

Jena Ryplanski summary – Feb 12, 2024

OPT

- Monday Jan 29 Jena started going to OPT just mornings
- Jena seems happy with this solution for now
- Only incident so far was on Friday Feb 9th
 - 10 minutes after I dropped her off, OPT called
 - I talked to Jena and she was upset about her lip so I went back to pick her up
 - The good news is she was upset but asked to go home instead of having a meltdown

Dr. Sawyer (psychiatrist)

- Fri Feb 2, Jena had her appointment with Dr. Sawyer - we thought this went well
- He prescribed 25mg Anafranil (Clomipramine) adjunct to the 100mg Zoloft (Sertaline) she currently takes
- We told him about U of M and Dr. Sawyer thought her involvement with U of M would be good for Jena
- We have a follow up with Dr. Sawyer on **March 15 @ 10:15 am (915 Grosvenor – top floor)**

U of M Psychology department

- Wed Feb 7, Jena attended an intake meeting at the U of M Psychological Service Center
- Jena and Rick met with Caelan Budhoo (masters student) and his supervising professor
- Jena was accepted. Jena was a fit for their program and we thought Caelan is a person Jena would like to work with.
- I told them that I needed to be involved so we can also help Jena and we don't want Jena to miss OPT in the mornings
- Starting Feb 14, Jena will be attending a 1 hour session with Caelan at 1pm every Wednesday
 - These sessions will run until the end of the school term (April)

Dr. Sarah Germain

- Fri Feb 2, received an email from Sarah saying she had an opening on Monday Feb 5th
- Jena attended a 50 minute session with Sarah on Monday 5th
- Jena went in with Sarah by herself so I am not sure how this went
 - After the session Sarah told me she was working with Jena on breathing exercises.
 - When asked Jena about the session after, she really didn't tell me much.
 - When I asked about the breathing exercises, she said she couldn't show me because she needs a phone
- After the session, Sarah told me Jena was booked for Feb 22 @ 2:30 pm
- Sarah originally said we might have to pay privately but when I asked, she said the sessions were covered by CLDS
- Sarah told me she would be sending a follow up email in the next day or 2 but I haven't seen this yet

Tall Grass Psychology providing info about U of M

I reached out to Tall Grass psychology, here is their response:

Rick,

Thank you for contacting Tall Grass Psychology for psychological services. Unfortunately we are not taking on any new clients right now, but I would recommend the following clinics:

1. ***The Cognitive Behaviour Therapy Institute of Manitoba:*** *(They have quite a few very skilled psychologists at each of those clinics, and likely someone would be able to help you). You can learn more about them through this link: <https://cbtmanitoba.com/>*
2. ***For free services currently being offered through the University of Manitoba:*** *Free therapy and assessment services are available to Manitoba residents who might be interested. These services would be provided by students in the advanced-level Clinical Psychology program (Masters and Ph.D students) who are supervised by Registered Clinical Psychologists. To access this service, contact the Psychological Service Centre by email at psc@umanitoba.ca, phone (204) 474-9222 or visit https://umanitoba.ca/faculties/arts/departments/psych_services/psc/3639.html*

Please feel free to contact me if you have additional questions or require more information.

Regards, Emily

Administrative Assistant