

# BIT IN PRACTICE

## *Jesse: Where is Walter, anyway?*

### INSTRUCTIONS

Step 1: Listen to the recording of the case study as you read along with the text below.

Step 2: Discuss the included questions as a team.

Step 3: Watch the video of NaBITA advisory board members talking through how they would handle the case.

### THE CASE STUDY

Jesse is a junior in college majoring in film studies. He comes into a counseling session very concerned about his life. He shares he has gotten himself into a difficult situation with being behind in some gambling debts owed to the person he buys his drugs from on campus. He doesn't want to share the person's name but is concerned because the person told him if he doesn't pay up by the end of the week, that "something bad is going to happen to you or someone you care about." Academically, he is earning mostly A's and B's, though he says he "parties way more than he should" on the weekends. He also has been having trouble attending class the past two weeks and is increasingly nervous and worried about being attacked. When asked about his drug use in more detail, he describes using multiple drugs including alcohol, cocaine, and hydrocodone. He also mentions using ketamine and ecstasy a few times a month at raves. The counselor expressed concern about the threats and his drug use and was able to talk Jesse into walking over to the chair of the college's BIT to talk about what to do next.

Jesse remains nervous at the meeting with the BIT chair and does not want to share with the chair the identity of the person who is threatening him. He is worried for his safety and worried he would be targeted even more for snitching. He seems increasingly agitated about his decision to come over to talk about this with the BIT chair and says: "This isn't going to help. Nothing is going to help. I probably should just kill myself." Jesse agrees to go back to counseling for some more talk to try to calm him down.

The BIT chair gathers the team to talk about options moving forward. Jesse agrees to not kill himself and agrees to come in to meet tomorrow to talk about his options. He shares with counseling: "Listen, I don't want you to tell anyone this on the team, but I'm also not doing so great. This guy was the one person who was giving me Adderall, and I feel super antsy and jittery without it. I haven't had it since yesterday and I can't think straight. Nothing helps." He asked if there was something the counseling director could do in terms of a referral for medication services or a note to the emergency room doctor. The counselor said they could not do that, given he wasn't prescribed the adderall. Jesse leaves and says: "Fine. I never should have come here. No one wants to help me. I don't even know why I bother. Maybe just killing myself is the best solution." The counselor expressed concerns about this statement and Jesse says: "Yeah, yeah. I promise I won't kill myself. Like you fucking care." He says the word promise very sarcastically.

### DISCUSSION

- How might this case have changed if Jesse was not willing to have information shared with the BIT?
- What are the concerns for physical violence in this case (beyond just a threat to Jesse)?
- What other medical referrals might be helpful for Jesse as he is looking for adderall?
- Discuss the challenge of these referrals, as he doesn't seem to be wanting to change his behavior.
- What role does law enforcement and student conduct have in this case?
- At what point would parent or a legal guardian notification be appropriate?