

CASE 1 – ALICE – FOR THE PATIENT

Alice is a 25-year-old woman. She has had difficulty with depression but has been stable on her medication for the past 2 years. She is back at the clinic two weeks after receiving a brief intervention for her risky drinking.

Assessment results at her initial visit 2 weeks ago:

AUDIT: In the past 12 months...	0	1	2	3	4
1. How often do you have a drink containing alcohol?	Never	Monthly or less	2-4 times a month	<u>2-3 times a week</u>	4 or more times a week
2. How many drinks containing alcohol do you have on a typical day when you are drinking?	1-2	3-4	<u>5-6</u>	7-9	10 or more
3. How often do you have 3 or more drinks on one occasion? <i>Skip to Questions 9 and 10 if Total Score for Questions 2 and 3 = 0</i>	Never	Less than monthly	Monthly	<u>Weekly</u>	Daily or almost daily
4. How often during the last year have you found that you were not able to stop drinking once you had started?	<u>Never</u>	Less than monthly	Monthly	Weekly	Daily or almost daily
5. How often during the last year have you failed to do what was normally expected of you?	Never	Less than monthly	Monthly	<u>Weekly</u>	Daily or almost daily
6. How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session	<u>Never</u>	Less than monthly	Monthly	Weekly	Daily or almost daily
7. How often during the last year have you had a feeling of guilt or remorse after drinking?	Never	Less than monthly	Monthly	<u>Weekly</u>	Daily or almost daily
8. How often during the last year have you been unable to remember what happened the night before because of your drinking?	<u>Never</u>	Less than monthly	Monthly	Weekly	Daily or almost daily
9. Have you or someone else been injured because of your drinking?	<u>No</u>		Yes, but not in the last year		Yes, during the last year
10. Has a relative, friend, doctor, or other health care worker been concerned about your drinking or suggested you cut down?	<u>No</u>		Yes, but not in the last year		Yes, during the last year
Total score =					

DAST Score = 0

At the last visit, Alice stated that she has 2 or 3 cocktails, each with 2 shots of liquor, when she visits her boyfriend, James. When intoxicated, she neglects to have James use a condom to prevent pregnancy and sexually transmitted infections, and she allows James to drive her home when he is intoxicated. She agreed to a limit herself to 1 cocktail per night when she is with James, and no alcohol at all at other times. She did not feel she needed a more detailed change plan.

At today's visit, 2 weeks after the brief intervention, Alice reports that stayed over with James 4 times since last visit and stuck to her limit of 1 cocktail. She also explained to James that he must use a condom for now on, and James agreed to that and followed through. She was pleasantly surprised how James respected her wishes. She is happy and proud that she asserted herself to keep herself safe.

CASE 1 – ALICE – FOR THE INTERVIEWER

Alice is a 25-year-old woman. She has had difficulty with depression but has been stable on her medication for the past 2 years. She is back at the clinic two weeks after receiving a brief intervention for her risky drinking.

Assessment results at her initial visit 2 weeks ago:

AUDIT: In the past 12 months...	0	1	2	3	4
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4. How often during the last year have you found that you were not able to stop drinking once you had started?	<u>Never</u>	Less than monthly	Monthly	Weekly	Daily or almost daily
5. How often during the last year have you failed to do what was normally expected of you?	Never	Less than monthly	Monthly	<u>Weekly</u>	Daily or almost daily
6. How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session	<u>Never</u>	Less than monthly	Monthly	Weekly	Daily or almost daily
7. How often during the last year have you had a feeling of guilt or remorse after drinking?	Never	Less than monthly	Monthly	<u>Weekly</u>	Daily or almost daily
8. How often during the last year have you been unable to remember what happened the night before because of your drinking?	<u>Never</u>	Less than monthly	Monthly	Weekly	Daily or almost daily
9. Have you or someone else been injured because of your drinking?	<u>No</u>		Yes, but not in the last year		Yes, during the last year
10. Has a relative, friend, doctor, or other health care worker been concerned about your drinking or suggested you cut down?	<u>No</u>		Yes, but not in the last year		Yes, during the last year
Total score =					

DAST Score = 0

At the last visit, Alice stated that she has 2 or 3 cocktails, each with 2 shots of liquor, when she visits her boyfriend, James. When intoxicated, she neglects to have James use a condom to prevent pregnancy and sexually transmitted infections, and she allows James to drive her home when he is intoxicated. She agreed to a limit herself to 1 cocktail per night when she is with James, and no alcohol at all at other times. She did not feel she needed a more detailed change plan.

Today you are following up with Alice 2 weeks after the initial brief intervention.

CASE 2 – IZAIHAH – FOR THE PATIENT

You are a 22-year-old single man. You went to the ER last weekend for worsening asthma. You came to the clinic 2 weeks ago because you are not much better.

You dropped out of high school at age 16. Your mother kicked you out of the house soon after that, but she keeps tabs on you, helps you out of legal jams, helps you find jobs, and occasionally gives you money. You have had sporadic employment at car washes, warehouses, and moving companies. You live with 3 friends in similar circumstances.

You are currently on probation for petty larceny. You've been in trouble with the law off and on since age 14. You have had numerous convictions for various misdemeanors, including shoplifting, disturbing the peace, and possession of illicit drugs. You have had 3 stays in jail, from a few days to one month. Most recently, you were caught stealing some merchandise from a warehouse, which would have allowed you to party well for a weekend, and you lost your job. You feel lucky that your employer is not pressing charges.

You've tried most drugs but have never injected. You especially enjoy snorting cocaine and then relaxing with marijuana. However, because of the expense, you often have cheap beer or whiskey instead.

You expressed sadness that you are once again unemployed. You approached your mom for money, and this time she turned you down. You said that you would like to find a more permanent job and avoid jail.

You agreed to the following change plan:

Limits - 1 line of cocaine and 2 joints twice a week

Triggers and management – For boredom, go running and watch movies. For hanging out with friends, none.

Alternative behaviors – Go running and watch online movies, as above

Environmental change – Keep drug paraphernalia in a drawer rather than out on a table

Social support and Medication – No plan

Rewards – Buy a new video game after sticking to the plan for 1 month

Contingency plan – Go running or take a shower

Follow-up – 2 weeks

You are now back at the clinic for follow-up. During the past 2 weekends, on Friday and Saturday nights, Izaiah snorted 2 to 3 lines of cocaine and smoked 2 joints with his friends. After snorting one line of cocaine, he found it very difficult not to snort more. If the interviewer helps him realize that snorting any cocaine will escalate and exceed what he can afford, he will commit to quitting and avoiding his friends' parties for now, until he can work his way up to a job that pays better.

CASE 2 – IZAIHAH – FOR THE INTERVIEWER

Izaiah is a 22-year-old single man. Izaiah came to the clinic 2 weeks ago a few days after an emergency room visit for an asthma exacerbation, because his asthma was no better. His responses to the AUDIT and DAST were as follows:

AUDIT: 7 points

DAST-10: In the past 12 months...	Yes	No
1. Have you used drugs other than those required for medical reasons?	X	
2. Do you use more than one drug at a time?	X	
3. Are you always able to stop using drugs when you want to?	X	X
4. Have you ever had blackouts or flashbacks as a result of drug use?		X
5. Do you ever feel bad or guilty about your drug use?	X	
6. Do people in your life ever complain about your involvement with drugs?	X	
7. Have you neglected your family because of your use of drugs?		X
8. Have you engaged in illegal activities in order to obtain drugs (other than possession)?	X	
9. Have you ever experienced withdrawal symptoms (felt sick) when you stopped taking drugs?		X
10. Have you had medical problems as a result of your drug use (e.g., memory loss, hepatitis, convulsions, bleeding)?		X
Total score =		

At the last visit, Izaiah stated that he dropped out of high school at age 16. His mother kicked him out of the house soon after that, but she keeps tabs on him, helps him out of legal jams, helps him find jobs, and occasionally gives him money. He has had sporadic employment at car washes, warehouses, and moving companies. He lives with 3 friends in similar circumstances.

He is currently on probation for petty larceny. He has been in trouble with the law off and on since age 14. He has had numerous convictions for various misdemeanors, including shoplifting, disturbing the peace, and possession of illicit drugs. He has had 3 stays in jail, from a few days to one month. Most recently, he was caught stealing some merchandise from a warehouse, which would have allowed him to party well for a weekend, and he lost his job. He felt lucky that his employer did not press charges. He is now working for minimum wage as a dishwasher at a diner.

Izaiah has tried most drugs but has never injected. He especially enjoys snorting cocaine and then relaxing with marijuana. However, because of the expense, he sometimes has cheap beer or whiskey instead.

He said that he would like to avoid jail, which means that he cannot steal to afford much cocaine. He therefore agreed to the following change plan:

Limits - 1 line of cocaine and 2 joints twice a week

Triggers and management – For boredom, go running and watch movies. For hanging out with friends, none.

Alternative behaviors – Go running and watch online movies, as above

Environmental change – Keep drug paraphernalia in a drawer rather than out on a table

Social support and Medication – No plan

Rewards – Buy a new video game after sticking to the plan for 1 month

Contingency plan – Go running or take a shower

Follow-up – 2 weeks

He is now here for follow-up.

CASE 3 – Tom – FOR THE INTERVIEWER

Tom is a 66-year-old man. He is here today for his fourth follow-up SBIRT session. Here were his initial AUDIT & DAST responses:

AUDIT: In the past 12 months...	0	1	2	3	4
1. How often do you have a drink containing alcohol?	Never	Monthly or less	2-4 times a month	2-3 times a week	<u>4 or more times a week</u>
2. How many drinks containing alcohol do you have on a typical day when you are drinking?	1-2	3-4	<u>5-6</u>	7-9	10 or more
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4. How often during the last year have you found that you were not able to stop drinking once you had started?	Never	Less than monthly	Monthly	<u>Weekly</u>	Daily or almost daily
5. How often during the last year have you failed to do what was normally expected of you?	Never	Less than monthly	Monthly	<u>Weekly</u>	Daily or almost daily
6. How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly	Monthly	<u>Weekly</u>	Daily or almost daily
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8. How often during the last year have you been unable to remember what happened the night before because of your drinking?	Never	Less than monthly	Monthly	<u>Weekly</u>	Daily or almost daily
9. Have you or someone else been injured because of your drinking?	No		Yes, but not in the last year		<u>Yes, during the last year</u>
10. Has a relative, friend, doctor, or other health care worker been concerned about your drinking or suggested you cut down?	No		Yes, but not in the last year		<u>Yes, during the last year</u>
Total score =					

DAST score = 0

During his first SBIRT session, he agreed that he was an alcoholic. He had been drinking 8 to 12 standard drinks a day – usually beer and whiskey – since age 20. He held a variety of jobs at a grocery store after graduating from high school through age 45, when he was severely injured when attempting to carry a large, heavy crate at work. (He was intoxicated at the time but never told anyone.) He has been on disability since then and has continued to drink daily. He was married at age 22. His wife divorced him after their 3 children left home.

Tom usually drinks at home or at a particular bar a half-mile from home. He has had 2 DWIs and 2 short jail stays for bar fights. His doctor has told him that his drinking is hurting his heart and liver, but Tom has not had any hospitalizations.

A major source of pleasure for Tom has been getting together with his 3 children, their spouses, and 8 grandchildren, who live within 30 minutes of Tom. Two years ago, after Tom got drunk and made a scene at Christmas, Tom's children told him he can no longer see them and his grandchildren unless he gets sober. Twice he told them he was sober when he wasn't. Once they smelled alcohol on his breath. The other time Tom was shaking and agitated from withdrawal. Tom wants to get sober so he can be a great grandfather to his grandchildren. He would especially like to take his sons and grandsons fishing and hunting.

At his first SBIRT session, Tom declined referral to a specialist. Instead, he agreed to seek medication. His change plan included alternating alcoholic and non-alcoholic beverages, talking to a former bar buddy who is now abstinent, and going for walks when he was about to drink. He tried naltrexone and acamprosate. His drinking initially declined slightly but has been back at baseline at the last 2 follow-up visits.

CASE 3 – Tom – FOR THE PATIENT

Tom is a 66-year-old man returning for his 4th follow-up SBIRT session. During his first SBIRT session, he agreed that he was an alcoholic. He had been drinking 8 to 12 standard drinks a day – usually beer and whiskey – since age 20. He held a variety of jobs at a grocery store after graduating from high school through age 45, when he was severely injured when attempting to carry a large, heavy crate at work. (He was intoxicated at the time but never told anyone.) He has been on disability since then and has continued to drink daily. He was married at age 22. His wife divorced him after their 3 children left home.

Tom usually drinks at home or at a particular bar a half-mile from home. He has had 2 DWIs and 2 short jail stays for bar fights. His doctor has told him that his drinking is hurting his heart and liver, but Tom has not had any hospitalizations.

A major source of pleasure for Tom has been getting together with his 3 children, their spouses, and 8 grandchildren, who live within 30 minutes of Tom. Two years ago, after Tom got drunk and made a scene at Christmas, Tom's children told him he can no longer see them and his grandchildren unless he gets sober. Twice he told them he was sober when he wasn't. Once they smelled alcohol on his breath. The other time Tom was shaking and agitated from withdrawal. Tom wants to get sober so he can be a great grandfather to his grandchildren. He would especially like to take his sons and grandsons fishing and hunting.

At his first SBIRT session, Tom declined referral to a specialist. Instead, he agreed to seek medication. His change plan included alternating alcoholic and non-alcoholic beverages, talking to a former bar buddy who is now abstinent, and going for walks when he was about to drink. He tried naltrexone and acamprosate. Nevertheless, he continues to drink like always.

Today, if the interviewer respectfully helps Tom see that seeing a specialist is the only way to get sober and see his grandchildren, he will agree to a referral.