

Brief Intervention: An Approach for Substance Using Adolescents

A CARS Training Program
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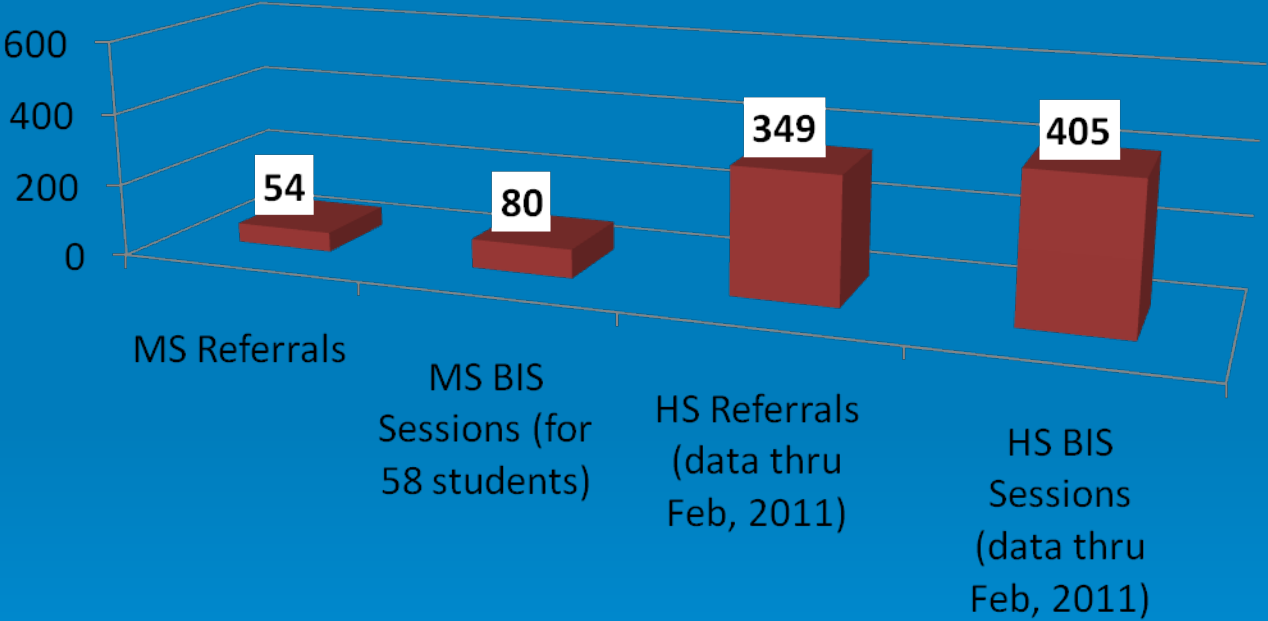
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Brief Intervention Sessions: Referrals and Sessions

SY10-11 (August 2010 through March 2011)



MS: 21 schools
HS: 19 schools

What is Brief Intervention?

It is a counseling type intervention consisting of 2 – 4 sessions for individuals who:

- Are experiencing few problems with their drug use
- Have low levels of dependence
- Have a short history of drug use
- Have stable backgrounds?
- Are unsure or ambivalent about changing their drug use

Purpose of Brief Intervention

- Provide a forum for a young person to talk about their drug use
- Give accurate information about their drug of choice
- Support the person in identifying drug use related issues that impact their health, lifestyle and relationships
- Empower the person to set goals and make informed choices relating to their drug use
- Assist the person in accessing other services

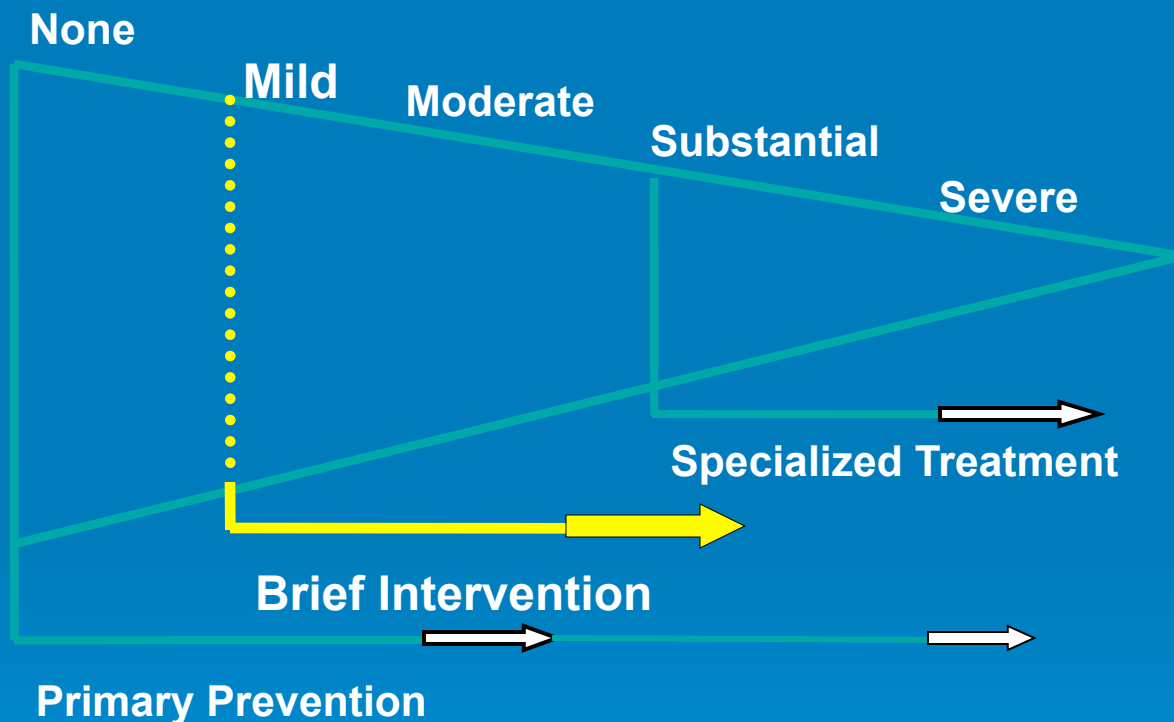
Why Brief Intervention?

- Need for prevention services specifically targeting youth with problems associated with their drug use (“indicated” population in the IOM prevention model).
- The gap between treatment need and treatment availability is significantly increasing for adolescents.
- Tightening of treatment eligibility criteria.
- Brief Interventions (e.g. 3 – 4 sessions) have recently been shown to be as effective as stand alone therapies.

Why Brief Intervention?

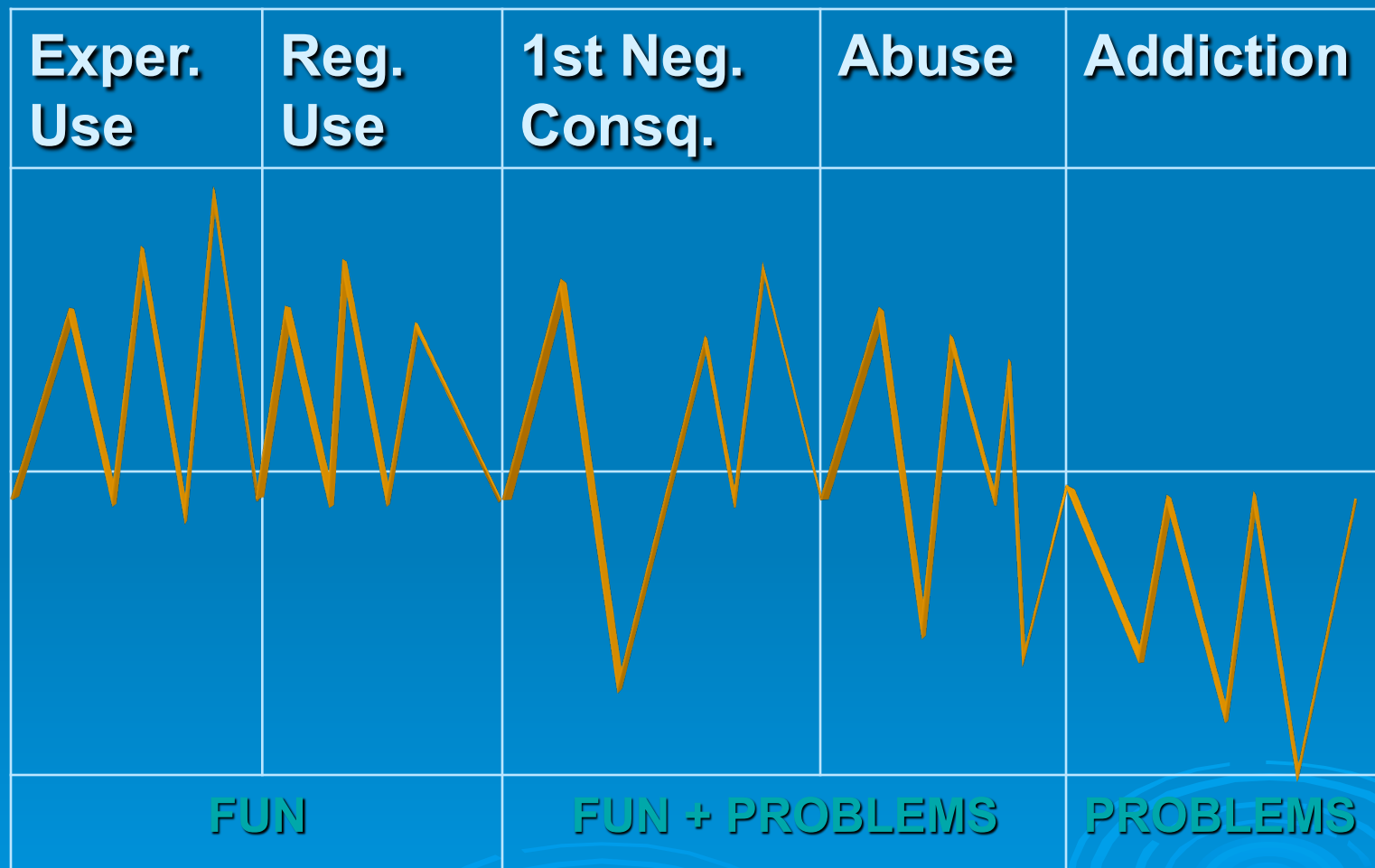
- Lower cost treatment options for less-severe adolescent AOD users.
- Brief Interventions make developmental sense given that many drug-using youth are not “career” drug abusers.
- Developmentally, young people are likely to be receptive to self-guided behavior change strategies, a cornerstone of brief interventions (Miller & Sanchez, 1993).

Spectrum of Adolescent AOD Use



(Use recent California data: Nearly $\frac{1}{4}$ of 11th graders binge drink 1 or more times each month. Many who binge also have problems with their social/school life. Brief Intervention may be the most appropriate intervention for these youths.)

Process of Addiction



Window for Brief Intervention Approach

Best Practices in Brief Intervention

It is recommended that brief intervention at a minimum includes the provision of:

- Specific information on consequences to the individual use of drugs.
- Information on harm reduction strategies relating to:
 - Overdose
 - Frequency and intensity of use
 - Utilizing safe alternatives
 - Changing the means of administration of a substance
- Referrals for additional services

Skills Required to be an Effective B.I. Worker

- Reflective Listening
- Supportive, Empathetic Style
- Complimentary vs. Punitive
- Adjust to Resistance
- Create Cognitive Dissonance

Theoretical Pillars for Brief Intervention

- Theory on Stages of Change (Proshka and Di Clemente)
- Cognitive Behavioral Therapy (CBT)
- Motivational Interviewing (Miller and Rollnick)

Why are these Important?

- One explains the stages individuals must go through to change their behaviors (Stages of Change).
- One provides a plan for individuals to change their behavior (CBT).
- One provides guidance on how to work with an individual needing to change their behavior (MI).

Stages of Change Model

Pre-contemplation	Don't plan to change	"What problem?"
Contemplation	Considering change	"Should I change?"
Preparation	Taking first steps	"Can I change?"
Action	Changing behaviors	"How do I change?"
Maintenance	Sustaining change	"Is it worth it?"

Summary

Stages of Change Model, CBT, MI

- Provides a framework to describe how people change
- Provides an effective, innovative method to help people with problem behaviors change their behavior, and can lead to improvement in a client's health outcome
- Identifies client's own fears and difficulties and helps to resolve the issues

These are the cornerstones for the Brief Intervention Approach presented in the workbook modules.

MI Recognizes...

For an individual to change, they need to:

- Recognize that a current behavior is a concern or a problem.
- Believe that they will be better off if they change.
- Believe that they are able to change.
- Know how and what they need to change.

In this way, MI builds on stages of change theory and CBT principles.

Role of the Worker in Motivational Interviewing

- Explore positive and negative consequences of drug use and be directive in helping the client examine and resolve ambivalent feelings.
- Provide opportunity to explore the client's specific concerns
- Use reflective listening and summaries to understand and communicate understanding

Role of the Worker in Motivational Interviewing (Cont.)

- Elicit self-motivational statements
- Help the client decide whether to change
- Understand the relationship is more like a partnership or companionship rather than expert/recipient roles

Four Key Principles of Motivational Interviewing*

- **Express Empathy** – acceptance facilitates change.
- **Develop Discrepancy** – consequences that conflict with important goals will favor change.
- **Roll with Resistance and Avoid Argumentation** – use this to look for solutions with the client
- **Support Self Responsibility** – the client is responsible for choosing and carrying out change.

* (Miller and Rollnick)

Brief Intervention: Training Modules

➤ Pre Session:

- Ground Rules
- Oral History of Substance Use
- Assessment Tool

Ground Rules for the Brief Intervention

- If the adolescent agrees to attend the sessions – all sessions are mandatory.
- Adolescent is requested to participate fully.
- Adolescent is requested to make a commitment to coming to the sessions clean: not under the influence of any substances.

Session One Building the Relationship:

- Ground Rules
- Confidentiality
- **Feedback from any Assessments**
- Worksheet #1, Pros and Cons
- Worksheet #2, What If?
- Worksheet #3, What Triggers Me?
- Worksheet #4, How Ready am I to Change?
- Worksheet #5, Social Support Worksheet
- Worksheet #6. Establishing Goals

Brief Intervention Principles

- This program is about you and for you.
- The purpose of this program is to help you to explore ways of doing things in your life that might work better for you.
- You are the only person who can decide if you want to change.
- You are the only person powerful enough to make any changes that you decide on.
- I am not here to make you change.
- I am here to help you explore the possibility of changing.
- To help you explore if changing is something you want to do...and if so, what those changes might be and how would you accomplish them.

Session Two: Enhancing Motivation to Change

- Worksheet #6, How Ready Am I to Change?
- Worksheet #7, Emergency Planning
- Worksheet #8, How Ready am I to Change?
- Worksheet #9, Setting New Goals

Session Four: Optional Parent/Guardian Session

- To receive more information about obtaining a Brief Intervention training at your school, contact:
- Barbara Thorsen, Center for Applied Research Solutions (CARS), (707) 568-3800
- bthorsen@cars-rp.org.