

Lucia is a 7-year-old, Latina girl. She lives with her mother, grandmother and older sister (10). Lucia is bilingual, as are her mother and sister. Her grandmother speaks some English but does not feel confident in it and speaks Spanish exclusively at home. Lucia's mother is a hospital nurse and works four 12-hour shifts weekly.

Lucia is energetic, creative and sweet-natured. She likes school and did well academically in kindergarten. Her teachers called her "really shy" but felt sure she'd grow out of it. Her Mom also recalls that she often came home complaining of stomach pain and seemed to worry about other kids getting sick. Drop offs were sometimes challenging.

This year, however, her teachers are concerned. She has two friends that she talks and plays with, but she talks only to one adult in the building (her kindergarten teacher). Although her 1st grade teacher believes Lucia can read, she cannot complete the district's required reading assessment because it requires Lucia to read out loud.

Lucia often wants to go see the nurse and has begun to sneak out of class, without permission, to do so. Lucia won't talk to the nurse and the nurse cannot effectively communicate with her grandma (whom she has to call if Mom is at work). Unsure what else to do, the nurse has begun just telling Mom or grandma to come get Lucia anytime she comes to see her. Mom is worried because she has only a limited number of PTO hours remaining.

Lucia is struggling more at home, too. Her Mom shares that they rarely have company in general. But recently they invited some of the sister's friends over and Lucia threw a fit and then hid in her room the whole time. She does not want to go anywhere. If Mom has to work on a weekend, the girls end up staying home all day with grandma, much to her sister's irritation.

In the past couple of weeks, Lucia has seemed even more anxious. She cries at mealtimes and "panics" about throwing up. She suddenly started to resist going to school at all. Mom was confused about this until her sister shared that the stomach flu is going around and one of Lucia's classmates threw up in the cafeteria a couple weeks ago. Her outbursts are so intense and last so long that (on days when Mom is at work) grandma 'gives up' and allows her to stay home. When she does get to school, she refuses snack and cries and sits in the corner during lunch.