

Tracey is a 16 year-old African American female living with her two moms and her sister. She is seeking treatment because of "... issues in her past that she hasn't dealt with that continue to bother her". Her Moms report that there is constant conflict between Tracey and the family. They would also like her to gain back a positive sense of herself and her potential.

Tracey's Moms are concerned about her running away and being exploited on the streets. She has had at least four significant episodes of running away from home in the last three-years, each episode with increasing duration away from home (the last one was 6 weeks). Tracey stated she ran away initially because the pressure at home was too much. She wandered the streets for two days before being taken in by a man who offered her shelter, food, as well as "love and some money". Currently, when she runs, she goes back to the same pimp, her 23 year-old "boyfriend". While on the streets, she stays connected to her Moms via texts and occasional phone calls. Her Moms find the text and calls both helpful but also manipulative, and struggle with whether or not to suspend her cell service while she is on the run.

Tracey is aware that she is risking her life every time she runs to the streets. In her most recent episode of running occurred (3 months ago). While she has a spotty recollection on this incident, she remembers taking a variety to drugs and being driven by a John to a different city where she was gang raped, pistol whipped, and abandoned for dead. Upon waking the next morning, she wandered the streets, knocking on doors until someone helped her contact the police who brought her home to her Moms. She is contemplating testifying against her former pimp.

Tracey has lived with her Mom off and on since age 10. Prior to this she lived full time with her father, seeing her mother sporadically, as her mother was in prison for drug trafficking and prostitution. There is little known about her early development, as her mom was absent and has a very poor memory of that time. Tracey was very close to her father, whose primary occupation during her most of her childhood was selling drugs. Tracey's father grew up in a middle-class and highly educated family. He graduated from college worked in construction. Tracy's mom notes that she met Tracey's father while she was on the streets, and he became her pimp and introduced her to drugs. Tracey's father is reported to have suffered from a serious mental illness. Tracey recalls periods in which he was hyper religious and discussed philosophy and the meaning of life for hours on end. She remembers numerous instances in which he suffered from auditory and visual hallucinations.

Tracey's father was estranged from his family. They lived in isolation. While Tracey attended school, they had little contact with others and their solitary existence was broken only by drug deals and drug binges. When her father binged (which sometimes lasted days), Tracey was left with strangers, many of whom sexually abused her.

At age 10, Tracey was given the option of living with her mother. She was excited to go, having fantasized about living with her for many years prior. While Tracey loves and appreciates her mother, living with her proved to be difficult. Tracey notes that her mom is a very intense person, someone who feels things very deeply and is expressive and, at times, explosive about what she feels. Her mom was (and continues to be) very focused on Tracey's every move, which feels like pressure on her. Tracey noted that she would often scratch or cut on herself until she drew blood to help release some of this pressure. She also began to hide alcohol she found in the house and drink in her room alone or with her friends. She began to sneak out of the house at

night and meet friends, and return home hours later and get in trouble. Her first episode of running away for more than a few hours occurred when she was 13.

Tracey notes that she likes school. An average student, she recalls enjoying writing and science, and found academics to be fairly easy through elementary school, despite some disruption in attendance due to moving around with her father a lot. In middle school, she began to experience challenges, particularly in 8<sup>th</sup> grade, when she began to miss school due to running away. Tracey has not been in school consistently in the past 2 years. She should be a junior but has credits equivalent to a freshman. She is ambivalent about returning to school due to feelings of shame about falling behind her peers. She denies any concerns about the stigma of being on the street, but indirectly speaks to these concerns.

Tracey is an engaging girl and makes friends easily. She has both age-appropriate friends that she does age-appropriate activities with, as well as older “street friends” whom she identifies as bad for her and tend to use her. Her romantic interests also reflect this split – she dates boys she trusts as well as those who she knows only want to use her. Many, but not all of her romantic interests, end up leaving her after they have sex with her a few times.

Tracey is not very close to the sister she lives with. Her brother is in and out of jail and her older sister, who lives on her own, is seen by her as a negative person who does not want the best for her. She reports being close to her step mom (mom’s partner), but can feel criticized by her tough love approach to discipline.

Tracey’s mom struggled with substance abuse most of her teen and adult life. She is currently clean and sober. She notes struggling with her own mental health issues – anxiety, depression, anger and irritability – that can preoccupy and impair her. She notes wanting to explore therapy for herself. She has been unemployed for some time, but recently got a job driving a truck for a company locally. She has been with her partner for over five years and they are considering getting married.

Two years ago, while Tracey was on the streets, her father committed suicide. Tracey’s mothers informed her of her father’s death two weeks after it occurred, when the police picked her up and brought her home. Her moms note that Tracey did not have much of an outward reaction to this news, except for not speaking for a week. They note that she still never really talks about this, except to adamantly dispute the fact that he committed suicide. It is not clear whether Tracey’s father had a funeral. If he had, Tracey was on the streets and not available to attend.

Tracey is currently experiencing trauma symptoms that include dissociation, numbing, hypervigilance and hyperarousal. These symptoms can sometimes interfere with her ability to function and complete tasks. She has difficulty with attention and concentration, and has problems with anger control (outbursts have decreased in the past 6 months). She reports constantly worrying about everything – herself, her mom, her future – and these worries preoccupy her and pervade her dreams, on the rare occasions she does dream. Sleep does not come easily to Tracey, and she notes having difficulty letting herself sleep very deeply and rarely feels rested.

During the risk assessment, Tracey noted having suicidal ideation and attempts (cutting) around age 11. As noted previously, scratching and cutting herself at times was a way to release stress.

She no longer cuts, but sometimes thinks of doing so when stressed. Instead, she smokes marijuana (daily for the past 2 months) or distracts herself with friends. She has also begun to attend church services with her moms, which she is finding helpful. Tracey is currently not using any other drugs, but notes drinking a lot and using other drugs when she is on the run (her drug of choice is ecstasy).

Tracey has been in treatment off and on her entire life, which she has not found to be very helpful. She notes that therapists are easily fooled and are often seem unable to hang with her experiences, or deal with her mom. A year ago she was briefly in a residential program for sexually exploited youth, but noted she did not complete the program.

Tracey's current goals are to get back into school and be with kids her own age, decrease her worries, and be able to focus on herself. She also wants to figure out how to have a better relationship with her mother.