

Offender Overview and History

Ms. Clueless is a 31 year old Caucasian female who is presenting for an evaluation in order to make recommendations for need and prognosis. Ms. Clueless is currently on correctional supervision for burglary, forgery, and theft. She is employed at Cap-tel full time, has no children, and is living with a roommate.

DESCRIPTION OF THE OFFENSE:

She is coming before the court while on supervision for burglary, forgery, and theft and is facing new charges of PTAC Issuing worthless checks and misappropriation of ID. She has apparently been involved with 2 other people who are also on this case for writing checks on the ex-wife's account of one of the other defendant's. The amount of the checks comes to \$1765 at various different taverns, stores, and gas stations over a 2 week period.

OFFENDER VERSION:

Ms. Clueless presents as personable and forthcoming with information regarding her part in the check writing scheme. She is open about where she wrote the checks and states "I know that what I did is wrong and there is no excuse for my behavior". When asked about being on supervision her reply was "all of my crimes are related to my drug addiction. I have never been in trouble for anything when I was not doing these terrible things to get money for drugs. I know this is no excuse but this is how I ended up here".

VICTIM STATEMENT:

"I think my ex-husband should be locked up for a long time and the other two, I don't even know them, but they have no right to do this. It screwed up things for me and my kids. I don't care what happens to them but they should get what they deserve"

CORRECTIONAL EXPERIENCE AND PENDING CHARGES:

Ms. Clueless is currently on supervision for burglary, forgery, and theft and aside from this case there are apparently no other pending charges. She received 30 days jail time and 2 years probation for the original offense that she is currently on supervision for.

FAMILY HISTORY

Ms. Clueless has a mother and father that are still alive, one deceased brother (suicide), and both her grandparents are deceased. Her father and mother were divorced when she was 3 and her father has a long history of alcoholism and being abusive towards the mother and children. Ms. Clueless' mother also married another man when she (Ms. Clueless) was 5. He was also an alcoholic. Ms. Clueless has been

sexually assaulted 3 times in her life at the ages of 3, 14, and 18. She is unsure if any of her family members had mental health issues. She reports no other family history at this time.

ACADEMIC RECORDS/EMPLOYMENT:

Ms. Clueless has a high school diploma and various different stints in college without achieving a degree. She reports working all types of different jobs but has been unable to hold one for more than a few months at a time after onset of addiction.

MENTAL HEALTH AND SUBSTANCE ABUSE HISTORY:

Ms. Clueless has a long history of addiction to crack cocaine, 15 years. She reports using alcohol for the 1st time when she was 14. She started smoking Marijuana at 16 and this reportedly became the “gateway” to other drugs such as cocaine, LSD, speed, methamphetamine, and other hallucinogenics. She reports being involved in 14 different treatment programs for her crack cocaine addiction over the last 14 years. She also reports mental health diagnoses of bi-polar, depression, borderline personality disorder, and anti-social personality. She states that she had been seeing a psychiatrist for the most current diagnosis of bi-polar. She states she followed through when she wasn’t too busy with her addiction.

REVIEWER’S IMPRESSION:

It is evident that Ms. Clueless is able to present as an open and easy to get along with person. However, this writer believes that this is the very thing that leaves victims open to predatory behavior when she is around. She presents as a nice and likeable individual yet this provides her an opportunity to pounce on the next victim that comes her way when she feels like using drugs. Yes, drugs may be a problem but simply because Ms. Clueless acknowledges her problems and her wrong doings does not give her a “get out of jail free card”. Prisons are full of nice people who blame their problems on drugs. Though she may be nice when she is not using drugs, we can not let her use this as an excuse nor can we put “drugs” in jail for Ms. Clueless’ crimes. She needs to be accountable and placed in an environment where she can not take advantage of people when she feels like using drugs. It is believed that if we do not put Ms. Clueless behind bars we will be doing a terrible disservice to our community and the next person Ms. Clueless preys on when she wants to “get high”.

Respectfully,

Gloria Gaynor

Creating a Wellness Culture Fundamentals in Trauma Informed Care

Initial Reflective Questionnaire

1. What were your hopes when you first came into this work?
2. How do you feel today about your work?
3. In your work, what does success look like to you?
4. Do you believe what you do makes a difference?
5. What do you know you do well?
6. Do you celebrate the small successes?
How, and how often?
7. Where would you like to improve?
8. What is one thing you can do to start that improvement?
9. How do you balance work and personal life?
10. How do you build daily self- reflection into your routine to remain encouraged to get up and do it again?
11. What do these questions have to do with Trauma Informed Care? **(LOL)**

Monthly Self Check In

- A. How have I been feeling about my work over the past month?
(1-poor, 3 - ok, 5- great) **1 3 5**

Why?

- B. What part do I play in my satisfaction or dissatisfaction?

- C. What is out of my control?

- D. What is something I can do to enhance my level of satisfaction?

- E. List one success you had in the past month:

- F. Who will you share this success with?
(Success is infectious!)

- G. One thing I will add to my wellness commitment:



The Starfish Story

adapted from **The Star Thrower**

by **Loren Eiseley**

1907 - 1977

Once upon a time, there was a wise man who used to go to the ocean to do his writing. He had a habit of walking on the beach before he began his work.

One day, as he was walking along the shore, he looked down the beach and saw a human figure moving like a dancer. He smiled to himself at the thought of someone who would dance to the day, and so, he walked faster to catch up.

As he got closer, he noticed that the figure was that of a young man, and that what he was doing was not dancing at all. The young man was reaching down to the shore, picking up small objects, and throwing them into the ocean.

He came closer still and called out "Good morning! May I ask what it is that you are doing?"

The young man paused, looked up, and replied "Throwing starfish into the ocean."

"I must ask, then, why are you throwing starfish into the ocean?" asked the somewhat startled wise man.

To this, the young man replied, "The sun is up and the tide is going out. If I don't throw them in, they'll die."

Upon hearing this, the wise man commented, "But, young man, do you not realize that there are miles and miles of beach and there are starfish all along every mile? You can't possibly make a difference!"

At this, the young man bent down, picked up yet another starfish, and threw it into the ocean. As it met the water, he said, **"I made a difference to that one!"**

THE INVITATION



By Oriah Mountain Dreamer

It doesn't interest me what you do for a living. I want to know what you ache for, and if you dare to dream of meeting your heart's longing.

It doesn't interest me how old you are. I want to know if you will risk looking like a fool for love, for your dream, for the adventure of being alive.

It doesn't interest me what planets are squaring your moon. I want to know if you have touched the center of your own sorrow, if you have been opened by life's betrayals or have become shriveled and closed from fear of further pain! I want to know if you can sit with pain, mine or your own, without moving to hide it or fade it, or fix it.

I want to know if you can be with joy, mine or your own, if you can dance with wildness and let the ecstasy fill you to the tips of your fingers and toes without cautioning us to be careful, to be realistic, to remember the limitations of being human.

It doesn't interest me if the story you are telling me is true. I want to know if you can disappoint another to be true to yourself; if you can bear the accusation of betrayal and not betray your own soul; if you can be faithless and therefore trustworthy.

I want to know if you can see beauty even when it's not pretty, every day, and if you can source your own life from its presence.

I want to know if you can live with failure, yours and mine, and still stand on the edge of the lake and shout to the silver of the full moon, "Yes!"

It doesn't interest me to know where you live or how much money you have. I want to know if you can get up, after the night of grief and despair, weary and bruised to the bone, and do what needs to be done to feed the children.

It doesn't interest me who you know or how you came to be here. I want to know if you will stand in the center of the fire with me and not shrink back.

It doesn't interest me where or what or with whom you have studied. I want to know what sustains you, from the inside, when all else falls away.

I want to know if you can be alone with yourself and if you truly like the company you keep in the empty moments.

by
Oriah Mountain Dreamer

