

# Relapsing Client Case Study

**Jonah is a 22-year-old male who has been in the recovery process for 14 months. You have had his case since he was 19, when he neglected his newborn baby by leaving him alone for the evening to go get high. As a juvenile he was in foster care and was initially involved with your agency due to physical abuse in his home by his alcohol abusing parents. Jonah and his girlfriend had been involved in heavy drug and alcohol use. He had used marijuana, cocaine, and alcohol up until the time he quit 14 months ago. Since his involvement with your agency, he has been attending outpatient drug and alcohol counseling, attending Alcoholic's Anonymous (AA) meetings, and seeing a mental health representative. Recently you have begun to think about working towards reunification for Jonah and his child since he has been doing so well.**

**Up until the past month, his mental health representative has noticed a substantial amount of positive change in his attitudes, beliefs, and behavior. However over the past month, Jonah seems to be more withdrawn. He is still sporadically attending AA meetings, but he has not been open about discussing it, which was not the norm over the first 13 months of his recovery. His outpatient counselor has called you with the concern that he is beginning to reschedule his appointments, and always has an excuse.**

**His sponsor with AA has also noticed that he has begun to hang around with a different crowd, and his AA friends do not come over as often, if at all. Jonah has not acted too different when he has come in to the office for appointments, but he does at times seem to be in a hurry. You are concerned that he may again begin using drugs and alcohol. He has voluntarily submitted to drug testing and claims that he is not using, although he states that sometimes he was better off when he was using.**

## Relapsing Client Case Study (continued)

Jonah states that he wants to do well but things just do not work out for him and he thinks he will fail. He is concerned that he will be “no good” and turn out to be abusive like his father.

His work performance has begun to suffer and he is starting to show up late more often and call off sick more regularly. His employer states that, at times, he seems unfocused and that he does not work as hard as he used to. Jonah states that the boss is making a big deal out of nothing. He feels that it is not his fault if they do not know how to evaluate his work. He does not know why he needs to go listen to them all the time anyway. Jonah sees himself as one day working with children, but doesn't think he will get there because of what has happened to him. He feels that he would be better off if people would just leave him alone.

Jonah used to be more active in his AA meetings. However, as of late he thinks that he can do it on his own, and if he only uses occasionally, he could probably handle it. He does feel that if he could use occasionally it might help him to feel “normal again.”

