

SBIRT Conducted by a Licensed Professional Counselor
Demonstration Video Transcript
Patient (Jim) at Risk for Alcohol Use Disorder

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00:00:04,360 --> 00:00:10,160

A 60-year-old man who has been suffering from heartburn has recently found his condition becoming more acute.

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00:00:10,640 --> 00:00:20,320

After he endured a night of severe stomach pain, his wife insisted he go to the emergency department, where he was diagnosed with a GI bleed and admitted to the hospital.

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00:00:20,640 --> 00:00:25,599

His answers to the screening regarding his alcohol consumption have prompted a consultation.

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00:00:30,399 --> 00:00:31,559

Hey, are you

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00:00:31,559 --> 00:00:31,879

Mr. Wallace?

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00:00:32,599 --> 00:00:33,239

Yes.

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00:00:33,559 --> 00:00:33,959

Hi, Mr. Wallace.

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00:00:33,959 --> 00:00:35,159

My name's Jasmine.

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00:00:35,599 --> 00:00:38,679

I'm a behavioral health specialist and part of your care team.

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00:00:39,399 --> 00:00:40,439

Is it okay if I sit?

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00:00:41,399 --> 00:00:42,119

Yeah, sure.

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00:00:42,359 --> 00:00:43,079

Thank you.

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00:00:44,599 --> 00:00:46,999

This is going to be a silly question, but how are you feeling today?

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00:00:48,439 --> 00:00:49,959

Well, I've been better.

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00:00:50,359 --> 00:00:53,799

My gut is just really, really bothering me right now.

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00:00:54,639 --> 00:00:58,679

Yeah, so you're definitely feeling awful, and I'm so sorry that you have to be here today.

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00:00:58,759 --> 00:01:00,119

Yeah, thanks.

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00:01:00,359 --> 00:01:00,519

Yeah.

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00:01:01,079 --> 00:01:04,839

Well, this is something I do with all patients who enter into the hospital.

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00:01:05,399 --> 00:01:11,639

Everyone who comes into the hospital completes an alcohol questionnaire, and you completed one for us earlier today.

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00:01:12,119 --> 00:01:14,599

Okay, yeah, I remember filling that out, yeah, sure.

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00:01:14,998 --> 00:01:24,598

So if it's okay with you, I would like to spend a little time, this is something your doctor suggested, that we talk a little bit about the role alcohol may have played in you being here today.

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00:01:25,398 --> 00:01:26,198

Yeah, okay.

24

00:01:26,558 --> 00:01:26,838

Okay.

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00:01:27,718 --> 00:01:31,158

Well, if it's all right, I'll just go ahead and kind of go over your questionnaire.

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00:01:31,398 --> 00:01:31,638

Yeah.

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00:01:32,318 --> 00:01:32,438

Okay.

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00:01:33,078 --> 00:01:37,158

So on average, it looks like you're drinking about four or more times a week?

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00:01:38,118 --> 00:01:39,798

Yeah, almost every day.

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00:01:41,318 --> 00:01:45,558

And it looks like when you are drinking, you're having about two to three beers or two to three drinks.

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00:01:46,518 --> 00:01:47,478

Yep, that's about right.

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00:01:48,678 --> 00:01:54,278

And it looks like about two times a week, you're having four or more drinks on one occasion.

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00:01:55,238 --> 00:01:56,918

Yeah, on weekends, yeah.

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00:01:57,398 --> 00:02:07,797

Right, and finally on here, it looks like you indicated in the last year that someone close to you, maybe a loved one or your doctor, shared some concerns about your drinking.

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00:02:08,517 --> 00:02:10,917

Yeah, that'd be my wife, yeah.

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00:02:11,877 --> 00:02:17,117

if it's okay with you, would you just tell me a little bit more about the role drinking plays in your life?

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00:02:18,437 --> 00:02:19,237

Yeah, sure.

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00:02:20,517 --> 00:02:22,956

Well, I just want to be clear.

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00:02:22,956 --> 00:02:27,317

I'm not like an alcoholic or something, but I do like drinking beer.

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00:02:28,677 --> 00:02:30,517

And part of it is for my work.

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00:02:30,517 --> 00:02:31,477

I'm a businessman.

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00:02:31,557 --> 00:02:36,357

And the nature of my work, I take my clients out quite a bit.

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00:02:37,317 --> 00:02:38,956

It's just normal for us to have drinks.

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00:02:38,956 --> 00:02:40,357

We've got to keep the clients happy.

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00:02:41,197 --> 00:02:44,717

When I'm not doing that, it's a stressful business.

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00:02:44,717 --> 00:02:51,317

And so when I get home, I usually have two, maybe sometimes three beers just to kind of relax and wind down.

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00:02:52,597 --> 00:02:59,876

And then on the weekends, I like to watch the ball games with my buddies.

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00:02:59,956 --> 00:03:02,196

And I really like to grill.

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00:03:02,436 --> 00:03:02,996

And

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00:03:04,436 --> 00:03:05,316

I'm pretty good.

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00:03:05,556 --> 00:03:10,756

And my friends know that it's important to keep the grill master happy, so they always have a beer in my hand.

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00:03:11,076 --> 00:03:11,556

OK.

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00:03:12,036 --> 00:03:16,476

So it sounds like it's typical for you to have a couple of beers whenever you're out with your clients.

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00:03:16,996 --> 00:03:17,556

Right, yeah.

55

00:03:18,036 --> 00:03:18,196

Yeah.

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00:03:18,436 --> 00:03:22,596

And then when you're kind of hanging out with your friends on the weekend, you guys have a couple of beers as well.

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00:03:22,756 --> 00:03:23,076

Yeah.

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00:03:23,556 --> 00:03:23,796

Yeah.

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00:03:24,316 --> 00:03:26,356

What might be some other good things about drinking?

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00:03:27,516 --> 00:03:28,436

Other good things?

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00:03:29,316 --> 00:03:31,476

I really love the taste of good IPA.

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00:03:34,036 --> 00:03:37,636
Not right now, but I love IPAs.

63
00:03:38,036 --> 00:03:38,996
Kind of a beer snob.

64
00:03:39,596 --> 00:03:41,396
Okay, so you're a bit of a beer snob.

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00:03:41,396 --> 00:03:43,596
You like IPAs and craft beers.

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00:03:43,596 --> 00:03:46,675
Beer snob is, that's what I am, yeah.

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00:03:46,675 --> 00:03:46,915
Okay.

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00:03:47,315 --> 00:03:53,395
And what might be some not so good things about your drinking that you've noticed, or maybe someone close to you has even mentioned?

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00:03:54,035 --> 00:04:03,155
Well, while I'm here, and again, they gave me a lot of medicine in the emergency room, but I think I remember the doctor saying something about maybe I was

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00:04:04,035 --> 00:04:06,755
like a GI bleed or bleeding in my stomach.

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00:04:06,755 --> 00:04:09,715
And I think they said it might have something to do with my drinking.

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00:04:09,795 --> 00:04:13,795
I need to find out more about that, but that wouldn't be good.

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00:04:15,394 --> 00:04:24,515
Yeah, I told you earlier, my wife has expressed some concerns about how much I drank, but I never really gave it much thought because I'm not a drunk.

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00:04:24,595 --> 00:04:25,795

I'm not an alcoholic.

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00:04:26,675 --> 00:04:27,795

I can hold my liquor.

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00:04:28,355 --> 00:04:32,035

I've never had a DWI, so I really didn't see the big deal.

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00:04:33,475 --> 00:04:45,154

So some good things about your drinking are again, it's something that you do with your clients and it's a hobby that you kind of participate in on the weekends with your friends and you love a good craft beer.

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00:04:45,394 --> 00:04:45,714

Oh yeah.

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00:04:46,114 --> 00:04:51,634

And some not so good things about your drinking are that potentially drinking could have led you to be in the hospital today.

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00:04:51,794 --> 00:04:52,673

Yeah, yeah.

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00:04:52,673 --> 00:04:54,434

And this is miserable.

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00:04:54,434 --> 00:04:55,474

I want this to go away.

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00:04:55,474 --> 00:04:57,394

I don't want this to happen again.

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00:04:57,954 --> 00:05:00,674

And it also sounds like your wife has some health concerns for you.

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00:05:01,474 --> 00:05:02,274

She does.

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00:05:02,354 --> 00:05:10,514

You know, I know she means well and she cares about me, but I'm sure she's out there talking to the doctor right now about her concerns of my drinking.

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00:05:10,514 --> 00:05:14,114

And I'm sure we're going to be having a conversation here pretty soon too.

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00:05:15,714 --> 00:05:19,834

So what are some things that you already know about the impact of drinking on your health?

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00:05:22,034 --> 00:05:25,314

You know, honestly, I've never given it much thought.

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00:05:25,714 --> 00:05:29,953

I've got a lot of buddies that drink a lot more than I do, and I've never had any health issues.

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00:05:29,953 --> 00:05:37,713

I've got a little bit of high blood pressure, but I've always been healthy, and like I said, drinking's never gotten me in trouble.

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00:05:39,072 --> 00:05:41,072

Again, I'm not an alcoholic.

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00:05:41,633 --> 00:05:47,153

I can cut back or stop if I want to.

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00:05:50,033 --> 00:05:58,033

I guess what I'm saying is I guess I really don't know that much, except, well, I'm finding out that maybe it has something to do with my bleeding in my stomach.

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00:05:58,033 --> 00:06:00,833

So I guess that's a concern.

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00:06:02,153 --> 00:06:03,393

So this is all new to you.

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00:06:03,953 --> 00:06:04,833

Yeah, yeah.

98

00:06:05,113 --> 00:06:05,273

Okay.

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00:06:05,793 --> 00:06:15,153

Well, what we know is if you have five or more drinks in a two-hour period, or if you have more than 14 in a week, that's considered to be risk drinking.

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00:06:15,873 --> 00:06:26,912

And just based on the information you've already shared, it looks like that you are already drinking above those levels. Huh -- so I'm...

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00:06:28,432 --> 00:06:32,712

My drinking, what I'm drinking now is putting me at risk for my health.

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00:06:33,072 --> 00:06:41,232

Yeah, so what we know is whenever you're drinking at risk levels, it can put you at more, it can put you at risk for more accidents and injuries.

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00:06:41,632 --> 00:06:48,112

And it sounds like maybe, like with you, your doctor has shared that it can be contributing to some health issues that you're experiencing.

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00:06:49,712 --> 00:06:50,912

Okay, I get it.

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00:06:51,712 --> 00:06:52,672

I've never heard that.

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00:06:52,672 --> 00:06:54,192

I've never thought of that.

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00:06:54,192 --> 00:06:54,952

That's, huh.

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00:06:56,192 --> 00:06:57,952

Yeah, I'm drinking two or three beers.

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00:06:57,952 --> 00:06:59,872

Well, yeah, I'm sure over 14, aren't I?

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00:07:00,992 --> 00:07:07,191

Again, if the doctor's thinking alcohol has something to do with this, right now I don't want to drink anything.

111
00:07:07,191 --> 00:07:08,431
I just want this to be better.

112
00:07:08,991 --> 00:07:13,231
You really value the opinion of your doctor, and right now you're not even thinking about alcohol.

113
00:07:13,231 --> 00:07:14,031
You feel so bad.

114
00:07:14,191 --> 00:07:16,431
You know, I sure don't want to be drinking right now.

115
00:07:16,591 --> 00:07:23,711
I feel miserable, but I still, you know, drinking is a big part of who I am and what I do.

116
00:07:24,911 --> 00:07:26,511
It's got to get better.

117
00:07:26,671 --> 00:07:26,791
Yeah.

118
00:07:27,631 --> 00:07:28,111
Okay.

119
00:07:28,511 --> 00:07:36,991
So if you were to imagine yourself, let's say, on a scale with one being not at all ready and ten being very ready, how ready are you to make some changes in your drinking?

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00:07:38,271 --> 00:07:38,511
Hmm.

121
00:07:39,711 --> 00:07:40,271
One to ten.

122
00:07:40,271 --> 00:07:42,271
I'd say probably about a five.

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00:07:42,591 --> 00:07:42,991
Okay.

124
00:07:43,071 --> 00:07:44,031
So right there in the middle.

125
00:07:44,191 --> 00:07:44,511
Yeah.

126
00:07:45,191 --> 00:07:47,311
And why did you choose a five and not a two or a three?

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00:07:51,471 --> 00:07:55,151
You know, before all this happened, I would tell you I'm a one.

128
00:07:56,431 --> 00:07:58,030
There's no problem with my drinking.

129
00:07:58,910 --> 00:08:03,390
I'm here in the hospital and again, I think they're telling me this has something to do with my beer drinking.

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00:08:03,390 --> 00:08:08,670
So again, I haven't fully wrapped my head around this.

131
00:08:08,670 --> 00:08:18,270
I've got to talk to the doctors some more, but I'm a little more concerned and maybe a little more ready to do something about it than maybe I was.

132
00:08:18,510 --> 00:08:20,830
Being in the hospital, it has really impacted you.

133
00:08:21,230 --> 00:08:23,230
And you're thinking about ways you can improve your health.

134
00:08:23,870 --> 00:08:24,190
Right.

135
00:08:24,510 --> 00:08:24,670
Yeah.

136

00:08:24,830 --> 00:08:25,110

Right.

137

00:08:25,390 --> 00:08:25,630

Okay.

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00:08:26,750 --> 00:08:32,029

If you were to think about some steps you might take in changing your behavior, what might that look like?

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00:08:34,510 --> 00:08:34,830

Hmm.

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00:08:35,710 --> 00:08:45,830

Well, again, I think, if I remember right, I think the doctor is telling me that they want to put a tube or a camera down my throat and check out what's really going on in here.

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00:08:45,830 --> 00:08:48,829

And I think they said something like, I really should

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00:08:49,469 --> 00:08:54,589

not be drinking for like maybe the next couple weeks to let this stuff heal up.

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00:08:54,629 --> 00:08:56,749

And that sounds okay with me.

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00:08:56,749 --> 00:08:59,229

Like I said, I can stop drinking any time.

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00:08:59,709 --> 00:09:03,629

It's, you know, I've just never really seen a need to do that.

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00:09:03,789 --> 00:09:07,069

So I can do that two- week thing.

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00:09:07,709 --> 00:09:09,469

And I know that'll probably make my wife happy.

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00:09:10,029 --> 00:09:18,749

But moving forward, I don't, I'm wondering if I could do like an IPA diet where I can kind of maybe

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00:09:19,469 --> 00:09:23,869

drink less, kind of like drink more safely, I guess.

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00:09:24,469 --> 00:09:32,429

And I can kind of figure out, if I'm going to hang out with my buddies, and I think you said five should be the max, like, okay.

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00:09:32,429 --> 00:09:32,709

Right.

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00:09:32,709 --> 00:09:44,428

I'll just have to figure out how much more little drinking should I do during the week so I can have a good time with my buddies, but still not go crazy like I have been.

153

00:09:44,828 --> 00:09:46,108

Okay, so for you,

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00:09:47,068 --> 00:09:54,508

Completely stopping, quitting drinking is not something you're ready to do, but you may be considering making a change as far as reducing how much you drink.

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00:09:55,628 --> 00:10:03,548

It sounds like you're looking to drink maybe below risk levels, and you're thinking about how that might look in your life right now, especially when you're hanging out with your friends.

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00:10:04,348 --> 00:10:04,588

Yeah.

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00:10:04,588 --> 00:10:04,748

Okay.

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00:10:05,388 --> 00:10:06,428

Well, thank you so much, Mr.

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00:10:06,428 --> 00:10:08,028

Wallace, for talking with me today.

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00:10:08,348 --> 00:10:18,268

If it's okay with you, I want to share this information with your doctor and other members of your care coordination team just to see if there's any needs you may have down the line.

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00:10:18,428 --> 00:10:18,748

Oh, yeah.

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00:10:19,148 --> 00:10:19,468

Yeah.

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00:10:19,708 --> 00:10:20,588

No, that makes sense.

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00:10:21,468 --> 00:10:24,508

And can you ask the nurse to come back in when you leave?

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00:10:24,828 --> 00:10:25,348

Of course.

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00:10:25,708 --> 00:10:27,148

I hope you get to feeling better really soon.

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00:10:27,148 --> 00:10:27,548

Thank you.

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00:10:27,628 --> 00:10:28,267

You take care.

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