

Dear Chief Ed John,

Desiree has been responding very well to her treatment for depression. At this time, I would like to see Desiree reducing her individual counseling sessions to once a week. I also feel it would be appropriate for Desiree to start attending group treatment such as a peer support group.

Desiree and I have reviewed some support groups in your area. She is concerned about asking you to drive her to these programs and is worried that she will be in the way. She says she likes coming to my office because it is near your home and she can visit me independently.

It seems to me that Desiree is feeling some shame about her need for treatment and is worried to involve other people in this process. I think this shame is what is deterring her from joining a support group and from asking you for the assistance she needs. I have already contacted her Guardianship worker about setting up a meeting with myself and other members of Desiree's support team. I believe it is essential to Desiree's healing process that all the people who care about her come together and express that we are here for her and listen to her concerns. We will then, as a group, proceed with the next phase of treatment.

Sincerely,

Dr. Timothy Rullen
Desiree's Councilor