

## Jordan

Jordan is a 33 year old, White, heterosexual man who reports no religious background. Jordan arrived at the drug and alcohol treatment center 8 months ago as a self-referral. He was motivated to seek treatment by a probation stipulation after a charge for heroin possession 1 year ago. He has maintained abstinence from heroin for 8 months and is being referred to you because of the resignation of his previous counselor. He has fulfilling hobbies, part-time employment, and a strong support system. At this time, his goals are to quit smoking and transition from intensive outpatient to outpatient treatment.

Jordan moved back to the East Coast from California, where he had been pursuing his dream of being a business entrepreneur before he began using. He was introduced to drugs through his social circle, eventually becoming dependent on black tar heroin. He was eventually arrested for possession of a controlled substance and incarcerated. During his incarceration he stopped using, relapsing only once after his release.

Jordan regularly attends Narcotics Anonymous (NA) meetings and enjoys the fellowship that comes with it. He has a sponsor, and his sponsor has been key in introducing Jordan to a community of people who support him and whom he can talk to when he has the urge to use. Jordan also has a girlfriend and a positive relationship with his mother who lives in the area. He also meditates regularly, often meditating in the morning to clear his mind before going to work or to decompress at the end of the day. However, Jordan cites cigarettes as the main way he was able to keep from using heroin after prison. Whenever he feels anxious or has drug cravings, he relies on nicotine instead of heroin. Jordan fears that without cigarettes as an outlet he will relapse, because he hasn't done the stepwork with NA and does not feel ready to do so, despite going to meetings for 8 months.

Jordan describes his anxiety as being triggered primarily in social situations. When he feels that someone is not putting forth the same effort that he is, he feels uncomfortable and disconnected. He feels a lot of pressure especially in high-stakes situations where he is expected to make a good impression on someone. This triggers feelings of self-doubt and inadequacy and leads to him becoming anxious and withdrawn. In these situations, he uses smoking as a way to control his anxiety as well as an excuse to physically escape (e.g., I need to go have a smoke).

Jordan is concerned about the health impact of smoking a pack of cigarettes a day and has been thinking he'd like to quit, but he does not have a plan yet to do so. He says that if he did quit, he would probably just go "cold turkey" because the withdrawal from nicotine can't be that bad.

## Tyler

Tyler is a 17-year-old single White man who lives with his mother and his 15-year-old brother. His dad is a sales rep and is on the road during the week. You work as the school counselor in the suburban area in which Tyler's family lives. Tyler has been referred to you because teachers report that he is disruptive in the classroom and often fails to hand in homework assignments.

*"When Dad's home on the weekend he just drinks and watches the ball games on TV. When he gets drunk he yells at me and my mom and throws shit around the house. He drinks all the time that he's home but he can't hold his booze. Like he's a total lightweight. Mom also drinks. Watch out when they both get lit. Man, the fur really flies. We've had the cops out several times. I just take off when they start gettin' into it.*

*I started drinking and smoking when I was 13, in the eighth grade. It was a total drag, not that any of the other grades were any better, but all the kids were talking about high school and the classes they were going to take, and me, I was just trying to figure out where I was gonna get money for my next pack of cigarettes. Now I smoke about a pack a day, plus a couple of joints too. I have a cup of coffee in the morning before school and that's it. At night I'll drink three or four beers plus a few shots of vodka. On the weekends is when I really get down to partying.*

*I've played around with lots of stuff. You know, trying to see what's out there. I've tried pot, coke, mescaline, XTC, mushrooms. I've even shot up a few times. It's no big deal. When I'm partying, I like to mix things up a bit. Maybe do some tequila and mushrooms, depends on what's going on and who's around. If I drink too much I black out. I've even OD'd a few times. But, hey, it wasn't any big deal or nothing. I do like speed though. If any drug is my favorite, aside from cigarettes and coffee, it'd be speed.*

*I saw a doctor when I was eight. My folks took me. They said I was out of control. The doctor said I had attention deficit disorder and gave me Ritalin . It helped a little, I guess. I don't know much about it. Right now, except for partying, I don't take any medication.*

*Then there's my brother, a complete math geek. Always gotten good grades, never been in trouble; responsible, dependable, healthy and clean. He's a parent's wet dream and I'm his evil twin brother."*

## Suzanne

Suzanne has come by the free drop-in counseling clinic where you work to get some information and advice. Suzanne is a 22-year-old single woman who has been living with her boyfriend Jack for the last 4 years. She and Jack have been using heroin regularly for as many years.

When Suzanne was 10 years old, her father, who she says was a very heavy drinker, left her mom and the kids and never came back. At 14 she started drinking and smoking marijuana. At 16 she dropped out of high school and at 18 she moved in with Jack. He introduced her to heroin.

She reports using about a half gram of heroin per day just to function and feel comfortable. Jack doesn't work, so in order to buy heroin and pay the rent on their apartment, Suzanne works the streets at night. She usually drinks four or five beers each night before going out to work. If she can't score enough heroin, she will try to score some Xanax or Klonopin to *"tide me over until I can get some dope"*. She says she has tried cocaine but, *"I really didn't care for the high all that much."*

Suzanne tells you that the alcohol and heroin help to calm her nerves and get her through the night. She and Jack are not having sex all that much. When they do, he never wears a condom. He says that's what makes him different from her johns. *"Which is true because I won't work without a condom."*

Lately she has noticed that her breasts have become swollen and more tender. She also hasn't had her period in the last 12 weeks. She is pretty sure she is pregnant and knows it's her boyfriend's baby. However, she's not sure she can stop using heroin or working the streets to have the baby even though Jack wants her to keep it. She's really confused about what she should do and is asking you to help her make some decisions. Her friend who works with her at night told her not to stop using heroin if she is pregnant *"because it's worse for the baby than to keep using. I just don't know what I should do."*

## William

William arrives at the outpatient counseling office appearing tired and smelling of alcohol. He is 24 years old and of Filipino and African American background. William lives with his father and is seeking help as a result of an ultimatum his father issued: The next time he messes up, he'll be looking for a new place to live. His boss also has given him his last warning. His boss is happy with his work on the painting crew, but he's unhappy with William's habit of showing up late at least once a week. His boss has also wondered whether William has gotten high at lunchtime.

William graduated from high school and has attended college classes a couple of times but felt it was a bad match. He wants to go into the trades but has had a hard time committing to anything. He acknowledges that it's difficult to get a good job without a clean drug test. He says he'd like to stop smoking long enough to get a clean test and he's pretty sure he can do it on his own, without treatment. He just needs to be motivated enough to tell his friends "no" when they come around with a blunt to smoke.

As you talk with William about his teen years, he tells you about the intense anxiety he experienced. It began in elementary school, when he had a period of time during which he was afraid to go to school, afraid to sleep in his own room, afraid when his parents went out, and so on. He was never quite able to let go of his worries, although they decreased over time and he functioned pretty well throughout middle and high school.

William is a good natured, friendly and likable young man. He seems open and honest when you ask him how much he drinks and smokes and whether he uses other drugs. He drinks three or four days a week, sometimes just two or three beers, other times to the point of getting "really drunk." He smokes marijuana "not that often just every once in a while," usually when someone else suggests it. He's fairly healthy, which is a good thing because he has no health insurance. He likes his dad and has a pretty good relationship, except when his dad gets mad about his drinking and smoking. William has a few good friends that he's had since high school.