

# Case Formulation Worksheet - Mateo

**1. Person's Situation:** Mateo is a 35-year-old combat veteran living in a recovery-oriented HUD apartment. He suffers severe bouts of depression during which he binges on alcohol or cocaine and may become suicidal. Relationship losses, loneliness, flashbacks, and nightmares may trigger bouts of depression. After suffering a major heart attack, he lost his job as a truck driver. He receives SSDI and struggles with limited income. He seeks to restore relationships with estranged family members, wants to father his son of 4 years, seeks part-time employment, and works toward recovery and improved physical health.

## Present Vulnerabilities (Predisposing Factors)

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## Present Stressors & Triggers (Precipitating Factors)

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## Drivers & Sustainers (Perpetuating Factors)

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## Severity of Clinically Significant Distress & Impairment in Functioning

To what degree do presenting problems lead to clinically significant distress and impairment (using DSM-5 levels of severity)?

Mild Degree      Moderate Degree      Severe Degree

## 2. Presenting Problem(s):

- 1) *[Self-Endangerment]*
- 2) *[Estrangement & Isolation lead to Self-Endangerment]*
- 3) *[Illness & Wellness]*
- 4) *[Permanent Housing]*

## Major Predictors (Prognostic Factors)

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## Person's Desired Life Changes:

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## 3. Solution Possibilities for Positive Life Change, Wellness, and Recovery - For Use in Intervention Planning:

- A. Strategies to Prevent Harmful Things that Could Happen Again:
- B. Strategies to Meet Any Critical, Un-Met Needs:
- C. Strategies to Improve Well-Being and Basic Supports for Living:
- D. Strategies to Improve Daily Functioning & Life Role Fulfillment: