

## **RELATIONSHIPS AND SEXUALITY**

Stepdad Adrian age 46, met at work. On and off relationship, currently "on break" influenced by him trying to distract from school. Relationship failing from pressure. No sexual activity reported, notes "too busy working" clinging with family values. Wanted relationship support and guidance.

## **ASSESSMENT NOTES**

### **MENTAL HEALTH SCREENING**

Session Date: 5/9/25, 4:30pm; Telehealth and appointment type: Simple phone call. Client has video capability in 4th house room. Sets up on phone,身心健康 about rights. HOME AND ENVIRONMENT DOMAIN: only 4 hours. Eating, Cleaning, don't want to leave. Always bullied from her environment. Lives with mother, stepfather, younger brother age 13. Reports "always having arguments" regarding school, clothes, going out, boyfriend. Stepfather "controls everything" with mother deferring decisions to him. Biological father has alcohol and drug history, currently in rehabilitation with no contact. Parents divorced when Michelle was 8-9 years old, witnessed significant parental fights. Vietnamese family described as "conservative" with clash against Australian culture. Michelle feels unable to be herself, states she is "letting everyone down." Reports no safe space at home, prefers being outside home.

### **EDUCATION AND EMPLOYMENT DOMAIN**

Attends Kingswood Park High School with significant academic struggles. Cannot understand material, experiences teachers as "not helpful." Bullied by "popular girls" through verbal harassment and ostracizing. Maintains small friend group but anxious about friendship stability. Works part-time as cook at fast food restaurant for 2 years. Reports being "really good at it" with praise from boss. Met boyfriend Adrian at work. Enjoys work and feels competent there.

### **ACTIVITIES AND PEER RELATIONS**

Spends time at friends' houses where she experiences "freedom" with supportive parents. Enjoys chess, Monopoly, and basketball with friends. Previously enjoyed reading but now feels "too much reading already." Friends help cover for her by saying "group study" to parents. Avoids most peers due to bullying. Reports being boycotted by classmates after conflicts.

### **ALCOHOL AND DRUGS DOMAIN**

Started alcohol use at age 14 initially due to peer pressure. Currently consuming 2 beers daily after school. Reports "anxiety vanished" when drinking and helps her "say what I want." Hides use from parents using mints and careful timing. Experiences hangovers affecting morning classes. Father's substance use history noted as risk factor.