

SCENARIOS FOR WHAT'S MY ADDICTION?

Instructions:

Thanks for volunteering to be a contestant on our game show, "What's My Addiction?" Read the following scenario and become familiar with it. A panel from the trainee group will be asking you yes/no questions and trying to guess what the drug or combination of drugs is in your scenario. At the conclusion, you will be asked to read the scenario. Please do not share the scenario with other trainees.

Scenario 1

You are 21 years old and have a 6 month old baby. You are recovering from a 2 year dependence on heroin. At first it began as a game of "chicken" in your crowd, but then you found you needed to shoot up more and more. You generally stayed high for about 5 hours and experienced euphoria, followed by drowsiness and sometimes nausea. Unfortunately, your baby was born addicted. You were referred to Project Thrive but have not followed through with services. However, about a month ago you overdosed. You felt clammy and your breathing was shallow. Your pupils were constricted and you couldn't quit scratching your arms. Fortunately, you did not experience convulsions and did not test positive for the AIDS virus. You did have hepatitis. Kicking the habit was like the worst case of the flu: you were irritable, did not want to eat, and had panic attacks and tremors, chills followed by sweating and severe stomach cramps and nausea.

At the time of your hospitalization your baby was with friends (the ones that brought you to the hospital). The hospital social worker made another report to CPS. You have been clean for a month and are working in a fast food restaurant. You hope to begin a program for a GED. You have new friends who support you that you met in your hospital recovery program. However, every time you pass the place where you made your connection the remembrance of the high becomes very vivid.

Your mother died 3 years ago of an overdose of alcohol and valium and your father and siblings all live "back East."

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Scenario 2

You are in your 60’s and your three grandchildren, ages 3, 5, and 6 were placed with you 2 years ago. Your doctor prescribed valium for “your nerves” about a year and a half ago. You and your husband drink socially, mostly at family gatherings. Recently you were going home from a family gathering and had the grandkids in the car with you. You were stopped by the police for erratic driving. You told them you had only had “a couple of tequilas” but the more you talked the more slurred your speech became and you found that you couldn’t walk a straight line. You had taken your usual dosage of valium that afternoon and could not understand why the police were hassling you. After all, you pay taxes for their salary and why are they not out arresting real criminals!

The embarrassment of being arrested and sentenced for DUI has been a very humiliating and painful experience for you. Your family physician has counseled you on the proper use of your medication. You didn’t realize that combining your prescription of valium and alcohol could be so dangerous and you’re thankful you didn’t kill anyone or yourself. On the other hand, you’re not like the rest of those “criminals”.

You hope your licensing worker won’t revoke your license because you really need the money to support the grandkids. You just wish your daughter would “get her act together” and be responsible for her life so you could enjoy “just being a grandmother”.

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Scenario 3

You are 26 years old and have a 2 year old son. You were not married to the father and he physically abused you. You left him and have been “hanging out with friends” one of which introduced you to methamphetamines. You could do anything while on meth. You never slept and thought you were accomplishing a lot, but this was an illusion. You were extremely restless, anxious and moody. Every now and then you would “crash” and sleep for a day. When you would wake up, you didn’t have the patience to deal with your son. Several of your friends have turned on you and have reported you to CPS. However, you have been going from one place to another and so far, have avoided investigation.

One of your friends told you to try injecting meth because the “rush” was so much faster. But you must have gotten a bad batch, because your heart felt like it was going to pop out of your body. You ended up in the emergency room after someone called the police because you ran into the street screaming and collapsed. Your breathing was extremely shallow. CPS was notified because drugs and paraphernalia were found within easy reach of your son.

When you were a teen, you spent some time in foster care due to allegations of sexual abuse by your father. Your parents were very religious and your mother did not believe you. Your relationship with your parents has since been distant. Another sister committed suicide 3 years ago.

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Scenario 4

You are 29 years old and have a two year old son by your second husband. You gained a lot of weight during the pregnancy and your husband told you a little coke would help you take it off. You and your husband began snorting cocaine and you felt wonderful and “on top of the world”. You also lost the weight that you gained during your pregnancy. However, your use has picked up and your nose hurts. You feel depressed after not using for a while but feel better after doing a line. You have had frequent nosebleeds but are afraid to go to the doctor. Your husband complains about the cost and he suggests switching to crack as a cheaper alternative. This gives you a much quicker high but doesn’t last as long. You continue to lose weight but feel depressed and can’t sleep.

Your marriage is falling apart and you fight constantly about the bills. Your husband has become increasingly abusive and on one occasion he raped you. You don’t know how things have gotten so out of control. One day you notice your 2 year old son playing with a straw and sticking it up his nose. This is the last straw. You move in with your folks, tell them what’s going on and file for divorce. You seek help for your addiction.

At the present time you are “clean” but are involved in a bitter custody dispute and suspect your estranged husband is sexually abusing your three year old son. The divorce judge is fed up with all the history, accusations and counter accusations. He refers the whole matter to CPS for investigation.

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Scenario 5

You are 11 years old and live in Winslow, having moved from Tuba City about a year ago. You have 4 younger brothers and sisters. Life hasn’t been easy for your mom after your dad died 2 years ago in a car crash involving alcohol. Since then you’ve noticed that your mom frequently drinks. You try your best to take care of the younger kids.

One day at school some kids you don’t know too well call you over to the corner of the playground. They ask you if you want to belong to their group. You say yes, and begin to hang out with them. You like your new found friends and they give you some stuff to sniff which makes you feel great. Pretty soon you are doing it regularly, any chance you can get, because you feel so euphoric and giddy. Sometimes you get a headache, feel sick to your stomach and are sleepy. You used to like the teacher, but not anymore. She is the enemy, because she reports your frequent absences to your mom who yells at you.

Today you got into a big fight in the classroom and are sent to the principal’s office. He notices some paint on your hands and asks about it. He calls the nurse in to take a look at you because you seem so confused. You tell them your mom went to Tuba City yesterday, but is due back any time. The principal decides to make a report to CPS.