

LETTER FROM AN MDFT MOM

MDFT Therapist Jessica received this letter from mom Tricia about her daughter, Kelsey.

Hi Jessica,

I just wanted to give you a little update on Kelsey and how things have been going. I felt like when we ended with you it was not exactly the ending you were working toward. Kelsey was still pushing a lot of buttons and acting out and we were all quite frustrated. I truly felt like the day she turned 18 I would officially lose her.

There have been some major changes, for the better!

Kelsey and Hannah have basically ended their friendship. Hannah had been very mean to Kelsey and she finally had enough. As I suspected all along, once away from Hannah, my daughter has come back! Kelsey has been doing very well. She has been actively participating with our family, behaving well and respectfully, does household chores and offers to do things like watch the boys for me. Kelsey seems happier, has less "edge" and rude commentary in general. She can be easily redirected. She is actively looking for a job and is considering options to finish HS. She is back to the funny, bossy (in a much better way!) girl she used to be. I enjoy her again. We can do things together and even disagree in an adult way without the drama of the past.

We have had many long conversations about her past behavior. She has revealed much to me and we have become much closer. She will hug me and will request "mom and Kelsey time" We have been going to movies and hanging out at the pool together a lot this summer. She told me she "lost 2 whole summers " by hanging out with Hannah and she really can't even remember them due to her drug use. She told me she did not value her life during that time and has come to realize that. She has been building a positive relationship with Jack and Taylor, and is a part of things again. It has been wonderful and very exciting to see all of this happening. We all keep reinforcing how great it is and how much we love that she is back.

I started working as a nurse in a local alternative school program for teens that Kelsey is also attending. It's just part time along with my usual job but it has been great. I feel like I learned a lot about dealing with teens and young adults that are challenging and trying to figure life out. In this job I can use what I know, nursing and being a mom to a young adult like this, and try to give the students here the care and understanding they need. Kelsey loves that I am here and she knows several students here as well. It is an unexpectedly good fit.

Thank you for all that you did for Kelsey and for me. I took away many words of wisdom from you and learned so much that I will never forget. Kelsey is a better person with a brighter future thanks to the time and care you offered to her. I'm sure she would love to keep in touch with you as would I.

Sincerely,
Tricia