

SBIRT Training Session 3 – April 10, 2023 – Case 1

FOR THE PATIENT

You are a 45-year-old woman with current generalized anxiety disorder.

Three years ago, you were in a serious car crash, suffered a fractured pelvis, and took opioid analgesics (pain medicines) for several weeks. You became addicted to opioids, received outpatient counseling, attended Narcotics Anonymous meetings, and had a smooth recovery.

Two weeks ago, you saw your primary care provider (PCP) because of poor sleep. Your PCP diagnosed an anxiety disorder, prescribed some medication, and asked you to see the Behavioral Health Care Manager (BHCM). During your first session with the BHCM, you talked about the stresses of

- Working full-time as a bookkeeper at a construction company
- Having your daughter and two grandchildren (ages 3 and 6 months) live with you
- Supporting your daughter through post-partum depression

Today, your BMCH conducted alcohol and drug screening. You reported that you have abstained because you have been in recovery from a pain pill addiction for 3 years.

When asked about your plans for future drinking and drug use, you wonder if you can remain abstinent. You are starting to feel drawn back to opioids with all your stress. You are especially preoccupied with the pain pills that your daughter has in her night table drawer, which were left over from after her C-section 6 months ago.

After some discussion with your BCMH, you would plan to:

- Ask your daughter to remove her pain pills from the house
- Return to NA meetings
- Talk again with your BHCM in one week

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FOR THE INTERVIEWER

Your patient is a 45-year-old woman with current generalized anxiety disorder.

This is your second session with this patient. She came to clinic 2 weeks ago, was diagnosed with an anxiety disorder by her primary care provider, received a prescription for medication, and was referred to you for collaborative care.

During your first session with the patient, she talked about the stresses of

- Working full-time as a bookkeeper at a construction company
- Having your daughter and two grandchildren (ages 3 and 6 months) live with you
- Supporting your daughter through post-partum depression

Today you conducted alcohol and drug screening. Your patient said no to all the screening questions.

Your task is to discuss the screening results with the patient and promote continued abstinence.

SBIRT Training Session 3 – April 10, 2023 – Case 2

FOR THE PATIENT

You are a 16-year-old, tenth-grade boy at the clinic today for a regular physical exam. You are in excellent health.

You were asked to complete a questionnaire in the waiting room. You indicated no use of alcohol, marijuana, or other drugs in the past year.

You have gotten Bs and Cs in school since first grade. You usually hang out with 3 other guys, Alan, Bill, and Chuck. The four of you play on the JV football team. You are an excellent wide receiver, plan to play varsity next year, and hope to get a scholarship to a Division 1 college. Although you realize it's probably a longshot, you dream of playing in the NFL.

Once a week for the past three weeks, when you were at Alan's house, Alan's older brother brought home a 6-pack of beer for the four of you to share while Alan's parents were still at work. Alan and Bill each had 2 beers. You and Chuck declined.

Alan and Bill seemed to have a good time and didn't get in trouble. You are contemplating having beer next time. Your major hesitation is a strict policy at your school that anyone who drinks or uses drugs cannot play interscholastic sports.

If the interviewer helps you take stock on the importance of your athletic career, you will continue to decline beer and avoid Alan's house for now on.

SBIRT Training Session 3 – April 10, 2023 – Case 2

FOR THE INTERVIEWER

Your patient is a 16-year-old boy at the clinic today for a regular physical exam. He is in excellent health. A routine alcohol and drug screen suggested abstinence.

Your task is to promote continued abstinence.