

Brief intervention substance MISuse in adolescents

Using the Spirit, Processes and Core
Skills of Motivational Interviewing to
Build on Strengths and Promote
Resilience

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Overview

- What is a Brief Intervention?
- Principles and Flow
- Tools
- Cases

Power of Relationships in Primary Care

- How does the brief intervention provide a framework for being in caring and connected relationships with adolescent patients over time?
- How does the brief intervention support resilience and healthy development in adolescent patients?

What Is A Brief Intervention?

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- Summarize adolescent's priorities and motivation and seek confirmation of shared understanding
- Together with the patient make a plan for going forward
- Follow-up, monitor progress, reflect, continue motivational interviewing as a frame for supporting self efficacy and change over time

5 Principles of Motivational Interviewing

- EE Express Empathy
- AA Avoid Argumentation
- RR Roll with Resistance
- SS Support Self Efficacy
- DD Develop Discrepancy

What MI Is Not

- It is NOT non-directive
- It is NOT a technique
- It is NOT a solution to all clinical problems
- It is NOT a comprehensive theory of change
- It is NOT a form of psychotherapy
- It is NOT necessary to be an expert at MI to use the spirit, processes and core skills of MI in communication with patients

Directive Approach to Communication

Communication Via Motivational Interviewing...

- EVOKES what is already present and does NOT prescribe what is absent
- Respectfully identifies the common problem of ambivalence to change
- Recognizes that the most powerful motivations for changing our behaviors don't come from others, but come from ourselves
- Is evidence based
- Is grounded in health-behavior theory

Four Processes of MI

Case # 1

- Tyler is a 14 year old boy, here for WCC
- CRAFFT = 2, for Car and Relax
- Desire for Change is 3
- Tyler smokes marijuana about 5 days a week, often with his older brother.

Core Skills of Motivational Interviewing

- OARS
- Open-Ended Questions
 - “Describe what you enjoy about drinking.”
 - “Why is drinking with your friends important to you now?”
 - Tell me about your smoking.”

Affirmation

- You handled that challenge with courage.”
- “You really worked hard this week.”
- “I am proud of you for meeting your goal!”

Core Skills of Motivational Interviewing (con't)

- REFLECTIVE (LISTENING) STATEMENTS
 - *I almost died last month; I can't believe I get another chance.*
 - "You're lucky to be alive."
 - *I've hurt my parents and now they won't let me use the car.*
 - "You really want your parents to trust you again."
 - *I feel so edgy and nervous since I stopped smoking.*
 - "Your anxiety is uncomfortable and really concerns you."
- Summary
 - So here's what you've told me so far. You were concerned about your parents reaction, and possible impact on your college admission after you were arrested for soliciting someone of age to purchase alcohol for you. However, your blood alcohol level was zero at that time and that showed that you're in control of your drinking. Yet you've said that you feel best at school when you've had a shot or two in the morning. What else have you noticed?

Case # 2

- Melanie is 16 years old, here for WCC. She is interested in discussing birth control options, specifically nexplanon
- CRAFFT = 3, for Relax, Car, and Trouble
- Desire for Change = 1

Assessing Readiness to Change

Developing Discrepancy: Change Talk vs. Sustain Talk

D esire

A bility

R easons

N eed

C ommittment

Case # 3

- John is 17, here for WCC.
- CRAFFT = 4, for Car, Relax, Family, and Regret
- Desire for Change = 6
- John is a good student, plays hockey and lacrosse, and is captain of both teams

LISTEN, DON'T LECTURE

- <https://youtu.be/-4EDhdAHrOg>

Case # 4

- Blake is a 17 year old adolescent female
- She is a 3rd year student at a prestigious boarding school and anxious about getting into a top college
- Her CRAFFT is 4 for RELAX, ALONE, FORGET and FRIENDS
- Motivation for change is a 6
- She likes to drink because it helps her relax
- She occasionally smokes pot but she doesn't like it because she feels more anxious and has difficulty staying focused when she smokes

Case # 5

- Tim is a 13 year old adolescent male
- He lives with his single-parent mother, an alcoholic
- Before his older brother left home last year he introduced Tim to pot
- His CRAFFT is a 3 for CAR, RELAX and ALONE
- Motivation for change is a 2
- He smokes 3-4 times/week, usually alone
- He scoffs at the idea of drinking alcohol because he thinks his mother is a wreck-he says he dislikes her

Case # 6

- Jim is a 22 year old college senior
- He is interested in food sustainability and passionate about making craft beers
- He drinks with his many friends on the weekends and describes himself as the life of the party
- His CRAFFT is a 3 for FORGET, FRIENDS and TROUBLE
- His motivation for change is a 9
- He wonders if he can be sober and still achieve the dream of owning his own craft beer company some day

Citation

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