M. SELF-CARE AND DAILY LIVING SKILLS

(TRAINING MANUAL: PG 40; SPDAT V4.0: PG 17)

**61** Doug lives next door to a coffee shop. He uses the coffee shop's bathroom to wash up and take care of daily functions. His own bathroom is unusable ever since he moved a pile of clothes into the room about a year ago. What score in the Self-Care and Daily Living Skills section of the SPDAT best describes Doug?

**SUGGESTED SCORE: RATIONALE:**

**62** Donna told you she was a "neat freak" before you housed her. When you helped her move in, she was working alongside you to scrub and clean her apartment. Over the past month or so, she has been feeling depressed. Dishes have been piling in the sink. A garbage pile is growing in one corner of the kitchen. She seems to be wearing the same pajamas each time you visit with her. What score in the Self-Care and Daily Living Skills section of the SPDAT best describes Donna?

**SUGGESTED SCORE: RATIONALE:**

**63** Ivan keeps his apartment impeccably clean. His dishes are always washed. He has clean clothes in his drawers. He undertakes grocery shopping successfully. He has access to laundry facilities. He bathes daily. Ivan has a "lucky" pair of underpants, socks, jeans, and t-shirt which he wears daily. He does not wash them. They are dirty, smelly, and threadbare. He worries that putting on other clothes will result in his luck running out and losing his apartment. What score in the Self-Care and Daily Living Skills section of the SPDAT best describes Ivan?

**SUGGESTED SCORE: RATIONALE:**

**64** Suzie wears a different outfit each time you meet with her. She likes to show you the new things she has picked up at the Thrift Clothing Store each time you visit her. Meanwhile, piles of dirty clothes, over the past few months, have expanded outside of her bedroom and into the hallway. You have offered to help her with laundry, and she declines your offer every time saying she will take care of it when she is ready to do so. What score in the Self-Care and Daily Living Skills section of the SPDAT best describes Suzie?

**SUGGESTED SCORE: RATIONALE:**

**65** Michael keeps his place very tidy. He cleans up promptly after meals. He puts everything away after it has been used. There are never dishes in the sink. All the same, he tells you of problems with different pests – ants, roaches, mice – that he says he sees frequently and does his best to take care of them. You have never seen any of the pests, though you have seen insect and mouse traps. What score in the Self-Care and Daily Living Skills section of the SPDAT best describes Michael?

**SUGGESTED SCORE: RATIONALE:**



# PRACTICE CASE STUDIES

## N. MEANINGFUL DAILY ACTIVITY

(TRAINING MANUAL: PG 42; SPDAT V4.0: PG 18)

66

Carlos attends court ordered anger management two days per week. He hates attending and goes only because he has to. The rest of the time he stays in his apartment to, according to him, "stay out of trouble". What score in the Meaningful Daily Activity section of the SPDAT best describes Carlos?

**SUGGESTED SCORE: RATIONALE:**

67

Veronica was invited to a community church by one of her neighbors. She enjoys the Sunday service, gets out to Bible study two evenings a week, visits seniors three afternoons a week, and helps out with the community meal the church puts on once per week. What score in the Meaningful Daily Activity section of the SPDAT best describes Veronica?

**SUGGESTED SCORE: RATIONALE:**

68

Carson loves his laptop. He is a self-described Twitter and Facebook addict. He takes pictures in the community and posts them on Flickr. He spends at least an hour per day on the Star Trek chat room. He attends two online AA meetings per day and takes great pride that he helps facilitate four of the online AA sessions each week. Very happy with his frugality and ability to find a bargain, Carson uses OfferUp, eBay, GroupOn, and other services to find the best possible prices for the things he needs. Carson's community is entirely online. What score in the Meaningful Daily Activity section of the SPDAT best describes Carson?

**SUGGESTED SCORE: RATIONALE:**

69

Henry goes to the library every morning to read the paper. He is pleasant to the librarians, but otherwise sticks to himself. On the way home, he stops in for a late morning coffee at the local coffee shop. He spends his afternoon reading. He has told you he would like to find something else to do in the afternoons and evenings, which he says are lonely, so long as he can keep his mornings just as he likes them. What score in the Meaningful Daily Activity section of the SPDAT best describes Henry?

**SUGGESTED SCORE: RATIONALE:**

70

Phyllis, two weeks ago, started volunteering at the animal shelter three mornings a week. She walks up to five dogs per morning and changes the kitty litter. What score in the Meaningful Daily Activity section of the SPDAT best describes Phyllis?

**SUGGESTED SCORE: RATIONALE:**



## PRACTICE CASE STUDIES

### 0. HISTORY OF HOUSING AND HOMELESSNESS

(TRAINING MANUAL: PG 44; SPDAT V4.0: PG 19)

**71** Caitlin was born into a homeless family. Her first three years were spent living in a motel program that was the city's family shelter. After that time she was taken into care. At 18 she aged out of the system and found herself in the women's shelter. She has been there for 18 months out of the past five years. What score in the History of Housing and Homelessness section of the SPDAT best describes Caitlin?

**SUGGESTED SCORE: RATIONALE:**

**72** Jason moved out of his parent's home two months ago. Since that time, he has spent Sundays until Thursdays at the shelter. On Fridays and Saturdays he crashes at the homes of friends or will save up for a motel room. What score in the History of Housing and Homelessness section of the SPDAT best describes Jason?

**SUGGESTED SCORE: RATIONALE:**

**73** Olivia had been homeless for 14 months before getting housed. She was housed for six months before she was badly beaten. She spent four months to date in the hospital and a physical rehabilitation facility, with another couple of months expected. During her third month, she learned that she had lost her apartment due to non-payment of rent. What score in the History of Housing and Homelessness section of the SPDAT best describes Olivia?

**SUGGESTED SCORE: RATIONALE:**

**74** Jenny has been moving around for the last four years, moving from town to town and job to job. She has stayed at low-cost motels in most places, with a four month sub-let in one community. At no time in the last four months has she had a permanent address. She describes herself as a "town hopper" and does not use the "homeless" label. What score in the History of Housing and Homelessness section of the SPDAT best describes Jenny?

**SUGGESTED SCORE: RATIONALE:**

**75** Bob aged out of foster care nine months ago and has moved from shelters to outdoors to a buddy's couch during that time. He says he grew up just to become homeless. What score in the History of Housing and Homelessness section of the SPDAT best describes Bob?

**SUGGESTED SCORE: RATIONALE:**