

## Starlight FSP (Full Service Partnership)

IND is an 18 year-old male who is of Hispanic descent who was disenrolled at the beginning of his 10<sup>th</sup> grade high school year after not attending due to his onset of agoraphobic behaviors and was also at risk of losing home placement as mother and family were not aware of IND's mental health issues. Increasingly tense family relations and IND's inability to control emotions lead to IND's incarceration in August of 2010. IND was referred to Starlight FSP by Santa Clara County Juvenile Probation on 9/10/2010 for symptoms that included panic attacks relating to agoraphobia which resulted in difficulties managing thoughts/emotions when leaving the residence and/or nervousness. At initiation of tx services, IND was unable to leave his home and exhibited symptomatology associated with Panic Disorder with Agoraphobia and Depressive Disorder NOS. IND's symptoms (anxiety, panic attacks, depression,) had developed into emotional withdrawal and isolation which had prevented IND from interacting within the community and transitioning to independence.

IND was provided a tx team comprised of a Care Coordinator, Therapist, Family Specialist, and Psychiatrist who have been able to implement FSP and TIP modalities and address not only IND's mental health needs, but also IND's personal goals spanning across all Life Domains. IND's pivotal transition came as the result of medication support which was made possible by a Starlight psychiatrist who was able to provide in-home services; however, other successful interventions have been consistency and educating IND and his family about his mental health challenges through individual and family services, Exposure and Response Prevention, being Strengths-Based and Client Centered. IND is extremely insightful and has shown great commitment and motivation towards learning more about his mental health diagnosis as well as developing and utilizing effective coping mechanisms to facilitate personal growth and stability. IND is now able to transition comfortably into the community within a 2-mile radius and enjoys shopping, eating, and spending time within the community and redeveloping social relationships and doing what IND used to enjoy doing. IND is enrolled at West Valley Community College and will be taking online classes this spring semester and was also able to obtain SSIDI which has helped IND and IND's family significantly. IND challenges himself on a daily basis and is becoming a more independent and self-sufficient young adult.

