

## ARC Patient Navigator Training

### Case Study 3: Elizabeth

Elizabeth is a very successful businesswoman in the high-stress high-powered world of corporate finance. She presents herself as a no-nonsense business professional. She is frank and honest about the events that have brought her to this point.

*“About five years ago I started having trouble sleeping and started to take a tranquilizer. I used to take one or two pills, three or four times per week to help me sleep through the entire night.*

*I now take pills every night. I also take diet pills to control my weight.*

She drinks at least 3 to 4 cups of coffee daily, even on the weekends. Elizabeth noticed that her sleeping problems developed around the same time her Dad died suddenly in August 2017. He was in his early 50’s and they were very close. His death hit her very hard. Elizabeth is an only child and her mother passed away when Elizabeth was 10 years old.

She said she felt like she was sinking into a severe depression, but fought it by “working more and more.” She used to go to the gym for spinning classes at least three times a week in the morning before going to work. However, over the last year she has become more reclusive. She can barely make it to business dinners and after-work functions.

Elizabeth has noticed that she has been steadily increasing her use of wine. Before, she would only have a few glasses with dinner but now: *“More often than not I finish the bottle before going to bed. I just can’t seem to stop.”*

Last week Elizabeth met with her primary care physician, Dr. Ken Williams. Together they discussed that she is no longer able to control her drinking and that her consumption of sleeping pills has increased. They agreed that an Addiction Services Program be pursued and the ARC Community Resource referral form was completed.