

Change Attitudes, Change Actions, and Champion Recovery Case Studies

Patient focused:

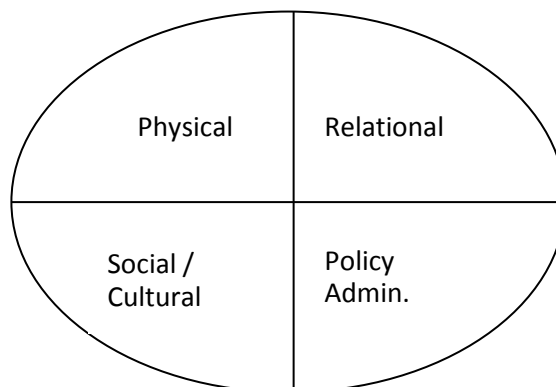
1. Jennifer is a 38 year old female who comes into your office asking for help with anxiety and she mentions she has missed her menses this month. She has been in your office three times over the past several months with a variety of medical conditions including gastritis, a fractured wrist, and insomnia. Her income supports a young family and a husband who is unemployed, but is desperately seeking work. She has shared with you that she is drinking more than she should and that at times she feels like she can't stop after a drink or two and finds herself finishing the bottle. You have had conversations with her about her drinking and made referrals which she had declined, saying it isn't that bad and that "I'm not an alcoholic." She says it is just because she has been experiencing a lot of stress with balancing her job, parenting her children, and supporting her husband during his job search. She also shares that she has been spoken too about her tardiness at her job and she is frightened of losing her job as she carries the health insurance for the family. Your laboratory tests shows that she is pregnant and that her urine drug test is positive for benzodiazepines.
 - a. What are some of your internal thoughts about this patient?
 - b. How can you manage those thoughts and reactions?
 - c. How do you begin the conversation with her?
 - d. What would you say (or words) that might cause her to pull away?
 - e. What do you think might engage (or terminology) her in the conversation?

Colleague focused

2. Joe is a 50 year old male who has had has drank heavily for 30 years. He is on disability for a back injury and has neuropathy and cirrhosis. He takes 30 mg of Oxycodone twice a day and at times has used more, asking for early refills. He stepped on the glass cup while intoxicated the other night and comes into the office because of the pain. As the PA (or NP or physician) examines the patient's foot you think they are being unnecessarily rough and you see the patient grimace during the examination. When the PA (or NP or physician) comes out of the exam room, they make the comment that this person is more like an 80 year old because of the alcohol and they just want more pain meds. You might be the nurse, another physician, or other health professional.
 - a. What might you say to your colleague?
 - b. How would you approach the conversation?
 - c. What else might you do?
 - d. Would this conversation change if you were in their same profession?

Program/ Organization focused

3. Your program (or organization) provides XXX (dental, primary care, obstetrics, behavioral health, or other) services. How would make your organization more recovery welcoming for those who have substance use conditions who engage in your services?
 - a. Think about each of these domains and what would make them more welcoming:



Please identify people to fill the roles at your table

- Facilitator (May be the community professional)
- Scribe who will take notes for the reporter
- Reporter who will report out
- Time keeper