**Adult/Perinatal Mental Health Case Scenarios**

CASEY: You are visiting a 26-year old woman, Casey, who had no prenatal complications and was very knowledgeable and proactive in her pregnancy, digesting all information she could find on becoming a new parent.  Today, your client’s boyfriend joins in the visit. You notice that Casey is quieter than usual today. However, her boyfriend shares that “something changed” in his girlfriend.  She seems sad, he reports that she feels tired all the time and most concerning to him, seems to at times be uninterested in their infant.  Case in point; he says he came home from running some errands yesterday and found the baby crying in her crib with a wet diaper and late being fed.  Mom was lying on the couch watching TV and said she didn’t think anything was wrong and could he please just give her some space!  You suspect postpartum depression.

MYRA: You are visiting 22-year-old Myra, mother of two children, ages 1 and 3. You have been working with Myra for a while and know her quite well. She’s been generally engaged in your work together. When you arrive today, Myra is waiting at the door for you. She shared that she has a lot of questions today. She shares that caring for the two kids has made her feel really overwhelmed lately. She also shares that she hasn’t been sleeping well because she’s been worried about the baby, who has a cold and can’t seem to breathe very well at night. She describes feeling extremely fidgety, unable to sit still, and her thoughts are racing. She’s even had thoughts of throwing the baby down the stairs when he won’t stop crying. These thoughts have scared her.

AMBER is an 18-year-old African-American teen who is 6 months pregnant with her first child. She is a high school senior and hopes to attend certified nursing assistant program at the local community college. Her pregnancy was unplanned but she does not want having a baby to derail her life goals. She still worries about caring for a baby and college expenses. She lives with her parents and she spends a lot of her time at her boyfriend’s family home nearby. Amber has had anxiety/panic attacks since the 8th grade. Her parents are supportive but they argue with each other over money problems in front of Amber and her siblings. She was taking medication for her anxiety but had not been consistent since she discovered that she was pregnant. Today, at the end of her math class she received a failing grade from her teacher. During her last prenatal visit, she tells her doctor that she is doing fine but is having a hard time sleeping.

SONIA is a 16-year-old Latina teen who has recently delivered a premature baby girl at 27 weeks. She has also been recently diagnosed with postpartum depression. Having the baby so early and seeing the baby in the NICU struggling has taken a toll on Sonia. Her family and her boyfriend’s family have been supportive but they do not know what to do when Sonia is constantly crying and not sleeping. She feels guilty that her baby was premature and blames herself. She wants to continue expressing her milk for her baby but her milk flow is erratic adding to her frustration. Her doctor has prescribed medication and they are trying to find the best dosage. During the home visit you notice that Sonia, usually happy to see you, is distant and less responsive than usual.

MARIA: Maria is a 34-year-old first time mother. The father of the baby is not interested in being a part of her life; in fact, he wanted her to have an abortion but she doesn’t believe in it. Her six week old baby was born after a three day labor, and though being very committed, she’s having trouble with breastfeeding. She reports that she feels as though she’s in a “funk” and doesn’t feel like herself at all. She feels very anxious all the time, and describes feeling like “the walls are caving in” sometimes when her colicky baby cries. She also feels angry and has been yelling at her family members. She denies being suicidal, yet admits that she doesn’t see how she can go on like this.

TANISHA: Tanisha is a 23-year-old mom with whom you’ve been working for several months. She really wanted a baby and struggled with infertility issues and several miscarriages before becoming pregnant. When you arrive at the door, she opens it just a crack, and tells you she can’t let you in today. When you ask why, she shares that she can’t let anyone in because her baby is in danger. She shared that her baby was mixed up with another baby at birth and that the other parents are coming to get their baby. She also believes that there’s an angry pack of dogs outside that is waiting to attack her (you don’t see or hear anything). You hear the baby crying inside the home and ask her if the baby is okay. She reports that the baby is sleeping now and that she just wants to go to sleep herself.