

Script for Role Play on Addiction/ Mental Health: Family Session

Diagnosis: Heroin Use Disorder and Bipolar Disorder

Treatment Modality: Detoxification Treatment

Therapist: Good afternoon Mrs Smith my name is _____ and I am the social worker who has been assigned to work with your son John. John had informed me that his substance use has caused a lot of tension within the home and expressed to me that it is very important that you are involved in his treatment planning. I was hoping to take this opportunity to help you understand John's addiction and how it impact's his psychiatric diagnosis. I would also like to work with you and John to assure we transition him to an appropriate next level of care.

Client's Mother: Thank you for calling me, I am very happy to know that John is safe, it's been a crazy couple of months, he has been completely out of control.

Therapist: I am happy to speak to you as well, can you tell me a little bit more about how John has been out of control?

Client's Mother: Well he's been all over the place he's been irritable, stealing money from my pocket book, and recently overdosed..... and then when his brother saved his life with Narcan he showed his gratitude by getting out and getting high once again.

Therapist: I understand it can be irritating and scary to have a child with a substance use disorder and I empathize with your pain, that's why I would like to work with you to come up with the best plan for your family and for John to help keep him alive and reduce the stress on your family .

Client's Mother: Thank you for your help and I'm sorry I'm irritated I just can't understand how John can be so selfish and put drugs before his family.

Therapist: It's understandable that you are feeling irritated as addiction is a family disease and often difficult to understand. I'd like to take a moment to explain to you what's going on with John if that's okay with you?

Client's Mother: Yes I'd appreciate that.

Therapist: Well as you know John is diagnosed with Bipolar Disorder and Heroin Use Disorder. Many individuals suffer with a combination of a psychiatric disorder and substance use disorder and you are not alone in the struggle of loving someone who has these conditions. As you may have experienced living with John he has high moments of overactivity and low moment's where maybe he can't even get out of bed . These are common symptoms of Bipolar Disorder and many individuals diagnosed with this condition use drugs to self-medicate and alleviate these symptoms.

Heroin works by initially giving a Euphoric positive feeling and temporarily numbs emotional pain eventually Heroin is used as a means to not get sick. You mentioned before that you can't understand why John is choosing drugs over his family , although John initially chose to take a drug he is now physically and psychologically dependent on them. Right now John is being detoxed in order to manage those sick feeling which are known as withdrawal symptoms. We are giving John medications while here

to alleviate the symptoms and help John become stable. After we stabilize John we then plan to transition him to another level of care. Before we discuss John's option's moving forward do you have any questions so far?

Client's Mother: Yes, will John still be getting medications when he leaves the detox?

Therapist: When John first leaves detox he will not be receiving any medications, however in the next level of care, medications may be considered to help John manage his psychiatric symptoms and also help manage his cravings to use Heroin.

Client's Mother: Okay are these drugs dangerous or addictive?

Therapist: Although all drugs have potential side effects they can also help keep John become stable and get off of Heroin, a risk/ benefit analysis can be used with John and your family if this is a viable option moving forward but our first goal is to get John completely off of drugs and then reassess him to see how he is doing.

Client's Mother: Okay, how long will John be with you?

Therapist: John will be staying with us for four nights and then we would like to transition him into a 28 day inpatient structure where he will be taught new coping skills, ways to prevent relapse, and begin to look at the impact of his addiction and potential triggers. Do you feel comfortable with John being within our care for the next month in order to learn these skills?

Client's Mother: Absolutely, I think John will really benefit from being away for a while.

Therapist: In addition John along with the rest of your family is going to need a lot of support to help overcome the impact his addiction has left on your family. John has expressed willingness to go to NA meetings where he will talk to other's in recovery about his addiction, there are also NARANON meetings which are for family members and loved ones of individuals with substance use disorder that can help you and your family have support and learn more about ways you can help John, would you be open to that?

Client's Mother: Yes thank you for everything you are doing for John and for our family.

Therapist: You are welcome and we will work together to try to get John feeling better. Do you have any questions for me before we go?

Client's Mother: No thank you again for your help.

Therapist: You are welcome and you are welcome to call me if any additional questions or concerns come up.