



## **Scenario Tim & Jason (Part 1) Notes for the person who will role-play 'Tim'**

### **Background information**

You have moved to a small town due to your work in the mining industry. Most of your close friends and family live interstate. You have always enjoyed being active, especially hiking and kayaking. In recent months, you have been home bound, not working due to some work-place issues. Your connections with family and friends have been through social media, but lately you're feeling it's even harder for you to stay connected. Last year, a long term relationship ended badly. You have noticed since then your drinking has increased, especially in the evenings and you've started smoking cannabis. You're also playing video games late into the night, making it hard to get up in the mornings. Your uncle Jason who you have always been close to, has been trying to reach out over the phone. You've been shrugging him off, afraid that you've been a bit 'moody' and agitated with him in your last few chats and he's going to bring it up, however you agree to having a catch up with him one Saturday afternoon over Skype.

### **START OF THE PRACTICE CONVERSATION**

This conversation takes place via video, on Skype. You can't be bothered cleaning up your living room which has a couple of empty whisky bottles, and some cannabis on the table. You are feeling tired and edgy, and lose track of what you are saying more than once during the conversation.

### **Jason will start the conversation.**

- If / when Jason asks how you are and what's been going on in your life, you admit that you've been struggling a bit (feeling lonely / flat) but play it down and say you'll be fine.
- If / when Jason persists in encouraging you to talk more about your struggles and the impact these might be having, you deflect and say it's only temporary, you'll get over it.
- If / when your Jason expresses concern about your well-being and specifically concerns about your substance use, you start to deflect but then open-up about your feelings and be honest about the impact this could be having on your mood.

### **Other things you could say:**

- "I probably drinking more and taking more intense drugs these days, but I'll be ok. I just need to cut back a little once I'm back at work."
- "I just don't like being at home. I feel really bored and find I just sit around not wanting to get out or go for a hike."
- "I find it really hard to sleep - my sleeping patterns are all mucked up."



## **Scenario Tim & Jason (Part 1) Notes for the person who will role-play 'Jason'**

### **Background information**

Tim, your nephew who works in the mining industry, lives interstate from you. You are very close to Tim, and he usually rings you once or twice a month. Lately you hear from another family member that Tim has not been able to go to work and has been home bound and this has impacted on Tim's ability to socialise with his mates, increasing his isolation from both work and social connections. This family member reports that Tim has appeared quite unhappy for some weeks now, but he denies needing help with this. You are aware that Tim has also experienced some setbacks in his personal life. For example, a relationship ended badly a few months ago. You realise that you haven't heard from Tim for a couple of months now, and when you did he seemed a bit angry and agitated, his speech is slurred and he told you that he has started to drink more in the evenings. You are increasingly concerned that substance use might be a problem for Tim and you decide you want to discuss it with him.

### **START OF THE PRACTICE CONVERSATION**

Tim finally agrees to a catch up over Skype, which he is late to. You notice that he seems very tired and edgy, and loses track of what he is saying more than once during the conversation. As he talks, you notice several empty bottles of whisky in his living room and what looks like some cannabis on a table.

#### **You start the conversation.**

- Begin with general chit chat about family and mutual interests.
- Ask Tim how he is going.
- Even if Tim deflects, or is evasive in letting you know how he really is, keep trying to make him feel comfortable in talking with you.
- Share some of your concerns for Tim in terms of his struggles, general wellbeing and substance use. Reassure him that you care for him and are concerned.
- If Tim tells you things that cause you to be concerned for his mental wellbeing, and substance use engage him in further conversation about what he is thinking and how he is feeling.



## **Scenario Tim & Jason (Part 2) Notes for the person who will role-play 'Tim'**

### **Background information**

After your conversation with Jason, you went to your GP, who referred you to your current psychologist who you continue to see on a monthly basis via Tele Health. You have been working with your psychologist to learn more effective coping strategies to manage your mental health and have since ceased smoking cannabis and your alcohol use has reduced. However, in the past week you notice that you have been worrying a lot, and last week you think you might even have had a panic attack. Sometimes the anxiety is so full on, that you worry you might have another panic attack. You are due to catch up with Jason for a follow up chat since you last spoke to him on Skype.

### **START OF THE PRACTICE CONVERSATION**

When Jason contacts you on Skype to ask how you have been, you launch straight into how anxious you are. You feel okay to talk openly about this feeling reassured that talking with Jason will help. After all he was the one who encouraged you to get some help last time.

#### **You start the conversation.**

- You tell Jason how anxious you have been feeling lately and that you lie awake worrying at night.
- You mention that you have tried so hard not to smoke cannabis even though you really want to.
- You mention that last week the anxiety got so bad that you think you had a panic attack.
- You talk with Jason about how to cope with this and are open to some of the suggestions he may have.



## **Scenario Tim & Jason (Part 2) Notes for the person who will role-play 'Jason'**

### **Background information**

After your conversation with Tim, he went to his GP and was referred to his current psychologist who he continues to see on a monthly basis via tele-health services. Tim worked with his psychologist to learn more effective coping strategies to manage his mental health and he has since ceased smoking cannabis and his alcohol use has reduced. This was a big relief to hear as you were concerned his cannabis and alcohol use could put his job in jeopardy. At your next Skype catch up, Tim now verbalises that he is having lots of worrying thoughts and may have had a panic attack a week ago. You decide to use ALGEE to have another MHFA conversation with Tim.

### **START OF THE PRACTICE CONVERSATION**

Given you have already had one MHFA conversation with him, Tim is very open to talking to you now about how he has been feeling. He raises concern over his anxiety levels and the fact that he worried about having another panic attack.

### **Tim starts the conversation**

- You listen to how anxious Tim has been feeling
- Acknowledge that the 'terror' feels very real, but reassure Tim that a panic attack while very frightening is not life threatening
- You give information and support about panic attacks
- Remind Tim how responsive he has been to get help from his GP and Psychologist
- Encourage Tim to think about how he can continue to access his professional supports to talk about the anxiety he is feeling
- You talk with Tim about some self-care strategies he could do to support himself such as his love for the outdoors for exercise, and relaxation strategies
- You ask how to support Tim in the future