

BNI-ART INSTITUTE YOUTH & ADOLESCENT BRIEF INTERVENTION

| BNI STEPS | DIALOGUE/PROCEDURES |
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| <p>Introduction/Ask Permission</p> <p>1. Engagement</p> | <p>Could we talk a little bit more about your use of alcohol/drugs?</p> <p>Before we start, I'd like to know a little more about you. Would you mind telling me a little bit about yourself. What is a typical day like for you? How does alcohol/drugs fit in?</p> <p>What are the most important things in your life right now?</p> |
| <p>2. Pros & Cons</p> <ul style="list-style-type: none"> • Explore Pros and Cons <ul style="list-style-type: none"> • Summarize | <p>I'd like to understand more about your use of (X). What do you enjoy about [X]? What else?"</p> <p>What do you enjoy less about [X] or regret about your use. <i>If NO con's: Explore problems mentioned during the CRAFFT, You mentioned that.... can you tell me more about that situation?</i></p> <p>So, on one hand you say you enjoy X because... And on the other hand you said....</p> |
| <p>3. Feedback</p> <ul style="list-style-type: none"> • Ask permission • Provide information • Elicit response | <p>I have some information about the guidelines for low-risk drinking, would you mind if I shared them with you?</p> <p>We know that for adults drinking 4+ (F)/5+ (M) drinks in one sitting or more than 7 (F) /14 (M) in a week and/or use of illicit drugs can put you at risk for illness or injury. It can also cause health problems like [insert medical information].</p> <p>What are your thoughts on that?</p> |
| <p>4. Readiness Ruler</p> <ul style="list-style-type: none"> • Readiness Scale • Reinforce positives • Elicit change talk | <p>To help me better understand how you feel about making a change in your use of X, [show readiness ruler]. On a scale from 1-10, how ready are you to change <u>any</u> aspect related to your use of [X]?</p> <p>That's great! It mean's your ___% ready to make a change.</p> <p>Why did you choose that number and not a lower one like a 1 or a 2?</p> <p>It sounds like you have reasons to change.</p> |
| <p>5. Negotiate Action Plan</p> <ul style="list-style-type: none"> • Write down Action Plan • Envisioning the future • Exploring challenges • Drawing on past successes • Benefits of change | <p>What are you willing to do for now to be healthy and safe? ...what else?</p> <p>What do you want your life to look like down the road? (<i>probe for goals</i>) How does this change fit with where you see yourself in the future?</p> <p>What are some challenges to reaching your goal?</p> <p>What have you planned/done in the past that you felt proud of? Who/what has helped you succeed? How can you use that (person) (method) again to help you with the challenges of changing now?"</p> <p>If you make these changes how would things be better?</p> |
| <p>6. Summarize & Thank</p> <ul style="list-style-type: none"> • Reinforce resilience & resources • Provide handouts/referrals • Give Action Plan • Thank the patient | <p>Let's summarize what we've been discussing and you let me know if there's anything you want to add or change... (<i>Review Action Plan</i>)</p> <p><i>Present list of resources:</i> Which of these services, if any, are you interested in?</p> <p>Here's the action plan that we discussed, along with your goals. This is an agreement between and yourself. Feel free to sign it of you wish. Thanks so much for sharing with me today!</p> |

CRAFFT for Adolescents

(score = ___ out of 6)

Have you ever ridden in a CAR driven by someone (including yourself) who was "high" or had been using alcohol or drugs?

¹ yes

² no

Do you ever use alcohol or drugs to RELAX, feel better about yourself, or fit in?

¹ yes

² no

Do you ever use alcohol or drugs while you are by yourself, ALONE?

¹ yes

² no

Do your family or FRIENDS ever tell you that you should cut down on your drinking or drug use?

¹ yes

² no

Do you ever FORGET things you did while using alcohol or drugs?

¹ yes

² no

Have you gotten into TROUBLE while you were using alcohol or drugs?

¹ yes

² no