Clinical Possibilities

- Symptoms
  - Depression
    - Depressed mood
    - Weight gain
    - Loss if interest in pleasurable activities
    - Sleep disturbance
    - Suicidal ideation
  - Hypomania
    - Irritability
    - Decreased need for sleep
    - Distractibility
    - Increase in goal directed activity
    - Activities that have high potential for painful consequences
  - Substance Use
    - Continuing to use despite negative consequences
- Rule outs
  - Major Depressive Disorder
  - Bipolar II Disorder (hypomanic, not manic – severity)
  - Substance Use Disorder - marijuana and alcohol
- Cultural considerations
  - Cultural expectations?
    - Machismo/hypermasculinity (player, being in dating rels)?
    - Strength in family involvement
    - Work ethic of family
    - How is his identity development as bi-ethnic?
- Accessibility Considerations
  - Motivation for treatment
    - Family support?
      - Psychologically – don’t believe in counseling
      - Emotionally – are worn out from supporting him
      - Financially – have funds been depleted
- Treatment recommendations
  - SASSI or other assessment to understand degree of substance use
  - Needs an MMPI or other assessment to determine depression or bipolar
  - Medication appropriate to diagnosis
  - Could benefit from exposure to 12 step approach
  - Counseling
    - ACT
    - Interpersonal
    - CBT