

## ADOLESCENT BRIEF INTERVENTION FRAMEWORK

BRIEF INTERVENTION STEPS	DIALOGUE/PROCEDURES
<b>1. Build Rapport</b> <ul style="list-style-type: none"> <li>Engage adolescent</li> <li>Explore substance use (CRAFTT)</li> <li>Explore values</li> </ul>	<p><i>Before we start, I'd like to know a little more about you. Would you mind telling me a little bit about yourself?</i></p> <p><i>What is a typical day like for you? How are weekdays different from weekends?</i></p> <p><i>How does your use of [X] fit in to your life? (ask CRAFTT questions)</i></p> <p><i>What are the most important things in your life right now?</i></p>
<b>2. Pros &amp; Cons</b> <ul style="list-style-type: none"> <li>Explore pros and cons</li> <li>Use reflective listening</li> <li>Summarize</li> </ul>	<p><i>I'd like to understand more about your use of [X]. What do you enjoy about [X]? What else?</i></p> <p><i>What do you enjoy less (or regret) about your use of [X]?</i></p> <p>If no cons: Explore problems mentioned from CRAFTT</p> <p><i>You mentioned that... could you tell me more about that situation?</i></p> <p><i>So on the one hand you say you enjoy [X] because... and on the other hand you say....</i></p>
<b>3. Feedback &amp; Information</b> <ul style="list-style-type: none"> <li>Ask permission</li> <li>Provide information</li> <li>Provide clear advice to quit</li> <li>Ask for thoughts</li> </ul>	<p><i>I have some information about [marijuana], would you mind if I shared it with you?</i></p> <p><i>We know that [marijuana] use can cause problems with concentration, memory and problem solving. The health effects are also similar to smoking cigarettes and include breathing problems and increased risk for asthma.</i></p> <p><i>My advice for you is to stop using; however, the decision to quit is really up to you.</i></p> <p><i>What are your thoughts about the information?</i></p>
<b>4. Readiness Ruler</b> <ul style="list-style-type: none"> <li>Use readiness scale</li> <li>Reinforce positives</li> <li>Help to envision change</li> </ul>	<p><i>To help me better understand how you feel about making a change in your use of [X]...</i></p> <p>Show readiness ruler</p> <p><i>On a scale of 0 to 10, how <u>ready</u> are you to change <u>any</u> aspect related to your use of [X]?</i></p> <p><i>That's great! That means you're ____% ready to make a change. Let's talk about what that change would look like.</i></p> <p><i>Why did you choose that number and not a lower one, like a 1 or a 2?</i></p> <p><i>Great! It sounds like you have some good reasons to change.</i></p>
<b>5. Develop an Action Plan</b> <ul style="list-style-type: none"> <li>Elicit ideas from adolescent</li> <li>Envision the future</li> <li>Explore the challenges</li> <li>Draw on past successes</li> <li>Highlight benefits of change</li> <li>Affirm ideas</li> <li>Write down action plan</li> </ul>	<p><i>What are you willing to do for now to be healthy and safe? What else?</i></p> <p><i>What do you want your life to look like down the road? Probe for goals; focus on short-term goals rather than long-term goals.</i></p> <p><i>How does this change fit with where you see yourself in the future?</i></p> <p><i>What are some of the challenges to reaching your goal?</i></p> <p><i>What have you planned or done in the past that you felt proud of? Who/what has helped you succeed? How can you use that again to help you with the challenges of changing now?</i></p> <p><i>If you make these changes, how would things be better?</i></p> <p><i>Those are great ideas!</i></p> <p><i>Is it okay for me to write down your plan? Let me summarize what we've been discussing and you let me know if there is anything you want to add or change.</i></p>
<b>6. Summarize</b> <ul style="list-style-type: none"> <li>Reinforce resilience and resources</li> <li>Provide handouts</li> <li>Give action plan</li> <li>Thank the adolescent</li> </ul>	<p>Present list of resources. Which of these services, if any, are you interested in?</p> <p>Review and give adolescent action plan.</p> <p><i>Here is the action plan that we discussed, along with your goals. This is really an agreement between you and yourself.</i></p> <p><i>Thanks so much for sharing with me today.</i></p>

*This framework is adapted from the BNI-ART Institute Youth and Adolescent Brief Intervention protocol.*

## ACTION PLAN EXAMPLE

**Date: June 4<sup>th</sup>,  
2015**

**S2BI Screen  
Result:**

	None	1-2X	Monthly	Weekly +
Alcohol			X	
Marijuana	X			
Tobacco	X			
Other	X			

**Plan:** My clinician recommends that I stop, but for now I will:

- Limit to two drinks a night.
- Never drive after drinking or ride with an impaired driver.
- I am not interested in an alcohol counseling session at this time.

**Follow Up:** In one month