

Derek:

Hey, this is Derek and I am going to be giving an update on my caseload, unfortunately without LueAnn here. She is out sick this week. Unfortunately, when people are not feeling well in the field, it comes up just like in any other job. The good thing is that the team members are really good, often, about rising up and covering for people when they're ill. I will do that for that my colleague, LueAnn.

I actually have to help her with an issue related to Mick, who's going to be coming over in a little bit. Before he shows up let me just give you a quick couple of updates on George and Michela. George has been doing well, he actually went to the building, the new building, where he is going to be moving to, which is actually his old building where he used to live many years ago, before he was hospitalized, I should say.

He signed his lease, that is a really momentous day. He was extremely happy, on one sense, but also a little more sadder than I thought he would be, in another sense. The lease is not going to take effect for another five weeks. It's not this upcoming first of the month, but the following first of the month, that he's actually gonna be moving. He's gonna be in his old place for a little over a month before the ... the old person has to move out first. He's really excited on one hand because of his friends, Jack and his other friend, Bill are really excited he's coming back. He talks to them on the phone and that's obvious that it's gonna be really great for him and his recovery.

The thing that is a little surprising is that he actually made a new friend at the building he's still living at, in the last couple weeks. A woman actually. Her name is Kimberly and they've been spending quite a lot of time together. I think just friends, I think it's platonic. He's now expressing regret in that he's like, "Now I'm gonna be missing this friend, and I just made this friend." I talked to him a little bit and said, "We can certainly help you get across town, I know it's been a challenge, but maybe being back at your old place, you'll feel better about coming here." Where's he's living now, "To just visit and then see Kim." He gave me a little, "Maybe." I don't know how he feels about that. I may revisit that again. Overall things are going pretty well for George, he is genuinely excited to be moving back to his old place.

Michela is ... every time I talk to her, things are happening, I will say that. She actually just told me yesterday she signed up for a class ... she left me a voicemail, that she signed up for a class for the spring at the local Community College. That was, again, really excellent news to hear on one side, I actually don't have any more info. I have an appointment to meet with her tomorrow actually. It was really great to hear that, I don't have any more details. On the other hand, I'm just a little concerned, I think, because it seems like she's moving, perhaps, a little too fast with the schooling thing.

Normally, the psych rehab philosophy would dictate, you meet the person where they're at and if they wanna rapidly engage in some kind of goal that you go with that motivation. I'm conflicted because I do wanna support her and if she's generally excited, it sounds like on the voicemail she left me, she was quite excited. I just worry that it's going a little too fast. The main reason I worry about that is because, I continue to try and bring up the housing problem. The fact that her mom is losing the house, and she has to find a new place to live. I've given her some options, but she doesn't really seem to wanna address that problem right now.

That is, at least in my opinion, knowing her as much as I do, that seems to be the priority now. I'm not directing her treatment in that, if she's really invested in this school goal, I'm gonna honor that, and I'm gonna work with her on that. I guess I just have this sinking feeling in the back of my mind. I don't know why she's avoiding this issue. I guess it's probably really stressful for her. It's, in my mind, this is a priority that would seemingly need to be addressed before she could move forward with going back to school, she needs a place to live.

She's also got another month or two, her mom wasn't exactly clear when Michela has to be out of the house by, but I believe it's before the end of the year. She also left me another voicemail, and hour earlier saying that she was gonna be signing a release form for a new boyfriend, which is, again, a little surprising, given she just broke up with Max last week for apparently the finally time. I guess I'll wait for that paperwork to come in to see exactly what kind of support this new guy is gonna be in her life. Just some interesting things, a lot of changes. A lot of it seems good, but I guess, my intuition is telling me, it feels a little impulsive for Michela. When I talk to her tomorrow, I'll certainly address some of these things and see how she's feeling. You guys will hear about that then.

I guess that might be Mick. Yeah it is. Hold on guys.

Hey Mick, how's it going today?

Mick: Good, Derek, I'm doing good.

Derek: I got your message that you had wanted to meet up with me. I'm guessing you heard that LueAnn's out sick. If there's anything you want to follow up on that you would normally be following up with her, certainly we can talk about it.

Mick: I appreciate that. I just heard about LueAnn today. To be honest with you, this sort of works out, because I was trying to think of a way of telling LueAnn, I have some, I call it guy stuff, going on. LueAnn's great, but I don't really have any men to talk to in my life about some of these things that are going on. Somethings I feel sort of funny talking to women about them.

Derek: Okay, I guess I could understand that. I know just a little bit about, from working with LueAnn, about how things are going with you guys. It does seem like, you spend a lot of time ... obviously, you're married, you have your wife that I'm sure is a support. I know you've come to really be fond of LueAnn. She talks fondly of you guys' relationship. It doesn't sound like you have any guys that are in that same circle.

Mick: No, and again, LueAnn's great, but the only guys that I talk to, they're my coworkers. Mostly what we talk about at work is just goofing off. Nobody gets too serious about stuff, it's mostly just B.S. and I don't know, it would just be nice to have a guy to go to talk to about things that are going on.

Derek: I can totally relate to that. Some of my best guy friends are certainly the supports that I do lean on at times in my life. When you ... and I'm married too, it's not the kind of thing you feel like talking to with your wife or even with somebody else that might be a close friend that happens to be a woman. I'm glad you felt comfortable coming to me and talking about this, Mick, because definitely the longer you put off talking about these things, at least I've found, the more stressful it can be. What kind of stuff, if you don't mind me asking, if you want I could ... you don't have to, that is going on? Maybe I can help you find the right person to talk to.

Mick: It's about Bianca, as you could probably guess. The good news is, she's doing a lot better, and we're doing better, we're in a new apartment, the new apartment's great. It's a lot bigger, the neighborhood's a lot nicer than where we were. On one hand, those things are going really well and she's doing better. You probably know, she was having a tough time a while ago, but she's doing better. Now, she's got all these plans that she wants to move ahead with. She goes back and forth, one minute she's talking about having a baby and then the next minute she's talking about either going back to work or back to school.

She hasn't worked in like 10 years. She's throwing all these things at me, and there are times where I feel like she might be getting a little manic. Then, there's part of me that thinks she's just trying to move forward in her life. It's a little much for me to deal with. I feel like things are going good and I don't wanna change anything right away and she has all these big plans. I don't know where to go with it. Most of the guys that I know, they've been married, they have kids already, they've already done this. I'm kind of stuck.

Derek: Those are some big challenges to be facing as a guy at this point of your life. I can't totally remember the times that I struggled with this as well. I leaned on my brother as somebody. I don't think you have siblings, is that correct?

Mick: No.

Derek: Do you know Adam on the team? He's another person that works with us.

Mick: I think I've seen him. We haven't had a conversation but I know of him.

Derek: Okay, he is actually ... we have a certain amount of people that work on our team that are actually what we call, peers, that are people in recovery themselves. They've experienced mental health issues and are in recovery, and been inclined to help people that are also going through other kinds of mental health difficulties and struggles. We hire peers on the team because sometimes people in recovery don't really respond as well to professionals. People like myself that are in the field and are invested but haven't had the lived experience that you have of had mental illness.

He happens to be a guy, obviously. I wonder if he might be somebody good to talk to, because he's also about your age. I think he might be a little bit older, but I think, may

have dealt, just knowing that he's married, with similar issues. What do you think about it? At least somebody to talk to one day and see if it might be a good fit.

Mick: I think it'd be great. I would love to have a guy to talk to and if he's been there and done that, because there's a lot of this, it just comes with me having mental illness, Bianca having a mental illness, it's not the typical thing for people. Two people that are having kids, is Bianca gonna stop taking medication if she gets pregnant? There's all these questions. The average person doesn't know that stuff. They haven't been there and done that. I think that'd be a great thing.

Derek: You're correct to point out, it's not the kind of thing you could just pick up the book off the shelf in the library and be like, "Oh, let me see how this is."

Mick: If there was a book, I'd get it.

Derek: I'm sure you would. I think you're doing the next best thing, which is, you didn't feel comfortable going to this with the supports that you normally did. You knew that I worked with the agency, and that I might be able to point you in the right direction. I totally can put you in touch with Adam. It's up to you how much you want me to tell him. I could tell him, "Hey, there's somebody on LueAnn's team that wanted to say hi and maybe talk with you someday." Or I could give him a little more detail. It's up to you. Do you have a preference? Would you like to talk to him about why ...

Mick: You know what? I'm fine with Adam knowing what's going on, I'd actually like him to have some time to think about this before we talk. That might stop me from having to go through the whole story again. I think that'd be great. You can tell him whatever, there's nothing ...

Derek: Okay, that's a good way to look at it in terms of not having to catch him up because I can give him the basics and he's somebody I've worked with ... he's been a good support to me, I have to say, I'm kind of newer with the agency as you know. LueAnn's been here quite a while. He was sort of newer as well in that we went through the new hire training together and stuff. I think he had worked at another place as well. We bonded over that because started here around the same time. I think he'd be happy to help. Just from talking to him myself, he seems like a pretty level headed guy. He definitely has a new baby because he showed me a picture on his phone.

Mick: Oh, cool.

Derek: I can definitely put you in touch with him and if you want I'll give him your number, and he can reach out to you, is that cool? 'Cause I don't-

Mick: Yeah. That'd be fine.

Derek: I don't know where he'd wanna meet you to reach out to him. I'll give him your number and I'm sure he can get out and get in touch with you sometime this week.

Mick: That'd be great. That would help a lot.

Derek: Okay, sounds good. Anything else that you wanted to talk about? Everything going okay with the apartment? With LueAnn being out, I could certainly, if there's any case management or resource stuff, otherwise, help you out this week.

Mick: No, everything else is good, in fact, it's been really good. That's probably part of why this coming up now.

Derek: I think you're right.

Mick: There's always been these other emergencies going on and now things are in a better place. That's the difference between where Bianca and I are. She wants to move to where the next step would be, either family wise or work wise. I don't wanna mess with success, things have been a lot worse than this. I'm hesitant to change anything.

Derek: I think that's a mature way to look at it, and to point out, it's only because you've had some good successes leading up to now. With getting the stability with the house and with Bianca, it seems like, finding a good blend of medications. The last hospitalization seems to have been beneficial or one that's helped her find the right path. It's natural at that point to be like, "Oh I don't have these critical needs to worry about." You got the food stuff started to take care of too, is the other thing you struggling with. Now I haven't heard, at least, anything going on with that. It's natural to come to these more higher levels, recovery type of issues. I'm glad you're looking out for supports that might be helpful to you and not just letting it go by. Kudos to you for that.

Mick: I don't wanna go back to crisis to crisis again. It was like that for a long time, it's nice to have a little stability.

Derek: Yeah, definitely is. Okay, Mick, I'll definitely give your number to Adam and if he doesn't get in touch with you, for any reason, definitely reach out to me, I'll make sure that happens, okay?

Mick: I appreciate it Derek, thanks for talking to me. I really appreciate it.

Derek: Okay, no problem man, take care.