

Critical Thinking Paper

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For the Critical Thinking Paper, I chose the first case study involving Pamela, the 15-year-old. Pamela is facing many external and internal issues that led to her benefiting from case management. One of the first challenges that Pamela faces is on the microlevel. This includes the mental battles that she faces due to having no friends and only her grandparents to support her. After her parents faced problems with providing adequate care and supplies for her, Pamela was removed from her parents home and put into the care of her paternal grandparents. Teachers have noticed isolation from other students due to bullying and when probed further on the subject she describes herself as shy and that she does not have any friends at the school. Another microlevel barrier that Pamela faces is the feeling of being misunderstood by the people she is closest with, her grandparent, and potential friends. A big strength of these challenges is that they are available to case management, both Pamela and her grandparents. With case management, Pamela can address each of these challenges on the microlevel. It could include therapy sessions for both individual and family therapy. Individual therapy and potentially working up to group sessions can help with her self confidence and help her gain social skills to have an ability of gaining friends and what to do in cases of bullying. These individual sessions can also help her with self acceptance with who she is as a lesbian and hopefully help bring her grades up as she feels better understood as an individual. Family therapy sessions can build onto those individual sessions of being understood. Putting in work and mediation on the terms of her identity as a lesbian with her grandparents can help them understand who she is as a person and open up avenues of healthy communication.

Now onto the more mezzo level of this case study. Currently, Pamela is struggling to concentrate in classes, averaging out her grades to C-. Her teachers know that Pamela is

intelligent but that over the past year she has faced some difficulties. As mentioned above she is being bullied and has no friends at the school. Due to these feelings of isolation and instances of bullying at her school, she has reported to family more instances of illness to have sick days away from school. To address the barrier of isolation, Pamela could take up some clubs or after school extracurriculars. She could try out multiple clubs and activities and whichever ones pique her interest the most she should stay in and work on making friends with common interests. It does not necessarily have to be school related either, many find comfort in religious groups or activities held at community centers or libraries for free or for a minimal fee. Other activities that may help her reach out are volunteering at organizations that she feels a connection with. This may include animal shelters, nursing homes, food pantries, etc. Joining these groups and becoming more active may also help with her weight. Spending more time outside of the home and continuing to move throughout the day will be good for her instead of being restricted to two places and repeating the same thing every day.

Finally the macro level systems involved in Pamela's life involve many constraints. Unfortunately, Pamela's grandparents are on a very strict budget and as she gets older on this very limited income, they find it difficult to provide to their best extent. This is where case management works with both parties so that Pamela, our underage client, can live an easier life with less worries as a teenager. Pamela has not gone to the doctor in many months and her grandparents do not expect to have the money any time soon either. As a caseworker, getting her access to health care is an important task so working with caregivers to find programs to help. Sourcing out clinics closer to home or school that are easier to access that cover their insurance or finding bus routes that enable Pamela and one of her caregivers to make it to an appointment. Getting access to the doctor's can open up a wide array of information to Pamela about herself.

Doctors can help Pamela come up with health regimens to get back to a healthy weight. Pamela started menstruating recently, getting information about that and the choices that are available to her like birth control. Recently studies have found that by taking Zyrtec for a prolonged period of time your tolerance builds up, so doctors can inform her about more possibilities for her allergies. Getting access to healthcare is essential for everybody, especially a young child that is growing into herself with a limited family history.