

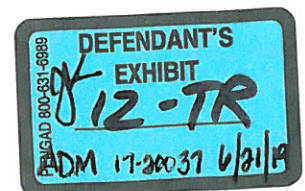
File Title: BC 3.21.17 (Video Responsive to A).wmv

Duration: 01:25:17.504 (HH:MM:SS.MS)

CM: Carin Molenaar, UICC Counselor

BC: Brendt Christensen

Speaker	Time	Content
Unknown Female	0:51.924	(unintelligible)
Unknown Female	1:27.607	Just verify your name (unintelligible)
CM	1:30.664	Is there about like, thirty-six (unintelligible)? You can ask.
BC	1:34.223	(unintelligible)
CM	1:42.554	So, before we get started, we'll go into some of the highlights of the paperwork.
CM	1:46.741	Um, this is an initial assessment, so there'll be a lot of questions. Um, to gather a lot of information and we'll talk about what you're interested in and what we can connect you with.
BC	1:56.374	Okay.
CM	1:57.000	Okay.
BC	1:57.449	(unintelligible)
CM	1:57.980	Uh, so the big thing is confidentiality. There are some limitations to that; so immediate risk of harm to yourself or others, child abuse, elder abuse, court subpoena – things like that.
BC	2:07.660	Yep.
CM	2:08.175	Any questions about any of that?
BC	2:09.666	No.
CM	2:10.240	Okay.
CM	2:11.107	Um, also this is a training center and I'm a doctoral intern, which just means that it's supervised by a licensed psychologist on staff.
CM	2:17.536	All of my interaction with clients are video recorded and the only person who has access to that is my supervisor.
BC	2:23.000	Okay.
CM	2:23.561	Any questions about any of that?
BC	2:25.241	No.
CM	2:26.282	Um, so then tell me a little bit about what brought you in today?
BC	2:29.290	Um, mostly my alcohol and drug abuse. It's been going on for years. Um...for a long time I didn't know it was a problem. It became a problem.
BC	2:42.249	Um...and I thought it was just a problem for myself, but very recently my wife...uh, told me she wanted to separate. Um, a few days ago...and I convinced her to stay.



BC	3:00.848	Uh... but I will need help.
BC	3:06.466	So...
CM	3:07.330	Okay.
BC	3:08.772	(unintelligible)
CM	3:10.544	(unintelligible) this has some additional questions, just to get a, like a sense of all (unintelligible) years. I wonder when you first noticed – (unintelligible)
BC	3:18.785	Uh...
CM	3:19.000	(unintelligible) when you first started using?
BC	3:21.775	So, I think the first time I really used anything, it's more than just alcohol, um, I had a pretty severe accident, um on my nineteenth birthday...
BC	3:29.552	...and for like two and a half, three months after that, I had a continuous supply of Vicodin.
CM	3:36.000	Mhmm.
BC	3:36.579	And I most definitely needed it for the pain, so it was totally legitimate for me to have it, but I also used it, for instance, days I didn't have pain, I was just like "oh, use it. It's fine"
CM	3:47.622	Mhmm.
BC	3:49.345	(unintelligible)
CM	3:54.402	So then, alcohol you mentioned as well?
BC	3:57.212	Yeah. That's probably the biggest one, just because it's the most consistent. Um, I don't know the first time I drank. It really wasn't a problem though, until I turned about 21 or something...
CM	4:06.870	Mhmm.
BC	4:07.293	(unintelligible)
BC	4:08.262	Uh, ever since then I've started and stopped a few times, (unintelligible) things. Um, my wife really doesn't like my

		drinking. Uh, (unintelligible) or anything...it's uh, just more that it controls my life.
BC	4:24.692	I...guess I'm (unintelligible) do. Very recently I've been pretty bad, and I told her I was gonna stop and I have but...
CM	4:36.957	Well – so how long have you stopped?
BC	4:37.676	Um, I haven't drank in...(unintelligible)
CM	4:44.000	That's great.
BC	4:44.882	Yeah, uh, the thing is though, when I stop drinking I always just (unintelligible). So, it's not really...I mean...
BC	4:53.123	It, it's a weird thing where it feels like progress but (unintelligible) is just inconsistent.
CM	4:58.211	This, um, I mean the insight is really healthy to have.
BC	5:01.364	Yeah.
CM	5:01.677	A lot of things we talk about people with when they first start moderating substance is to look forward. Like, compensation in different areas.
BC	5:09.178	Yeah.
CM	5:09.657	Um...
BC	5:10.177	Okay.
CM	5:11.281	And so, what other substances?
BC	5:13.595	Uh, anything I could get my hands on. Nothing legal though.
BC	5:18.410	So...um, I haven't told her this. W- I, I see a psychiatrist here.
CM	5:26.477	Okay.
BC	5:26.922	Um...and I'm prescribed an anti-depressant and also ambien because I do have trouble sleeping...
CM	5:32.839	Mhmm.
BC	5:32.983	...(unintelligible)
BC	5:35.051	Um...and...I don't even really enjoy it, I just wanted to (unintelligible).
CM	5:42.361	Mhmm.
BC	5:42.878	Um, so that's the big one especially in the (unintelligible). Uh...
BC	5:51.150	I recently read up on Dextromethorphan (unintelligible), it's the main ingredient in cough syrup – it's a hallucinogen.
CM	6:00.658	Oh, okay.
BC	6:02.166	Turns out it's a pretty serious drug...
CM	6:03.947	Mhm.
BC	6:04.105	...and was interesting to me, so I tried it a few times. I obviously didn't like that. Um, but I abused it...(unintelligible) week or two.
BC	6:13.594	Um, also apparently Benadryl is still a serious drug (unintelligible) and then Vicodin, but I (unintelligible) wasn't very consistent (unintelligible) that's another thing (unintelligible)
BC	6:31.293	Basically, whatever I could get my hands on
CM	6:33.414	Oh

BC	6:33.643	Not really, like, the one to get (unintelligible) like weed.
CM	6:39.300	Oh...okay. So, not like Marijuana? No – (unintelligible)
BC	6:41.158	No, uh I, I did Marijuana a long time ago in the past. Uh, but there-there as like a summer when I was of in college. I didn't it a lot that summer, but then um, I moved, and I stopped. Haven't done since, I absolutely enjoy it because it's great, but I'll probably use it if I start (unintelligible).
CM	7:07.619	And what are the distinctions between um, use and abuse, to you? So, like when do you notice when you're using substances that can be abused?
BC	7:16.118	Um...so...drinking's probably a good example of this (unintelligible) started the first night or two is fine, but I typically ...don't stop.
BC	7:28.971	I...whenever I drink, it's a lot. Um, and I personally don't mind that because I think I'm gonna drink, I should drink whatever I want. It's already bad for me so I don't care, but, it's more that when I drink I do it 3, 4 nights in a row or as often as I can until my body can't (unintelligible) it...
BC	7:49.293	...and I start to feel (unintelligible) and that process hurts.
CM	7:56.508	And then what, what's your typical drink of choice? What do you usually drink?
BC	8:00.115	Um, in the past, often when it starts out, I would sip a beer because it's much easier to moderate what you drink.
CM	8:06.725	Mhm.
BC	8:07.194	Uh, but that...always progresses into, as I get further into drinking, not in a single night, but you know...
CM	8:15.847	Mhm.
BC	8:17.118	...a bunch of nights, I would progress into hard liquor. Um, specifically Rum because it's the cheapest kind that I can tolerate...so (unintelligible) drinking it.
BC	8:30.596	So, I, I would like to care about taste, but money – it's just not (unintelligible)
CM	8:33.378	Mhm.
CM	8:37.162	And then, um, when you do drink, about how many, like drink equivalence do you-would you estimate? Like 30 or 40?
BC	8:46.277	Yeah, um, I calculated this once. A bottle of liquor is like...yeah, it's, it's about five, six-hundred milliliters of hard liquor. So...thirty-five percent's the volume. So, I don't know what that is. Twenty, thirty I'm guessing.
CM	9:07.228	Do you think, like, a bottle of it is 21 shots or something?
BC	9:10.809	Yeah, so I'm guessing 15,20. When I drink beer it's less, um, I'm sure there's some physical reason for this but you don't need as much. So, and because you drink it over a long period of time, I don't know.
CM	9:23.731	There's also like a small food content in beer too.



BC	9:26.246	Yeah, there is.
CM	9:26.911	(unintelligible) with like the hops and the barley (unintelligible)
BC	9:28.334	Yeah.
CM	9:28.663	(unintelligible) helps with absorption I think it is.
BC	9:31.612	Yeah. So, I have definitely noticed that many times I need less beer...
CM	9:36.000	Mhm.
BC	9:36.867	...per alcohol content. So...I can usually go through a full bottle of liquor or two a night.
CM	9:44.464	Do you know about, like a span of time where you'd go through a bottle of liquor?
BC	9:51.055	Eight hours.
CM	9:52.235	Mhm.
CM	9:57.473	About how often, if you were to guess, like percentage wise, do you blackout with drinking?
BC	10:03.332	Once ever.
CM	10:04.459	Hm?
BC	10:04.945	Only once ever.
CM	10:06.263	Once ever?
BC	10:06.350	(unintelligible). Yeah.
CM	10:12.993	I mean, that's a little bit surprising when you think about, cuz uh, like uh, blacking out happens at about like, a point-two blood alcohol content.
CM	10:21.804	Um, and I, I would think fifteen to twenty drinks in a span of eight hours, that you would hit that or be above that.
BC	10:28.864	I am surprised as well but...I – it's only been once ever.
CM	10:37.172	Well do you remember when that was?
BC	10:38.750	Less than a year ago?
CM	10:39.877	Okay.
BC	10:40.155	It was my one- and only-time drinking Tequila (unintelligible) yeah, I-I'm well aware there is no difference (unintelligible) but...I don't know, it's (unintelligible)...
CM	10:49.521	Mhm.
BC	10:50.000	...so.
CM	10:54.516	And when you drink, do you ever use other substances as well?
BC	10:59.876	No, uh...back when I did Marijuana for that summer, a few times but I would officially say no.
CM	11:08.479	M-kay.
BC	11:09.710	Especially because all the drugs I listed (unintelligible) alcohol interactions with them, so...
CM	11:14.584	Yes, that was my concern (laughing)
BC	11:15.798	Like, (unintelligible) die, so.
CM	11:19.632	That's why we definitely recommend not using the substances.

BC	11:21.609	Yeah. No, I-I never have, and I don't think I ever will, they don't really match my needs anyway, so.
CM	11:28.876	Mhm.
BC	11:30.000	That's-that's not concerning.
CM	11:33.473	So, you mentioned moods and I wonder if you've noticed a connection with mood and different substances or...
BC	11:39.370	Uh...
CM	11:39.873	...if you're like, pulled in different directions, kinda thing.
BC	11:42.544	Not really, uh, it's more that I'll find an excuse to do it no matter what. If I'm in a good mood, I mean, drinking's great.
BC	11:49.630	If I'm in a bad mood, it'll probably make it a little better but sometimes it makes it worse and that really sucks, but sometimes it makes it better.
CM	11:54.351	Mhm.
BC	11:56.124	So, it's not a specific mood it's more that (unintelligible) what I can find an excuse for.
CM	12:01.432	Mhm.
CM	12:07.470	When you ask (unintelligible) can sometimes see some pretty complex interactions with (unintelligible) if you think about alcohol being a depressant. When you drink and you get to (unintelligible) of the depressant.
BC	12:16.977	Yeah...
CM	12:17.903	And then as your body withdraws from that, there's almost a stimulant effect. Sometimes people can get shaky and um, feel more anxious.
BC	12:24.385	I have definitely experienced the anxiety thing. The shakiness, um...probably not.
CM	12:30.723	Okay.
BC	12:31.088	Not, like, (unintelligible) anything like that.
CM	12:33.857	Hm.
BC	12:36.250	I don't think I've ever significantly withdrew from alcohol...at least I don't think so.
CM	12:44.604	(unintelligible) ask about any like, consequences or things you've noticed since like, um, your relationship with your wife
BC	12:50.990	That's definitely one.
CM	12:52.330	Mhm.
CM	12:53.387	Um...
BC	12:53.592	Um...
CM	12:54.000	...how has that impacted? Or what have those conversations been like?
BC	12:58.307	She doesn't like (unintelligible) at all...
CM	13:00.830	Mhm.
BC	13:01.161	...and, like it's-it's essentially the only true strain in our relationship right now. Um...

BC	13:08.572	She doesn't like how I am on the drugs, so. Especially alcohol – the main one.
BC	13:14.722	Um...
CM	13:15.794	And how would she say you are (unintelligible) is different?
BC	13:18.727	Belligerence, um, sometimes. I think uh, her main complaints – there's gonna be a couple. One-the, the main complaint would be that I'm very...um...(unintelligible) sensitive, as in like something that will get me into a bad mood, I'll be in a bad mood for the entire night...
BC	13:39.902	...and I'm very unpleasant to be around when I'm like that. I don't get violent. I am not really an angry person at all. I don't really have a temper at all, it's just uh, I'm in a horrible mood and it sucks for her.
BC	13:56.427	It's also the fact that I've tried to stop many, many times and I just start back up thinking it's gonna be okay, hoping it's going to be okay and I don't, and I think she's just...
CM	14:04.491	Mhm.
BC	14:05.000	...sick of it, so.
CM	14:07.000	And about how many times do you think that's happened if you were to give an estimate?
BC	14:11.427	Five.
CM	14:12.257	Five times?
BC	14:12.957	Something like that.
CM	14:19.390	About how long, um, are you able to last before like...–
BC	14:26.738	That varies considerably.
CM	14:28.125	Well I'm trying to think of also, um, has there been any period of abstinence from any substance-all substances or does it always switch?
BC	14:35.095	Yeah, uh, after my first-time quitting alcohol, I severely abused it for like a month and a half straight (unintelligible) have some serious physical problems.
CM	14:43.784	Mhm.
BC	14:44.273	Uh, and –
CM	14:44.856	Such as? Do you remember?
BC	14:47.048	Yeah, I had to go to the hospital (unintelligible) um, it was probably anxiety and severe dehydration type things where my-I just did so much alcohol in such a short period of time, my body was dehydrated...
CM	14:58.165	Mhm.
BC	14:58.433	...and even though I was drinking water, it just wouldn't rehydrate and um, my-the main symptom was that my heart started racing...
CM	15:08.399	Mhm.

BC		...hundred-ten, hundred-twenty beats per minute...continuously ...
CM	15:11.805	Mkay.
BC	15:12.000	...no matter what I was doing. (unintelligible) I went to the hospital a few times for some doctors to do anxiety tests and stuff. They didn't know what's wrong with me, so (unintelligible) uh, eventually stopped after I stopped drinking alcohol...like...
CM	15:28.235	Mhm.
BC	15:30.269	...a couple months after. So, it was awhile when this happened
CM	15:33.518	Mhm. I think if that, that stimulant effect (unintelligible) withdrawing from alcohol
BC	15:36.135	Yeah, I had a...yeah, I (unintelligible)
CM	15:39.052	Mhm.
CM	15:41.828	So, are those the two to three hospitalizations you mentioned in the paperwork?
BC	15:45.565	Yeah.
CM	15:50.602	When was the most recent time?
BC	15:54.655	Early twenty-eleven, something like that. It's not that I don't feel like that anymore when I stop, it's just that I know what it is now, and I know that (unintelligible) going to the ER is a waste of money. So, it's just...
CM	16:07.329	Mhm.
BC	16:08.285	And um, since it's so anxiety driven and since I know what it is, there isn't as much anxiety with it.
CM	16:15.317	Mhm.
BC	16:15.706	And I know that just, like, drinking ridiculous amounts of water will help with (unintelligible). It's not that it's not a problem anymore it's just that I know how to deal with it.
CM	16:23.543	Mhm.
BC	16:25.562	(unintelligible)
CM	16:27.741	And, um, have there been any like, patterns that you've identified in your, like, reasons for trying to moderate use? (unintelligible) say like (unintelligible) times.
BC	16:39.611	Yeah, definitely. Um, I'm very into fitness...
CM	16:43.372	Mhm.
BC	16:44.000	Uh, and it's something that's been part of my life for a very long time. Alcohol really gets in the way of that, so when I start drinking, I would gain weight, for obvious reasons, and I will eventually be like – hey I need to lose weight again.
BC	17:01.835	And there's always a massive struggle between stopping and not stopping because I really wanna stop and get back on track, nutritionally...
CM	17:12.165	Mhm.



BC	17:12.346	...fitness wise, uh, so, most of the time the reason that I stopped was (unintelligible).
CM	17:18.588	Mhm.
BC	17:19.178	Um, and when I start back up again...it's...a couple times have been because trying to do it in moderation even though I'm losing weight, which is not that good for you, but technically possible calorie wise.
CM	17:32.624	Mhm.
BC	17:32.714	Um, but...usually cause' I've lost so much weight and have confidence (unintelligible)
CM	17:40.923	Mhm.
BC	17:41.103	So...
CM	17:52.359	You mentioned, um, anti-depressants...
BC	17:55.766	Mhm.
CM	17:55.788	...and so, I'm curious about, um, your experience of (unintelligible) depression or anxiety or both...
BC	18:02.678	Uh, s-
CM	18:03.000	...(unintelligible) depression (unintelligible) that?
BC	18:05.339	I have probably had some form of depression ever since I was a teenager, um, but I didn't seek help or...fully realize that I should be getting help until...I was...well like two years ago.
BC	18:22.233	And I went and saw a Psychiatrist here, um, (unintelligible) anti-depressant and it seems to help.
CM	18:28.871	Mhm.
BC	18:29.552	Um, but you know, I kind of...I guess relapsed would be the word.
CM	18:34.241	Mhm.
BC	18:34.264	Switching to a different kind of depressants, with sleeping medication...
CM	18:37.845	Mhm.
BC	18:38.497	...that's – that's, that's it.
CM	18:41.000	(unintelligible)...um, so symptoms I'm curious about, um, different types of thoughts you have, different contentive thoughts in terms of (unintelligible) experiencing feelings of guilt, hopelessness, low self-esteem...
BC	18:54.091	Yeah.
CM	18:54.731	...lethargy.
BC	18:55.774	Um...all of those. It's...
BC	19:03.566	Um, so, lately it's been like guilt, hopelessness – would be the two main ones. Um, so when I graduated high school, I had such a low GPA I couldn't even- I barely graduated...
CM	19:21.894	Okay.
BC	19:22.000	...(unintelligible) to college and from there, I went to tech. school, did well there. Went to Hometown University, did really well there, transferred into the top tier undergrad and graduated.

BC	19:32.446	And now I'm here in, literally the best program in the country for what I do.
CM	19:36.524	I was about to say...
BC	19:37.492	Um...
BC	19:41.273	But...since I got here, it's been getting in my way so much that (unintelligible) on my Masters.
CM	19:51.271	Mhm.
BC	19:51.786	So, I...
BC	19:55.286	I feel like I'm there for the first time in my life at something...
CM	19:57.168	Mhm.
BC	19:58.371	...and not everyone's going to take that stance on what happened. But I do.
BC	20:05.000	So, there's that.
CM	20:07.000	What was that process like? Was that a decision you had made, your advisor made, your program made?
BC	20:12.159	Me, my advisor, and my wife all together I suppose. I had been feeling, uh, denial would be the best word for it...not wanting to do in grad school for a while.
CM	20:19.415	Mhm.
BC	20:20.909	Cuz I just wasn't performing well at all...
CM	20:23.600	Mhm.
BC	20:23.719	...just cuz I wasn't doing anything. Um, I just...(unintelligible) mental block of some kind. Uh, my advisor noticed, because ya know, I wasn't doing the work of course.
CM	20:34.046	Mhm.
BC	20:35.000	I noticed because, the same reason (unintelligible) a couple times. That's initially why I got help but...
BC	20:42.345	...although some things changed, they didn't change nearly enough. So, I decided enough was enough- I've wasted my time here so, my wife and I decided (unintelligible) so...
CM	20:52.676	Mhm.
BC	20:53.423	...that was one year ago.
CM	20:54.881	Okay. So, what does your um, trajectory look like? Are you anticipating graduating next year? or this year?
BC	21:01.359	In May.
CM	21:02.116	In-in May?
BC	21:02.920	Yes. There's a small chance I'll graduate in the end of summer...
CM	21:06.357	Mkay.
BC	21:06.941	...if (unintelligible) you know, a good job or whatever (unintelligible) not too concerned about that, as long as I actually start working.
CM	21:13.233	Mhm.
CM	21:17.205	And you mentioned feeling like this was like, um, a failure you mentioned, you (unintelligible) describe that a little bit.

BC	21:26.742	Whenever I've tried something, in my life, whatever it is, I've always succeeded.
CM	21:31.943	Mhm.
BC	21:33.495	And...um, I did very, very well in undergrad when I tried there, in Math and Physics and when I got here, I did well my first year but then things started falling apart.
BC	21:48.763	Um, due to a lot of things, I guess. And um...
CM	21:54.342	What were 'a lot of things'?
BC	21:56.104	Just, alcohol...losing my passion in what I was researching. Um, probably that kind of stuff combined with the fact um, that the supervision over wasn't as (unintelligible), I was kind of on my own...
CM	22:10.868	Mhm.
BC	22:11.267	Um...
CM	22:12.000	It's really hard.
BC	22:13.385	Yeah, so instead of doing anything, I just did nothing. You know, I was able to get away with it for a very long time.
CM	22:19.048	Mhm.
BC	22:19.824	Uh, and it just snowballed out of control to the point where I...basically couldn't function.
BC	22:27.038	And...some people would say that, just like, graduating with a masters and stuff is an accomplishment and I acknowledged that, but it's not why I was here.
CM	22:37.189	Mhm.
BC	22:37.755	And...the...I tried as hard as I could to get a PhD and although I wasn't working, I tried as hard as I could to start working again and I just couldn't.
CM	22:49.751	Mhm.
BC	22:50.297	And I consider that a very (unintelligible)
CM	22:52.855	Mhm. I guess I'm...curious about so many things because one of the things, um, when I think about depression is a lot of the things it sounds like – like losing your passion, not feeling motivated, really difficult getting started...
BC	23:10.682	Mhm.
CM	23:11.080	Um, and so...a lot of those things just feel so health related. Um, and I mean, we use this a lot – like running a marathon. Even if you like, train really well, you're really capable of it – if you break your ankle, like, you're not going to be able to run to the extent that you could.
BC	23:28.236	Yeah.
CM	23:28.844	Um, and so I guess I'm curious about all of these different things. What it would be like if we get some of the depressors into (unintelligible)
CM	23:37.715	Under control if a lot of those, like, passion and things were to return...

BC	23:42.350	Yeah.
CM	23:42.497	Um...and so I-I mean I guess I'm just so curious about that as opposed to this, this sense of failure that's the sense of just how can we get these things under control...
BC	23:53.801	Mhm.
CM	23:53.843	...so, you can get back to the level that you were performing at the first year.
BC	23:57.387	That's what I would like.
CM	23:58.751	Mhm.
BC	23:58.877	So...I mean, I-I...I think I kind of (unintelligible) it's probably all the (unintelligible) alcohol (unintelligible) and the divorce.
CM	24:05.378	Mhm.
BC	24:06.000	Um...
CM	24:06.511	Yeah there's a –
BC	24:07.299	...and –
CM	24:08.000	– big connection with those.
BC	24:08.850	Yeah, and I mean when I first started here and (unintelligible) and stuff, I wasn't seeking help or anything...
CM	24:14.903	Mhm.
BC	24:15.260	...(unintelligible) earlier, something happened, but it's not relevant at this point.
CM	24:19.655	Mhm.
BC	24:19.773	So...
CM	24:21.000	And I always think about like, showing kindness to the people we were in the past, because we can often look back and be like – huh, if only I had done this earlier.
BC	24:28.598	Yeah.
CM	24:28.910	And I look at as like, you're doing it now and a lot of people wouldn't even be doing it now.
BC	24:33.065	Yeah.
CM	24:33.163	So, it's a strength to recognize that.
BC	24:35.570	Mhm.
CM	24:36.121	Um...and so either uh, you mentioned sleep also and I wonder if that's a connection with depression. Are you sleeping more? Are you sleeping less?
BC	24:48.145	It is probably related to the fact that when I'm depressed, I take a lot of naps...
CM	24:52.467	Mhm.
BC	24:52.718	...and I take a nap in the afternoon and suddenly I can't sleep at night and then it spirals out of control to the point where my sleep schedule is completely screwed up.
CM	24:59.488	Mhm.



BC	25:00.132	Um...also, alcohol doesn't help with that. All the drugs that I mentioned I've used don't help with that when it comes sleep aid.
CM	25:08.761	Mhm.
BC	25:09.484	(unintelligible) is often mixed with sleep aids, um, Ambien is the most sleep aid I can get so-
CM	25:16.195	Mhm.
BC	25:17.704	For instance, when I'd use Ambien, whenever I stopped doing it, there's some periods where I just can't sleep at all.
CM	25:23.378	Mhm.
BC	25:24.117	Um, and...yeah. So, my sleep problems are honestly the (unintelligible) problems.
CM	25:31.709	Mhm.
BC	25:34.475	Probably a little emotional (unintelligible)
CM	25:38.137	And...(unintelligible) see that sort of like, coming full circle too because –
BC	25:42.302	Yes, it does.
CM	25:42.507	– the depression increases the drug use...
BC	25:44.519	Yeah...
CM	25:44.739	...increases the...
BC	25:46.000	...it definitely does.
CM	25:46.468	...um, hypersomnia or insomnia.
CM	25:49.093	If you were to like, estimate how many hours of restful sleep you get...a day...
BC	25:55.191	Well...uh, so after I abuse something it can vary anywhere between like two and five.
CM	26:01.855	Mhm.
BC	26:02.515	If I'm lucky, five. If I'm unlucky, two to three. Um, you know I'm fully capable of getting seven to eight hours of sleep, and I can function just fine on that, but when I'm using drugs it's not even close to that.
CM	26:14.000	Mhm. And so presently, where do you (unintelligible)
BC	26:17.243	Presently? Um, I just recently stopped using everything, uh...
BC	26:24.992	Four at the most.
CM	26:26.202	(unintelligible)
BC	26:26.595	I'm, very tired.
CM	26:29.723	I'm trying to sleep in the early morning, afternoon after my wife's leaves for work and I'm usually able to get an extra hour than I was. (unintelligible) tell you this I'm (unintelligible) trying (unintelligible)
CM	26:40.741	Mhm. And you mentioned you presently stopped using everything. And so about how long has it been since you stopped using everything?
BC	26:48.835	A week...

CM	26:49.621	A week?
BC	26:51.067	A little bit less.
CM	26:56.537	What has that week been like?
BC	26:59.305	Um...not because of the drugs but in general it's just been horrible. My wife told me she wanted to separate from me on Sunday night so, it-it's-it's pretty recently.
CM	27:12.649	Yeah that's...three days ago?
BC	27:14.127	Yeah.
CM	27:14.205	Two days ago?
BC	27:16.123	Two days ago, so...
CM	27:24.344	Some of the things about like, um, like urges to use since (unintelligible) horrible can increase that. So, I wonder if there have been times where it's been very difficult not to use, or how you navigated those?
BC	27:36.117	Lately, I don't really do anything at all. Um...I don't know if that it's- everything will come back. I am assuming it will at some point because this isn't the first time I haven't been able to do anything.
BC	27:50.670	Um...
BC	27:53.515	One of the big things I have to do is convince my wife that I don't want to do anything right now.
CM	27:56.895	Mhm.
BC	27:57.460	Just lying (unintelligible) because this has happened before. Not the lying, but (unintelligible) through this a couple times.
CM	28:03.213	Mhm.
BC	28:06.374	There is a difference that I'm doing this for her and myself, it's not just myself.
CM	28:10.381	Mhm.
BC	28:10.763	So...I have to (unintelligible)
CM	28:16.441	And some of it gets...it can get really (unintelligible) first of all that you almost made it a week. I think one of the first things that we-we talk about is um, seeing if you can go a week. Um, when we talk about substances or feeling that you're being dependent on them or using them a lot or abusing them, um, usually we do like, a just...what is it called?
CM	28:36.409	Like a try (unintelligible) so just like try the week to see if you can. Like, when it's the most easy not to use? When is it more difficult to sort of identify some of the triggers for use? Um...
CM	28:51.878	So yeah, just like being really proud of that and um...
CM	28:56.890	In spite of it being like really horrible...times because that (unintelligible)
CM	29:09.033	And have you noticed an- well, I guess this is part two with a horrible week, but any changes in like, overall mood? Or homeostasis of mood?

BC	29:17.375	Um...no, I just had a horrible week. Especially since I'm not sleeping.
CM	29:26.000	Mhm.
CM	29:38.004	And that might be something just to be curious about moving forward, um because we had also talked about like, trying to separate um, uh, what is substance induced versus what is coming primarily from the depression.
BC	29:51.414	Yeah.
CM	29:51.686	And so that's really hard to do if you're currently using substances, so I think it's great that you're not presently so that you can start taking a look at that. Um, and being mindful of, that this is a difficult week in general.
BC	30:03.283	Yeah.
CM	30:03.390	So, not to base all of your, um, assumptions on that but just to, to watch it moving forward.
CM	30:15.515	So then to transition that into, um, your like, supportive relationships...um, family background, friends, people that are really in support of, um, moderating versus friends that may be more triggering...I just asked you like six questions in one, so (unintelligible)
BC	30:34.872	Well, I can kind of answer them all at once. Uh, the only that really person I've really interact with outside working is my wife, um, and um when I drink, I told you, I don't go to bars. I don't...have friends.
BC	30:47.541	Um...over the course of grad school, it's kind of a personal choice I guess, um I could've had friends if I wanted to but I just, didn't feel like because my wife was enough for me.
BC	30:57.302	Um...so...it's all internal.
CM	31:05.811	Mhm. And so, you don't have interactions with like, siblings? I wonder about family history – substance use.
BC	31:12.677	My Mother was an alcoholic and um...I don't talk to my brother or sister that much. Um, or my Dad. I know my Dad hasn't abused substances. I have heard through my parents that my brother was an alcoholic in college, but he got it under control.
BC	31:36.100	And I know my sister, when she was in college, she dropped out after a year. I know she used drugs heavily then. Um, but I don't know the reason. So, I'm not...I can't really think too much about that (unintelligible) my brother and mom are both (unintelligible)
CM	31:55.385	Mhm.
CM	32:00.407	And then um, you mentioned no friends in the area...
BC	32:04.213	(unintelligible)
CM	32:04.284	...um, I wonder if like, wh-where is home? Do you have friends from undergrad? Or...
BC	32:09.141	Yeah some, um...I had a few really, really good friends growing up um, and I stayed in contact with them for a while, but we don't live close to each other anymore so we kind of fell out of contact.

BC	32:23.000	Um, and I met my wife her very early undergrad and...you know, this, basically this entire time we've been enough for each other.
CM	32:32.812	Mhm.
BC	32:33.273	Uh, so I haven't felt the desire to make new friends at all. Um, I would have if I was s-single this entire time, but I wasn't.
CM	32:43.448	Mhm.
BC	32:43.719	And so, I don't have any friends. I mean if, if I really wanted to, I didn't (unintelligible) to (unintelligible) so.
CM	32:50.160	Mhm.
BC	32:50.916	Um...(unintelligible) holding on like I'm (unintelligible)
CM	32:57.226	So, when, um, you say like, your wife's been enough for you. I wonder what – how you would describe your relationship um, both in the past and presently.
BC	33:06.147	Uh, I'd say mostly excellent. It's um...so, when I was going through a whole thing freaking out about grad school and stuff...
CM	33:15.705	Mhm.
BC	33:16.000	...um, I (unintelligible) some stupid thoughts, um, from the (unintelligible) thing. Um...
CM	33:24.743	And what are the stupid thoughts?
BC	33:26.267	Well, I wanted to change something major in my life, so I wanted to separate from that.
CM	33:31.690	Mhm...(unintelligible)
BC	33:32.224	Um, it never got to the point where it's at now, so situations reversed...
CM	33:37.348	(unintelligible)
BC	33:38.119	...it-it never got to this point. But we did see a marriage counselor, and that helped a lot.
CM	33:42.174	Mhm.
BC	33:42.457	Um, I just realized how (unintelligible) stupid I was being.
BC	33:48.000	Um...and...
CM	33:50.111	I feel like, saying something's stupid is one of those really like, shame-based words...
BC	33:54.000	It is, but the marriage counselor said we had the best marriage he's ever seen. So...this kind of (unintelligible) for that
CM	34:02.072	Mhm.
BC	34:02.544	Um...like literally the only point of contention between us is the substance abuse (unintelligible)...
CM	34:09.884	Mhm.
BC	34:10.183	So...yeah, it's – I mean...and she said she's been struggling with for a few months. Um, up until Sunday I had no idea.
CM	34:21.138	Mhm.
BC	34:21.295	I was, pretty blind-sided by this. Um...yeah.



CM	34:26.372	What was that conversation like? You mentioned that like, (unintelligible) you're staying together, you convinced her to stay, but what was that conversation like?
BC	34:34.262	Um...it...I had...felt that in the past few days before that because as far as I know, this is a complete coincidence that she wanted to open a (unintelligible) relationship (unintelligible) Africa (unintelligible) I was actually okay with this, um...
BC	35:01.129	...for unrelated reason, and I think it was just a coincidence that all this happened (unintelligible) when she told me that. Um...
BC	35:09.532	S- but, a few days before this happened, I felt her separating from me. Getting distance...
CM	35:16.000	Mhm.
BC	35:16.305	...in ways. And for a while I just, was anxious about the whole relationship thing.
CM	35:21.072	Mhm.
BC	35:21.611	I never had (unintelligible) it was just this one thing with this guy...um...and I thought it was maybe because of that or something but then she...when I woke up in the morning, she was just- told me she wants to separate and...
BC	35:42.820	...she didn't really talk much (unintelligible)...(unintelligible) um...I just wanted to know why
CM	35:51.794	Mhm.
BC	35:51.826	(unintelligible) and stuff...so...
CM	36:01.162	And so, you mentioned prior marriage counseling...
BC	36:04.482	Yeah.
CM	36:04.790	...um have you ever sought individual counseling before?
BC	36:08.465	Yeah, but with the psychiatrist.
CM	36:10.000	With a psychiatrist?
BC	36:10.722	Yeah. I guess that's not really counseling I guess, it's more of a medication thing. But (unintelligible).
CM	36:17.636	Mhm. And how long ago was the marriage counselor experience?
BC	36:23.864	One year.
CM	36:29.512	And um, were things that you found particularly helpful about that experience? Things you're –
BC	36:34.000	Um...
CM	36:34.358	– couldn't have gone without?
BC	36:36.272	It just made me realize what I was thinking is wrong. That-that's really the main thing it did. Um...made me realize that I was going to try and throw away something that I shouldn't try and throw away.
BC	36:48.185	And I...and as soon as I realized that I stopped (unintelligible)...
CM	36:54.306	Mhm.
BC	36:54.495	...and started focusing on...uh...graduating with a master's degree (unintelligible)...no more chances

BC	37:03.000	Uh...change some things (unintelligible)
CM	37:15.000	And we also asked if you'd ever been hospitalized for anything like, psychologically related.
BC	37:20.354	Um, not unless you count the whole drug withdrawal, alcohol withdrawal, anxiety, panic attack, or (unintelligible)
BC	37:30.000	I would personally consider those psychological, but at the time i didn't. No.
CM	37:33.231	Mhm.
CM	37:38.319	Also, in your paperwork you mentioned, um, considering two or three times in the past month...(unintelligible)
BC	37:44.487	Yeah, it's very recent. Um...it's...
CM	37:48.674	And so, what does that look like?
BC	37:52.006	Uh, I really don't feel like I'm in recovery. It's...
CM	37:56.599	Mhm.
BC	37:59.030	Yeah, it-it's a long story.
BC	38:04.523	I haven't told anyone.
CM	38:08.485	So, is it that the thoughts of suicide just started since Sunday?
BC	38:12.357	Yeah, I had a couple suicidal thoughts a long time ago. A year or two ago when I was going through the whole (unintelligible) thing.
CM	38:18.435	Mhm.
BC	38:19.201	Um, that's about it.
CM	38:24.424	And so, when you have the thoughts about not wanting to live without her, about how far along that path do you get?
BC	38:31.898	Um...
CM	38:32.704	Like, do you start considering plans, when you'd do it?
BC	38:34.560	No, no definitely not. It's just a general thing.
CM	38:42.584	So, would you say you have like, an intent to die? Or would there be the intent to get away from the pain? Or...
BC	38:49.351	Um...
CM	38:49.950	...like how would you categorize it?
BC	38:52.584	I don't want to live anymore. That would be...I don't know...how else to describe it. Um, it's not pain related. It's not anything, it's just I don't see that it would be worthwhile anymore.
CM	39:06.537	Okay...you also mentioned self-injury?
BC	39:18.873	Once. Um...I wanted to be completely honest on the form...so...
CM	39:23.304	Well, we always appreciate honesty.
BC	39:25.460	Yeah, ah, so...you know how in movies when people need to (unintelligible) about something that each night (unintelligible) hand?
CM	39:36.059	Mhm
BC	39:37.017	And that just seemed like the stupidest thing ever to me because it's like a small cut, it seems like a drop of blood...

CM	39:42.227	Mhm.
BC	39:42.766	So, I got into the idea that I wanted to see how hard it was to cut myself. So, I took out a safety razor and cut my leg a few times..just to see.
CM	39:52.287	Mhm.
BC	39:54.084	Uh, turns out It's actually really hard to do. So, I don't know if I would like (unintelligible) wrists (unintelligible) uh...(unintelligible) itself
CM	40:06.321	Mhm. So, was it the intent to hurt yourself or was it almost like a curiosity (unintelligible) kind of thing?
BC	40:11.404	I think it was more a curiosity kind of thing. Uh, it did hurt, but...
CM	40:15.000	I would imagine so.
BC	40:18.740	(unintelligible)
CM	40:22.494	And about how long ago was that?
BC	40:24.458	Uh...six months maybe. Something like that. It wasn't too long but not super recent either.
CM	40:37.050	Um, you also mentioned thoughts of hurting others; thoughts of harming others?
BC	40:41.093	Yeah, um...something I didn't want to mention is this. Um, it's just probably related to my drinking. Not hurting her, definitely not. Um...
BC	40:58.652	So, I've always been interested in... the bad guys and stuff more than the good guys. Just, (unintelligible) more interesting to me.
CM	41:08.586	Mhm.
BC	41:10.000	And um...a few months ago, I happened upon...just a... a huge forum about serial killers. And it was very interesting to me.
CM	41:25.510	Mhm.
BC	41:26.261	Um, so...when I was looking into that it just fascinated me. These people. Um, and one in particular I fascinated was Ted Bundy because he was literally the worst person I've ever even heard of.
CM	41:43.820	Mhm.
BC	41:44.513	(unintelligible)
CM	41:46.015	He's the...like the medical doctor that killed college students?
BC	41:49.365	Mm, no he was um. He was a law school student who...killed like thirty-five, forty people. Necrophilia, um...he's known for being just being really attractive and just luring people. Just the way he talks is definitely like...cheery.
CM	42:10.000	Mhm.
BC	42:10.000	Um, and I was fascinated by that. Um, extremely complicated things (unintelligible). Um...
BC	42:22.230	(unintelligible) uh, so probably the thing about getting (unintelligible) in physics is cuz I always considered it one of the hardest things to do, academically. Um, I realize now that pretty much any academic thing is difficult.



BC	42:35.746	It's ...if you take it that far, but you know especially when you start it, it's just like physics is hard. Math's hard. Science is hard.
CM	42:41.984	Mhm.
BC	42:42.388	Um, but as time progressed, I realized um, although I am smart and I have proven that more than once, I'm probably not a genius. And you know, I eventually met people that were legitimate geniuses that just (unintelligible)
CM	43:01.024	Mhm.
BC	43:01.331	Um...so I realized I was never going to be great at physics and... this happened a few times with other things as well..and when I started looking into these people, how horrible they were, I just got some stupid thing in my head about it.
BC	43:18.308	And I... I really don't know (unintelligible) and one drunken night I told my wife about it and apparently it terrified her, and I understand why.
BC	43:36.054	Um, so when I said there was only one point of contention in our relationship, there's two.
CM	43:40.817	Mhm.
BC	43:42.584	And I... I uh, I don't know why
CM	43:49.651	I guess I'm curious about what the- the thoughts were. Like, how far? Did you like, imagine yourself doing something similar or?
BC	43:58.869	I want to first point out that I'm done with these thoughts, otherwise I wouldn't be talking about them (unintelligible) foolish. Um, I was pretty far gone that night, I, will never tell her this. Um, I think I know how to do it but, it's just...me planning it
CM	44:24.374	Mhm.
BC	44:24.758	Uh...just because I read so much about this for months. (unintelligible) search negative.
CM	44:31.672	Mhm.
BC	44:32.517	That kinda stuff. Um...
CM	44:33.746	Mhm.
BC	44:33.976	Um...
BC	44:37.678	(unintelligible) just finally I realized how not worth it it was and just how horrible it was and all that kind of stuff.
CM	44:43.623	Mhm.
BC	44:43.900	Um, and you know. These thoughts must have come from drinking. That's when it first started, that's when I told her about them and all that stuff.
CM	44:51.424	Mhm.
BC	44:51.424	(unintelligible) must (unintelligible)
CM	44:56.389	So, about how long ago was that if you were to like, ballpark?
BC	45:00.433	Couple months, (unintelligible). This is what prompted her to, uh, to kind of an ultimatum on me to stop drinking. I'm guessing.
CM	45:10.000	Mhm.



BC	45:10.670	Uh, and...I...feel supportive for obvious reasons.
CM	45:16.790	Mhm.
BC	45:17.121	It's-it's not...you know, (unintelligible) not. I hope that's not who I am.
CM	45:21.741	Mhm.
BC	45:22.000	It's...serious.
CM	45:26.362	I'm also curious like, when you say really far along, was it like thoughts? Plans? Did you ever like-
BC	45:32.000	Plans.
CM	45:32.732	-purchase anything related to the plans?
BC	45:35.476	Yes.
CM	45:36.122	Mkay like about, like all of the things?
BC	45:39.639	No, no.
CM	45:40.743	But like (unintelligible)
BC	45:42.982	Uh, a few things. So...I (unintelligible) once (unintelligible) nothing in that nature...
CM	45:50.819	Mhm.
BC	45:51.875	Like, um...What was the question I'm sorry?
CM	46:00.000	Like how- like how far along you got. Like, if you'd have got like-
BC	46:03.087	(unintelligible)
CM	46:04.538	-following people or ever getting in like, physical altercations or identifying specific people?
BC	46:10.309	Not specific people...
CM	46:13.526	Mhm.
BC	46:14.000	...there's probably a type I would've went for.
CM	46:16.522	Mhm.
BC	46:16.806	Um, not really though. I think um...I think it's more about the situation than specific people.
CM	46:24.000	Mhm.
BC	46:24.470	Uh...
BC	46:28.396	It's just that I knew how to do it.
CM	46:29.831	Mhm.
BC	46:30.304	Um...
BC	46:33.284	Actually, I think (unintelligible) hard just I didn't wanna do it. Uh, as long as (unintelligible)...um...
BC	46:41.295	I never followed anyone. Ever.
CM	46:43.029	Mhm.
BC	46:44.000	Never got that far. I...don't know how long it would have taken me to get that far.
CM	46:57.810	So (unintelligible) then stopped?

BC	47:00.263	I realized that it wasn't even close to worth it and it was just...very weird and- I don't know why I was even thinking in the first place. Like...
BC	47:14.745	I...know I can't diagnose myself as why I don't think I'm a psychopath or sociopath
CM	47:22.457	Mhm.
BC	47:23.000	I have empathy towards so many people (unintelligible) certain stuff. Um...
BC	47:29.129	So...the risks, as I said, I know how to do it – it's not that hard. But, modern technology it's...I mean...so...you guys do a (unintelligible)...
CM	47:46.314	Mhm.
BC	47:46.496	...(unintelligible) potential to be dealt with (unintelligible) like, what am I? And that was, one of the things. Another thing is like, prison. I would not last in prison.
CM	47:53.000	Mhm.
BC	47:53.368	I know what it's like. Not personally, but I've looked into it.
CM	47:57.272	Mhm.
BC	47:57.606	Just to see. Uh...I don't wanna...live with the guilt. I knew it was- even, even (unintelligible) I knew it was...
BC	48:07.648	...um...probably temporary. And just, I mean, I knew that- that eventually I wouldn't want to do it anymore. This, this...it doesn't work like that.
CM	48:25.468	Mhm.
BC	48:26.000	Um...a very recent example. Two days ago, um, one of those (unintelligible) serial killers in (unintelligible) called the original night stalker, he did a bunch of stuff in the early seventies and they just reopened his case two days ago.
CM	48:38.253	Mhm.
BC	48:38.587	You heard about this? Um...
CM	48:40.066	I haven't heard about it, but...the...
BC	48:41.212	Yeah, some-
CM	48:42.414	...those things...
BC	48:43.379	Yeah.
CM	48:43.598	...the cold cases often are often reopened.
BC	48:44.705	So, either way, I didn't think of that at all that day. It's just, uh, this isn't who I wanna be and...the...biggest issue was thinking selfishly is that, if you do it even months or even, as much as I have...it's...you can't deny it.
CM	49:04.254	Mhm.
BC	49:04.836	And (unintelligible)...it's not who I wanna be. It's not who I am.
BC	49:10.392	It's there...I bet (unintelligible) ten hours (unintelligible)
CM	49:14.248	Mhm.
BC	49:14.563	So...

CM	49:15.470	Well, I wanna thank you for sharing this with me too because (unintelligible) really difficult things to talk about...
BC	49:21.000	I...was afraid for a long time and didn't think I was gonna bring it up just because...I know what...people must think.
BC	49:33.835	And I'm aware that...it's dangerous and...I – and I'm just sort of thinking of a thought that...it's...if I actually still had these thoughts, it would be the worst idea I've ever (unintelligible)
CM	49:51.293	Mhm.
BC	49:52.181	Um...so...that was my reasoning on why I can actually (unintelligible)
CM	50:01.668	Mhm.
BC	50:03.000	So...
CM	50:04.847	(unintelligible) or the, the threat of – like, what helped you to stop. I'm curious about what thoughts of suicide. What are some things that help you not do that? So, think like, projective factors.
BC	50:17.361	Against this or suicide?
CM	50:19.831	Suicide.
BC	50:20.794	Uh...
CM	50:21.419	You identified a lot of protective factors against harming others.
BC	50:26.000	Just, uh...it's-it's all focused on my wife. I just, can't live without her, um so, if we separate it's going to be very difficult for me.
CM	50:36.733	Mhm.
BC	50:36.902	Um...I'd like to think I'm a pretty rational person, so I know that I could have thoughts like this and know that eventually...things move on and I might (unintelligible).
BC	50:51.186	I...do not see a path from where I am to there...
CM	50:55.880	Mhm.
BC	50:56.000	...if we separate. And I know that's maybe (unintelligible) one day but I don't know if I wanna move forward.
CM	51:03.782	Mhm.
BC	51:04.153	So, I don't know if there's a (unintelligible)
CM	51:07.547	Mhm.
BC	51:08.138	Cuz, if I were to kill myself, I-I will do it. It's just not gonna be like, standing on a bridge waiting for people to come and look at me. It's-that's just not something I will (unintelligible) with. There are ways you can do it where nothing can prevent it.
BC	51:21.612	So...yeah, it's (unintelligible)
CM	51:26.660	Mhm.
BC	51:26.931	None?
CM	51:37.500	Um, I'm curious about if you're aware of different resources we have um, either on campus or nationally for, um, because what suicide is, is a really impulsive thing.
BC	51:48.458	Yeah.

CM	51:48.425	Right, so like what you mentioned in those moments where you don't see any other options.
BC	51:52.409	Mhm.
CM	51:52.815	Um, things that (unintelligible) a span of like fifteen seconds before people make that decision, and so one of the things we talk about is knowing about different resources and reaching out to (unintelligible) any of those, in those moments.
BC	52:05.123	Um, I'm aware they exist but, I don't know any personally. So...
CM	52:10.206	Okay.
BC	52:11.405	Yeah.
CM	52:12.096	Um...
BC	52:12.697	Part of the issue is I know that guaranteed rates of suicide are (unintelligible) so, um, in one it was inhalation by nitrogen I think is- I think that's the...that's the...
BC	52:25.879	There's a gaseous substance, you just inhale and fall asleep and die.
CM	52:28.752	Mhm.
BC	52:29.449	Cuz your lungs can't tell the difference between it and the air, so you just breathe in a suffocate and (unintelligible)
BC	52:36.503	I think it's (unintelligible)
CM	52:36.856	(unintelligible). No, it's not.
BC	52:38.860	Oh.
CM	52:39.271	Seems like you've done some research (laughs)...um...
BC	52:41.084	Uh...
CM	52:41.333	Um...
BC	52:42.134	...that, that, I didn't I just knew about this one because it was something I came across.
CM	52:46.277	Okay.
BC	52:46.325	I haven't done any research into it, I just-I just know about it.
CM	52:49.150	Okay.
BC	52:49.532	Yeah, it's-it's one of the molecules in your atom, which (unintelligible) I think it's nitrogen, you just ya know, die. So...
CM	52:56.711	Um, so some of the emergent centers, I mean you can walk into the center anytime during business hours so if you really feel overwhelmed and just need somebody to talk to it's called an emergency walk-in.
BC	53:07.000	Okay.
CM	53:07.307	Um, there's also McKinley, um you can walk into any ER. So not only for like physical health, there's also um psychological assistance there.
CM	53:18.217	Um, there are also a lot of hotlines so, in the middle of the night if you wake up like, especially with like insomnia things like that. Just having somebody to talk to in those moments can be really helpful.

CM	53:28.000	Um, so we have this, which you can take and (unintelligible) things.
BC	53:31.624	Okay, thank you.
CM	53:33.600	Um, what are your thoughts on those? Do you think those are things you'll be able to utilize?
BC	53:39.566	Uh, yeah, I can call. Yeah, I-I could, I could do that.
CM	53:44.000	Okay.
BC	53:44.415	So...
CM	53:45.675	Um, I'm also interested in what sort of treatment you were interested in when you came in. My favorite question of the day is like, what are you hoping...
BC	53:53.902	Uh...
CM	53:54.007	...to have when you came in today?
BC	53:57.110	...my psychiatrist, um, awhile ago now, gave me the number but...so, I don't really talk to her about much.
CM	54:03.600	Mhm.
BC	54:03.887	She knows I've had substance abuse (unintelligible). The only thing I talked to her about was alcohol. She obviously doesn't know I abused the Ambien.
BC	54:10.397	Um, so she gave me the number of this place for the alcohol and drug abuse (unintelligible). Um, and that's how I found out about it.
CM	54:20.276	Mhm.
BC	54:20.629	Uh, and I've been putting it off, it off because you know, everything's just focused me but now that my wife is also very involved with this...
CM	54:28.284	Mhm.
BC	54:29.000	...I decided to finally call. So, I don't think I really have any (unintelligible) expectations, I just, knew that this was a step I should take.
CM	54:35.209	Absolutely, I think it's a good idea.
BC	54:36.421	Yes.
CM	54:38.000	Um...so one of the things we can set you up with is called um, an (unintelligible) assessment so you get connected with one of our like, specialized (unintelligible) counselors.
BC	54:49.622	Okay.
CM	54:50.099	Um and then they meet with you twice uh and then make recommendations on different treatment.
BC	54:56.638	Okay.
CM	54:56.924	Um, one of the things that I think about is called Discovery group, so it's uh, a group of people that come together. It's facilitated by two licensed psychologists. Um and then they like, provide support for each other. A lot of people who have been dealing with (unintelligible) substance and process addictions.



CM	55:14.952	Um, and that's something that (unintelligible) the entire time. I think people have been in there I think upwards of like five, six years. So, this is going to be really helpful.
CM	55:26.855	Um...they can also make community referrals and help facilitate things; uh I know graduation is coming up pretty soon...
BC	55:33.632	Yeah.
CM	55:33.737	...so, getting connected with services wherever you end up will be really helpful to you.
BC	55:37.603	Okay.
CM	55:38.491	Um, so how do you feel about that?
BC	55:42.000	I could try. I'm willing to try new things.
CM	55:45.000	Ok, great. Um, so what we can do is we can schedule an (unintelligible) assessment.
CM	55:54.450	Um and then they can make I think a more informed AOD assessment, um, than I can provide.
BC	56:00.321	Okay.
CM	56:00.741	Um, one of the things I was also wondering if you'd be okay with is if we consulted with one of the-the staff just about risk. Like I said, I'm an intern so one of the things if people endure is, um, like thoughts of suicide especially with recent ones, they want us to consult.
BC	56:17.149	That's fine.
CM	56:18.000	Is that okay?
BC	56:18.294	Yeah, I don't mind.
CM	56:19.249	Okay, um...so let me see if I can get someone to come in with us.
BC	56:24.776	Okay.
CM	56:25.730	Hang on.
CM	56:52.432	(unintelligible) be helpful too cuz they can be um, get connected with services involved and knowing resources . Uh, it sounds like your-your wife's supportive and that's good.
CM	57:02.664	Um, but I think what just concerns me is like the reason for living being her and if something does happen or if something goes wrong with that, um I just want to make sure we have an idea of what we can do to keep you safe.
BC	57:15.377	Okay.
CM	57:16.485	Um...so we should be getting someone...shortly.
CM	57:30.000	Are there other things that you think will be helpful to talk about or questions you wished you'd asked?
BC	57:34.536	That's pretty much it...so...
CM	57:36.225	Okay.
BC	57:37.648	...yeah. That-that's actually everything, I think.
CM	57:39.604	(unintelligible). I'm trying to think of other things...um...
CM	57:45.742	I think I would definitely recommend continuing with the moderation plan.

BC	57:49.484	Yeah.
CM	57:49.885	I think, like a month, uh, of not using alcohol and then a week (unintelligible) get the substances (unintelligible) great.
CM	57:57.492	Um, one of the things I consider to be my mindful of different, um, (unintelligible)...um...
CM	58:10.407	Like, compensation behaviors or compensatory behaviors, uh, especially since you (unintelligible) before the substances, like all the medications. Were those compensatory behaviors before?
CM	58:20.744	Um, I'd be on the look out for what might be coming up to, um, that might be things like internet usage, relying on like, video games or different types of, like, escapism. Um...
CM	58:34.219	I always think from like a harm reduction approach so like, if that keeps you safe; if that improves your relationship, I pick and choose with those things. But just be mindful of them and how they might impact.
BC	58:45.364	Okay.
CM	58:46.000	Um...are there any things that you imagine?
BC	58:50.471	Uh, I have been addicted to video games in the past for sure...
CM	58:53.210	Mhm.
BC	58:53.420	...so, I will need to watch out for that.
CM	58:56.399	Mhm.
BC	58:56.580	For sure.
CM	58:57.544	Uh-
BC	58:57.735	Um-
CM	58:57.744	-are there particular types of video games?
BC	59:00.083	(unintelligible)
CM	59:01.000	Huh
BC	59:01.143	So, I play them a lot...
CM	59:03.376	Mhm.
BC	59:03.481	So, it's a...I don't consider it a problem but uh, sometimes I guess it is.
CM	59:09.619	Mkay.
BC	59:10.115	Uh...and...yeah, it's happened before. I get addicted to one and just cling to it.
CM	59:16.558	Mhm.
BC	59:16.873	So, um, that could happen.
CM	59:19.632	Mkay (unintelligible)...so yeah, be mindful of that.
BC	59:22.638	Yeah.
CM	59:23.259	Um and I think about like moderation with that. So, if it is something you can like, feel if you can (unintelligible), like is playing four an hour enough? Too much?
BC	59:33.844	Mhm.
CM	59:34.000	Um, being mindful of how you can moderate that...

BC	59:36.597	Okay.
CM	59:36.799	...or stay on top of that.
CM	59:39.062	And then be curious about compensatory behaviors after that
BC	59:42.000	Yeah.
CM	59:42.945	Um...I'm curious also about like, different times, um, or like what support you might want from your wife – what can she do to help be a part of this process?
BC	59:56.000	Uh...just, spend time with me. That's what I want. So, um...I mean the past two days we've actually spent some time together where we were actually talking about it and I know we both had a good time.
CM	1:00:08.715	Mhm.
BC	1:00:09.287	Um, and I wanna keep doing it.
CM	1:00:12.499	Mhm.
BC	1:00:13.006	It's...if she wants to support me that's (unintelligible)
CM	1:00:16.244	Okay, great. Um...sometimes in these situations I encourage like, really specific things because uh, sometimes like, um, you can ask for help or support but then what you need is entirely different than what the other person needs.
BC	1:00:32.000	Mhm.
CM	1:00:32.392	Um, so I look into like, like spending time. So, like on Tuesday could we do this specific thing together, that we both enjoy.
BC	1:00:41.431	Mhm.
CM	1:00:41.786	Um, sometimes even planning that for when you know that you might be at higher risk for substance use so planning these things can be really helpful.
BC	1:00:50.178	Okay.
CM	1:00:51.549	So, it's like how do we help others help us (unintelligible) specifically.
BC	1:00:54.989	I will definitely tell her about that, I think she would find it interesting.
CM	1:00:58.000	Mhm (unintelligible) great.
BC	1:00:59.382	She'll like that idea.
CM	1:01:00.512	Mhm. Um, I also think about things to help out with the sleep because everything can get more difficult um-
BC	1:01:06.872	Yeah.
CM	1:01:07.151	-with limited sleep. Um...I'm trying to think. Do you have a smart phone?
BC	1:01:14.181	I do.
CM	1:01:15.126	Um, there's a free app called stop where you think...
BC	1:01:18.687	Okay.
CM	1:01:18.897	Uh, an (unintelligible) timer and what both of those do is um, you type in your mood, which is helpful because it can be kind of like a mood tracker when you're sort of going through the days, um

		and then you can put in how much time you have and then it suggests different types of like, deep-breathing, grounding exercises.
CM	1:01:35.686	Uh, and these are really helpful for behavioral interventions for, especially anxiety and depression um, because what anxiety does is it either pulls you into the future or it sticks you in the past and you lose sight of the present moment.
BC	1:01:48.711	Mhm.
CM	1:01:48.940	Uh, and then it can feel very dangerous to your body so it's when like, you get like, the pops of adrenaline and um, fast breathing, shallow breathing...
BC	1:01:56.566	Yeah.
CM	1:01:56.757	...things like that. Um, and particularly for sleep there's one called a body scan...
BC	1:02:02.977	Okay.
CM	1:02:03.244	Uh, and a lot of people fall asleep while doing that-
BC	1:02:06.126	Mhm.
CM	1:02:06.164	-and some don't even, make it through the body scan...
BC	1:02:07.636	Hm, okay.
CM	1:02:09.071	...um, and like anything, it's a skill. So, we always encourage people like, the first time you try some of these and you're like, figuring what works well for you and what doesn't work as well.
BC	1:02:18.846	Okay.
CM	1:02:19.506	Um...s-so yeah, so like if one doesn't work then you try others and get a sense of what does help.
BC	1:02:27.403	Okay.
CM	1:02:30.640	(unintelligible) give you all of this (unintelligible) and you could start practicing them. Um...I mean I'd like to (unintelligible) say (unintelligible), have you heard of that?
BC	1:02:41.101	No.
CM	1:02:41.741	Okay, uh so it's a way of helping to like, reset your circadian rhythm...and so it like, changes your relationship with sleep.
CM	1:03:11.433	One of these days I'll be a little more organized than I am.
CM	1:03:22.712	Uh, so different things you can go through, uh, exercise can be really helpful, so being mindful of that especially um, being into fitness already. That can be really helpful.
CM	1:03:33.503	Um, I'd also encourage continuing exercising cuz it's good connection to (unintelligible).
BC	1:03:38.701	Okay.
CM	1:03:40.115	Uh...I don't know why...I wonder if Kurt's available. He's our like, AOD specialist.
CM	1:04:20.938	I'm gonna have to hunt somebody down, um, so do you mind hanging out in the, um, lobby-
BC	1:04:27.556	Sure.

CM	1:04:27.569	-for just like, a couple minutes?
BC	1:04:28.563	(unintelligible)
CM	1:04:29.230	Any other questions you have for me before?
BC	1:04:31.035	No, I don't.
CM	1:04:31.584	Okay. I'll go find somebody. It should only take like, a couple minutes.

**END OF DIALOGUE**