

**BNI-ART Institute Case Study**  
**Joe**

**PROVIDER**

Joe is 19 years old and is in the ED for an injured foot.

## BNI-ART Institute Case Study Joe

### PATIENT

#### Background:

Joe: You are a 19 year-old auto garage attendant who hates his job. After changing oil filters all day, you go to the liquor store and buy a pint of hard liquor (11 shots) on your way to your cousin's house. You get plastered "with all the other winos," stumble home, go to bed and wake-up the next morning hung-over and begin the cycle all over again. On the weekends, you consume one and a half pints (15 shots) of hard liquor each day. You live with your father who tells you to "lay off the booze." You've tried AA in the past, and have also spoken to your doctor about "medications to control the drinking, stress, and anger."

#### If Provider Asks About Pros & Cons:

**PROS:** You like to drink because alcohol numbs the pain, both physical and emotional. It helps you to escape to "a little fantasy land." You also like that alcohol enhances your confidence, making you fearless and granting you "liquid courage."

**CONS:** You don't like the hangovers every morning. Alcohol gets you into trouble with girls, friends, your family, and also the law. You feel dependant upon alcohol; "like a baby needs his pacifier," you always need your "little bottle."

#### If Provider Asks About Your Readiness:

You identify yourself on the Readiness Ruler as 8 out of 10. You do not choose a lower number because you have already tried ways to curb your drinking, although they were unsuccessful. You are tired of the way you live your life.

#### If Provider Suggests Plan/Next Steps:

You admit that quitting all together is the only way you can stop drinking. You are willing to try, but do not think it will work. You have so much stress that you can always find a reason to drink. **If prompted by the provider to make an action plan:** You will "lose the losers" you call your friends and seek out people you know who will give you positive support. You agree to abstain from alcohol, and to continue speaking with Project ASSERT to obtain a referral for detox. You also agree to follow-up with your primary care physician.

**BNI-ART Institute Case Study  
Michael**

**PROVIDER**

Michael is a 17 year-old at the ED to refill pain meds for a superficial gunshot wound.

## BNI-ART Institute Case Study Michael

### PATIENT

#### Background:

Michael: You are a 17 year-old living at home with your mother. You are currently working towards a GED. Your typical day includes getting up early, taking a shower, going outside to chill, attending an afternoon class, and then chilling and drinking with friends. You drink everyday, 2 to 4 drinks per day (mostly beer but occasionally hard liquor)—just enough to get and keep a buzz. You have stopped smoking marijuana as this violates your probation rules and you are “not trying to go to jail.” Recently, you were drinking with your friends in the “wrong place at the wrong time,” there was a fight, and you were shot and injured.

#### If Provider Asks About Pros & Cons:

**PROS:** You like the buzz and alcohol makes you feel good. Drinking is something that you do with your friends when you chill. Although it makes you feel a little bit angry, alcohol really helps to calm you down.

**CONS:** You don't like the headaches and hangovers the next morning. Sometimes after drinking, you pass out or vomit. Your family has expressed a need for you to cut back on your drinking. Also, alcohol has led to your getting in trouble, fighting, and was a contributing factor toward your gunshot injury. You are also concerned that alcohol will “mess up” your probation.

#### If Provider Asks About Your Readiness:

You identify yourself on the Readiness Ruler as 8 out of 10. You do not choose a lower number because you are really ready to change and realize that there are people currently in your life that are trying to bring you down and hold you back, and that this needs to change. You also describe your drinking as “alcohol addiction” since you drink everyday.

#### If Provider Suggests Plan/Next Steps:

You decide to decrease the amount/number of days you drink; you set a goal of having one drink, one day a month. **If provider asks you to make an action plan:** You realize this will be hard because all of your friends drink, but you make a plan to “chill with positive influence people.” You have an aunt who stopped drinking and can be a good support person. You want to cut back on drinking to be more stable and in control of situations, and also in order to focus on getting your GED. You agree to continue speaking with Project ASSERT to obtain a referral to outpatient counseling.

**BNI-ART Institute Case Study:  
Joanna**

**PROVIDER**

Joanna is an 18 year-old in the ED after a car accident. She was admitted with a BAC of .28.

**BNI-ART Institute Case Study:  
Joanna**

**PATIENT**

**Background:**

Joanna: You are an 18 year-old who lives at home with your mom and 4 siblings—1 younger brother and 3 younger sisters—who all really look up to you. You are a senior in high school and had planned to graduate this Friday. You drink on weekends mainly, but have been drinking more during the week lately because you and your friends are partying to celebrate graduation. On the weekends you usually start off with a few shots and then could have up to 8 beers in a night. Last night, you borrowed your boyfriend's car and were out with friends for about 2 hours where you had 2 beers and 4 shots before driving to pick him up. You lost control and the car rolled over multiple times. You next remember someone asking you, "*Are you alive?*"

**If Provider Brings up Your BAC** and starts giving you feedback say, "*No way!*" and, "*I was fine, I don't drink anymore than my friends do.*"

**If Provider Asks About Pros & Cons:**

**PROS:** It is "*what I do*" when you hang out with your friends. You "*Guess it helps me relax*". And you like to drink to "*celebrate*".

**CONS:** You don't like feeling hung over when you "drink too much." "This" – (being in the accident) and, "*My boyfriend is going to kill me,*" Re: his car. Also, you are supposed to start college in the fall and now will "*definitely lose my license*" because of the drunk-driving accident and for under-age drinking.

**If Provider Asks About Your Readiness:**

You identify yourself as 8 out of 10 on the readiness ruler. You did not choose a lower number because you "*realize this could have ruined my life*", "*What if I killed someone?*"

**If Provider Suggests Plan/Next Steps:**

You want to "*stop drinking, at least for awhile.*"

**If the provider asks you about challenges** of a plan to stop drinking completely: You report that you don't want to lose your friends, but you could stop hanging out with your friends that drink and look to get a job for the summer. You could also suggest other activities to friends like going to the movies/hikes/shopping. You will definitely plan to stay within the NIAAA guidelines which the provider discussed with you.

**If prompted to make an action plan:** If you are around friends who are drinking you pledge to not drink more than 3 drinks a day. You definitely will not drink and drive or get in a car with someone who has been drinking. You agree to take phone numbers to talk to someone to help you with your plan.

**BNI-ART Institute Case Study**  
**Maria**

**PROVIDER**

Maria is a 17 year-old in the ED for a broken wrist.

## **BNI-ART Institute Case Study Maria**

### **PATIENT**

#### **Background:**

Maria: You are a 17 year-old living at home with your mother, father, and brother. You are currently working towards a GED, and recently were committed to DYS and are subsequently drug tested once a week. You don't like the strict rules at home. When you fight with your mom, you leave the house to go drink or smoke dope with your friends. When you drink, you consume a pint of hard liquor; you do this about 3 times per month. You had a fight with your mother earlier today, and went off with a friend to the park. A patrolling cop surprised you, and you took off running because you had a stash in your pocket. You got away and ditched the marijuana, but you fell and hurt your wrist and it is all swollen. You present to the ED with a possible fractured wrist.

#### **If Provider Asks About Pros & Cons:**

**PROS:** You like the taste of mixed drinks. You are normally a shy person and like how alcohol makes you feel comfortable, confident, and relaxed when talking to other people. Drinking also takes your problems away—or it at least makes you stop thinking about them. And it's something to do when you are bored. But even more important, you don't want to stop using marijuana, because that's what all your friends do, and it helps you chill out. You have continued to smoke dope, but not for the two days before a scheduled drug test, because someone told you that would be ok, and so far you haven't been caught.

**CONS:** You don't like waking up the next morning not feeling well. Your hangovers make you feel "trashy—like a bum." You don't like the way you look when you are drinking. Coming home late after drinking creates more problems with your mom. Since you are underage, you know that you could get in trouble if the police caught you drinking, and you almost got caught on a possession charge for marijuana today.

#### **If Provider Asks About Your Readiness:**

You identify yourself on the Readiness Ruler as 6 out of 10. You do not choose a lower number because you are really ready to change—you are "dying to stop drinking." You realize that sometimes you feel like you want to drink—but sometimes you feel like you NEED to drink. And almost getting caught today with enough to put you away for while tipped the balance, and you are worried that you have stepped over a line here.

#### **If Provider Suggests Plan/Next Steps:**

You agree to decrease the amount of alcohol you drink. Instead of a whole pint, you will just have 2 shots mixed with soda and make it last the whole night. **If prompted by the provider:** You feel confident that you can decrease your alcohol consumption and quit using pot. You know that you are able to control yourself and can beat your addictions. You don't like the idea of help, because nobody has ever helped you very much.