

Scenario Summaries

Scenario 1 & 2 – Anne

Part 1 - This is your second meeting with Anne.

Anne has been a client of Ontario Works for about two years as she was let go from her job of 20 years working as a School Secretary. She struggles with addiction to OxyContin for about 3 years following a hysterectomy. She has two children (boy Adam aged 12 and girl Edith aged 10). Her daughter has ADHD and some associated health challenges. Her husband left 3 years ago and is not in the picture. Anne has two older siblings who do not live in the community but her parents live in the community. They do not know about her addiction.

Anne has had 2-3 short term jobs since being let go but is never able to keep them due to being late or sick days. In the last month, Anne was placed by Ontario Works into a job as a receptionist. She was let go after 2 weeks because she was late 5 times. She blames it on the time it takes to get the bus and the unreasonable start time of 7:30 AM.

Anne is now buying pills, enough at a time for a couple of days, from a contact that she meets in the neighbourhood park. She has been spending money on pills at the expense of children's clothes, supplies, healthy foods. She has no motivation to shop for groceries or interact with her children – it is scaring her that things are getting this bad, this out of hand.

Part 2 – This is your fourth meeting with Anne.

Anne has started to make some inquiries about help for her daughter Emily with some of her challenges related to her ADHD. She wants to cut back on her use of OxyContin but is afraid of the withdrawal symptoms.

Scenario 3 – Jane

This is your third meeting with Jane.

Jane has been living in an emergency shelter for about 3 weeks. Jane is currently unemployed and has been for six months. Previous to that, she was working part-time (20 hours per week) in a small convenience store for minimum wage for about 10 years near where her home used to be.

Jane has no children. Her husband of 10 years left her a year ago and she has not been able to pay their mortgage. The bank has foreclosed on her house and she was forced to leave 6 months ago. Jane spent time with several friends on couches but most are unwilling to accommodate her anymore because of the COVID pandemic situation. These friends were

mostly from her faith community, which Jane recently became reconnected to, in the last year.

She is unemployed and an Ontario Works recipient. She has no motivation, mostly because of her depression, to look for work. She has suffered from bouts of depression ever since high school. Her usual coping mechanism is to sleep as much as possible. She is also reluctant to start taking medication for her depression because she is wary of becoming addicted.

Jane is discouraged and ambivalent about her chances and ability to get a job that pays enough to be self-sufficient in terms of housing. Due to COVID-19, there are very limited opportunities that do not introduce significant risk to her health. As well, Jane has told her housing worker that there are no affordable apartments out there, she has no transportation to view places, and has no references for housing applications.

Jane often forgets about attending her appointments, as she has many appointments to remember including with the Canadian Mental Health Association and her doctor.

Jane has had two 50-minute sessions already with a shelter worker over the week during which good rapport has been established. In the first session, the conversation focused on understanding Jane's situation and what led to it, and in Session 2, the conversation focused on exploring her feelings related to the situation. It has been established that Jane is motivated to make change but is not sure how to move forward.