

STEP-UP CASE VIGNETTES: MATEO

Mateo is a 15-year-old boy in the 10th grade with a primary diagnosis of social anxiety and elevated depression symptoms. He has always been socially anxious, with difficulty meeting new people, concerns that his peers will judge him, a horrible fear of performance (when called on in class he becomes sweaty, has heart palpitations, difficulty breathing, and shakes); nonetheless, he wishes that he could make friends. He often spends lunch in the school library where he doesn't have to interact with others and, in the past, has even elected to fail group assignments because he worries that his classmates will think he's dumb and avoids interacting with them. He avoids any social situations he can, has never been to a party, and refuses to go to the mall, store, or movies, even with his parents. Notably, Mateo is less concerned about what adults think of him. His dad recently got him a part-time job at dad's construction company doing administrative tasks, and, although anxious at first, Mateo was able to talk to adults in his dad's office. He reports still sometimes feeling anxious if he meets someone new at the office, but it only takes a couple of days for him to feel comfortable around new adults.

Mateo has one friend who lives down the street who he's known since kindergarten; this friend often comes over to Mateo's house to play video games and used to try to coax Mateo to do teenager things (e.g., school dances, going to the mall with classmates), but this school year Mateo feels like his friend has given up on him in exchange for spending time with kids who go to parties. Mateo's girlfriend of one year—whom he met at the school library—broke up with him right after winter break. She is also a pretty shy kid, but got sick of never being able to go on dates with Mateo because of his fears of being scrutinized by others in public places.

What are some possible Master Plan goals for Mateo?