

CASE STUDY

"Jenna"

Background: Jenna, a 15 year old freshman, has a complex history, with maternal substance abuse during and after pregnancy, incarcerated father, and removal from home to multiple foster placements until adoption at age 12. She has been served through special education as ED/SLD since 4th grade. She has had multiple FBAs and BIP is in place. ED has been characterized by depressed mood and failure to establish appropriate relationships. She has participated in group counseling and has been seen as relatively stable prior to high school.

Referral:

- FIE completed in November of 9th grade. Continued meet ED/SLD eligibility with added inappropriate behavior and feelings under normal circumstances.
- Jenna dresses provocatively, curses loudly in the halls, refuses to complete work in class, texts during class, and is increasingly absent. Her grades have been falling and she seems to be affiliating with delinquent peer group both in and out of school.
- The ARD committee recommends consideration for individual counseling given the history of depression, poor relationships, and family instability combined with recent attention-getting and oppositional behaviors.

Decisions:

- What information do you need to consider individual counseling for Jenna?
- How will you obtain it? During ARD or afterward?
- Assuming counseling as a related service becomes part of the IEP, what will your initial goals and objectives be? Duration and frequency of sessions?
- What counseling orientation/specific techniques will you consider?
- Other supports/interventions?