**Interdisciplinary Case Study - ROSE**

**Backstory:**

Rose is a 70-year-old female who arrives at her primary care office for a routine visit. She was married for 45 years, but has been a widow for the past 2 years. She has three children and five grandchildren, whom she adores. However, she is sad that she doesn’t get to see them very often.

Throughout her adult life, Rose would regularly drink a glass of wine with dinner. However, since becoming a widow, Rose has been drinking 2 glasses of wine during the week and often an entire bottle on the weekends. Occasionally, she gets together with her friends and they often drink together. \*\*She expresses that her Christian faith is very important to her and that there have been several periods during the past two years where she has decided to stop drinking for religious reasons, but was only able to quit for a couple of months at a time.

**Presenting Problem:**

Rose complains about fatigue, sleeplessness, dizziness, and pain in her joints. She is worried about thyroid problems and arthritis, since many of her friends experience these problems as well.

**Reasons why she is Resistant to Change:**

Drinking helps her cope with feelings of sadness and loneliness after losing her husband and being away from her children/grandchildren.

She enjoys spending time with her friends and drinking wine is one of their main activities.

She wants to have fun and enjoy life in her old age and doesn’t think that it will affect her health much more than anything else.

**Reasons why she wants to Change:**

\*\*She is an elder at her church and feels guilty for drinking beyond moderate amounts

She knows her children are worried about her drinking and she wants them to “stop fussing” over her.

**Interdisciplinary Case Study – JAKE**

**Backstory:**

Jake is a 16-year-old boy who has been in a group home for the past 7 years.

Jake doesn’t care about school and only does the minimum amount of work to pass his classes. He tends to make few friends at school and is rarely favored by his teachers. However, he is a promising soccer player and would like to join his high school team. He was previously diagnosed with ADHD and Post-Traumatic Stress Disorder. He smokes marijuana to cope with these issues and to help him relax. He reports that he tends to hang out with older boys who supply him with marijuana, has been in a car driven by one of these boys while they were high, and has gotten in trouble at school and at home on more than one occasion for smoking. \*\*One of his friends from school invited him to attend a youth group in the past, but Jake decided not to go because he didn’t think he would be accepted.

**Presenting Problem:**

Jake is currently in the process of transitioning to a new group home because he had trouble with his previous group home. He is currently meeting with his social worker to discuss this transition.

**Reasons why he is Resistant to Change:**

Smoking marijuana helps him cope with his PTSD and ADHD. It also helps him relax and he enjoys spending time with his “smoking buddies.” Most of his friends smoke marijuana and it is one of the only times he socializes with peers.

**Reasons why he wants to Change:**

He doesn’t like getting in trouble at school and at the group home for his marijuana use. Part of the reason it didn’t work out with his previous group home was because they didn’t allow him to smoke marijuana. He really wants to fit in at his next group home and he’s afraid that they might reject him for smoking as well.

**Interdisciplinary Case Study – DANIEL**

**Backstory:**

Daniel is a 45-year-old male who has come in for his first visit at a community counseling center. He has been married for the past 24 years and has two children in high school. He works as a foreman at a construction company and is at work 50-60 hours a week. A few years ago, he hurt his back on the job and was prescribed Vicodin (hydrocodone) for the pain. Since then, he has been taking 4-5 pills a day, obtained illegally without a prescription. Lately, he has been feeling restless and dissatisfied with his marriage and his job. \*\*He converted to Buddhism in his early 20’s but stopped practicing five years ago.

**Presenting Problem:**

Daniel decided to come to therapy because he believes that he is experiencing a “Mid-Life Crisis,” due to his restlessness and feelings of dissatisfaction with certain areas of his life. He also reports feeling a lot of pressure to provide for his family and send his children to college.

**Reasons why he is Resistant to Change:**

He likes taking the Vicodin because it helps him cope with his life stressors and the occasional pang from his old back injury.

He is aware that he might be dependent on Vicodin, but he is afraid of going through withdrawal. He tried to quit once before, but it made him feel extremely agitated and he had to leave work because he felt sick.

Furthermore, he is unsure how to get help for his condition and doesn’t want others to find out about it, lest he be labeled as an addict. He is especially worried that his children will find out and is too ashamed to tell them. \*\*He originally stopped practicing Buddhism because of his drug use and hasn’t been able to continue out of shame.

**Reasons why he wants to Change:**

He has spent a significant amount of money on his drug habit, which has recently become more of a concern as he is thinking about sending his children to college.

A couple of years ago, his wife discovered his drug use and they occasionally have arguments for this reason. He doesn’t like upsetting his wife and he knows that she is concerned for his health.

He would like to get his life back to the way it was and stop living in shame of his drug use.

\*\*For faith and spirituality integrated SBIRT practice