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**Situation**: CSW had phone session with Elijah (202 666 0583) to work to develop copied skills to manage his depression symptoms.  Elijah was seemed nervous.

**Intervention**: CSW challenged Elijah to replace dysfunctional thoughts with positive, reality-based thoughts. CSW reinforced Elijah for instances of successful replacement of negative thoughts with more realistic positive thinking. CSW educated Elijah on the importance of coping skills that could better improve his mental health status. CSW used his tablet to research coping skills and introduced them to Elijah. CSW encouraged Elijah to take note and get familiar with the fundamentals of these skills.

 CSW educated Elijah about the benefits of medication and the importance of keeping up with all psychiatric appointments. CSW reviewed Elijah’s compliance with using medication as prescribed. CSW implemented a role play exercise that would assist Elijah with comfortably communicating with his care team.

CSW met with Elijah and provided him with positive feedback as he listed several factors that he believes contribute to his feelings of hopelessness, sadness and depressed. CSW encouraged Elijah to share his feelings of depression to clarify them and gain insight into their causes. CSW asked Elijah to verbalize any recent incidents where he has experienced mental health symptoms.

**Response**: Elijah said he still has his medications and denied any side effects from his medication right now. Elijah will continue to replace more of his negative thoughts with more positive thinking such as I have inner strength, I look good because I am good, I have a lot to be proud of and so on. Elijah wrote down his positive affirmations that he thinks will keep him positive and paper stuck them in his house to remind him to be positive. Elijah reported that he is going to continue learning ways to control his stress and anxiety. Elijah stated that he will follow the various coping skills to be able to handle his anger issues properly

**Plans**: CSW and Elijah agreed to meet again for another session to work on a new treatment plan