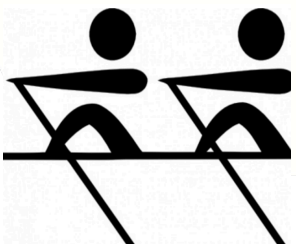


Screening Brief Interview & Motivational Interviewing



gail_basch@rush.edu

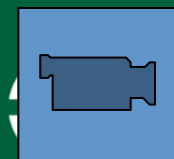


SBIRT AT RUSH

Screen			Probable Risk* & Recommended Action	
Women of All Ages and Men 65 Years or Older			*Actual risk can only be determined by assessment	
<i>In the past year, have you had 4 or more drinks in a day?</i>			No "YES" Responses	Low
<i>In a typical week, do you have more than 7 drinks?</i>			Exceeds Daily <u>or</u> Weekly Limit	Moderate
Men Under 65 Years Old			Any of the Below: <ul style="list-style-type: none"> Exceeds Daily & Weekly Limit Drank More Than Intended Thought of Cutting Down Intoxicated When Could Have Hurt Self or Others 	Higher
<i>In the past year, have you had 5 or more drinks in a day?</i>				
<i>In a typical week, do you have more than 14 drinks?</i>			"YES" to Illicit/Rx Drug Misuse	TBD by Assessment
Women and Men: <i>In the past year have you...</i>				
<i>used pot, other street drugs, or Rx drugs for non-medical reasons?</i>				
<i>drank more than you meant to?</i>				
<i>thought about cutting down on your drinking/drug use?</i>				
<i>been intoxicated when you could hurt yourself/others?</i>			Low Risk	Reinforce
Low Risk Limits	Drinks/Day	Drinks/Week	Moderate Risk	Brief Intervention
All Women & Men ≥ 65	3	7	Higher Risk	Brief Intervention +Assess for SUD +Consider Referral
Men < 65	4	14		



SBIRT AT RUSH



Nearly 1 in 12 Americans have used illicit drugs.



<http://myrush.rush.edu/outpatientpsych>



I N T E R V E N E	1.	Raise the Subject	<i>Is it okay if we talk about your substance use? Can you tell me about your...</i>
	2.	Provide Feedback	<i>Your [alcohol/drug] use is above safe limits and I'm concerned about how that affects your health.</i>
	3.	Offer Advice	<i>I'd like you to consider cutting back on your _____ use.</i>
	4.	Enhance Motivation	<p>Use OARS techniques to enhance internal motivation.</p> <ul style="list-style-type: none"> • <i>What are some of the pros and cons of your _____ use?</i> • <i>On a scale of 0 – 10, how ready are you to cut down?</i>
	5.	Negotiate a Plan	<ul style="list-style-type: none"> • <i>What steps can you take to cut down?</i> • <i>Can we schedule a follow-up visit to talk about this?</i>

Call SAMHSA's Free 24 Hour Toll-Free Treatment Referral Helpline at: 1-800-662-4357

Key Motivational Interviewing Techniques

OARS:	<u>O</u> pen ended questions	<u>A</u> ffirmations	<u>R</u> eflections	<u>S</u> ummaries
REDS:	<u>R</u> oll with resistance	<u>E</u> xpress empathy	<u>D</u> evelop discrepancy	<u>S</u> upport self-efficacy

Readiness Ruler



STANDARD OF CARE



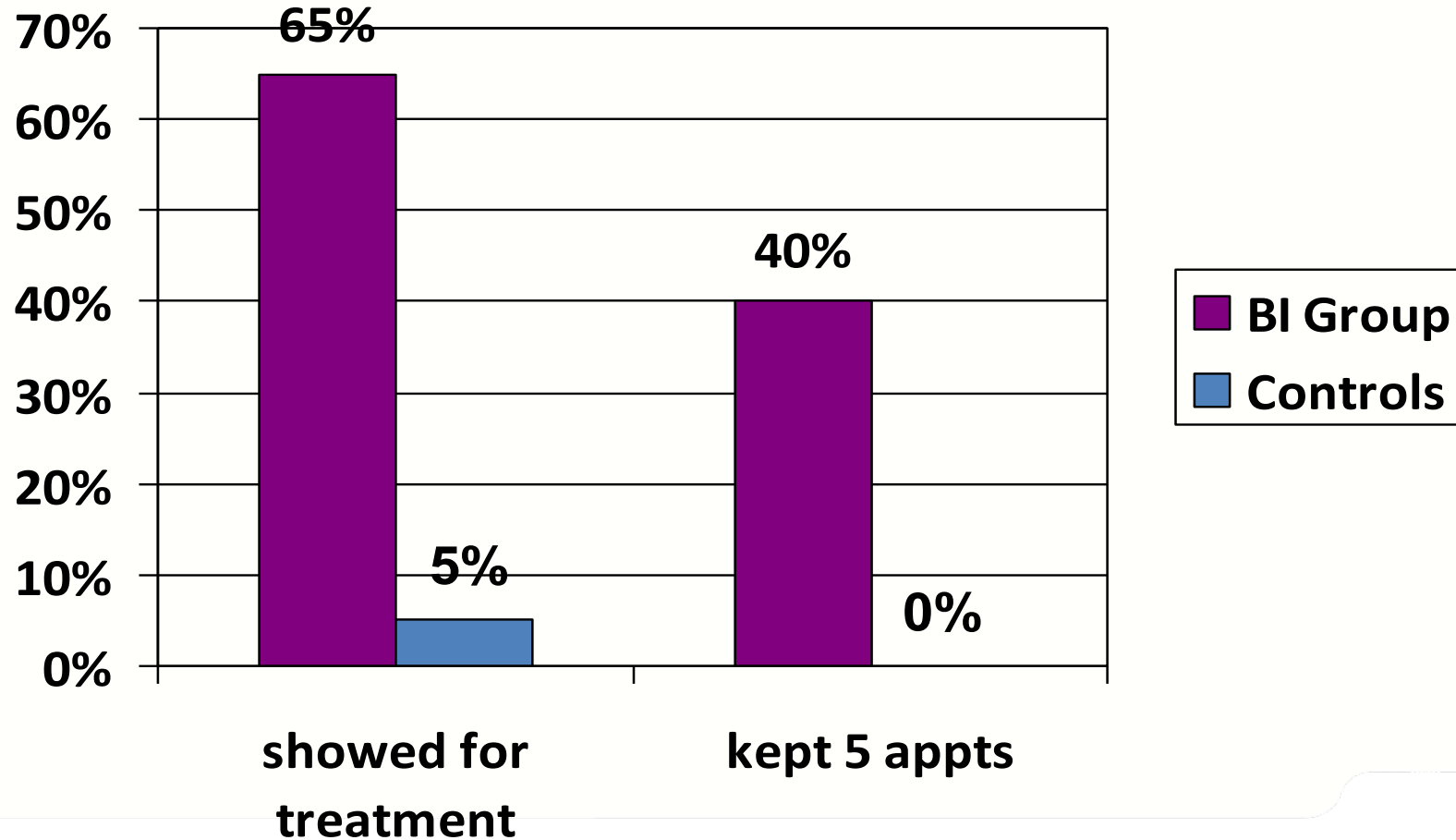
MOTIVATIONAL INTERVIEWING



WHY DO SBIRT?



- 200 Homeless pts w alcohol dep MGH ED in 1962



Chafetz et al. Establishing treatment relations with alcoholics.. *J Nerv Ment Dis* 1962; 134: 390-410.

TWO APPROACHES

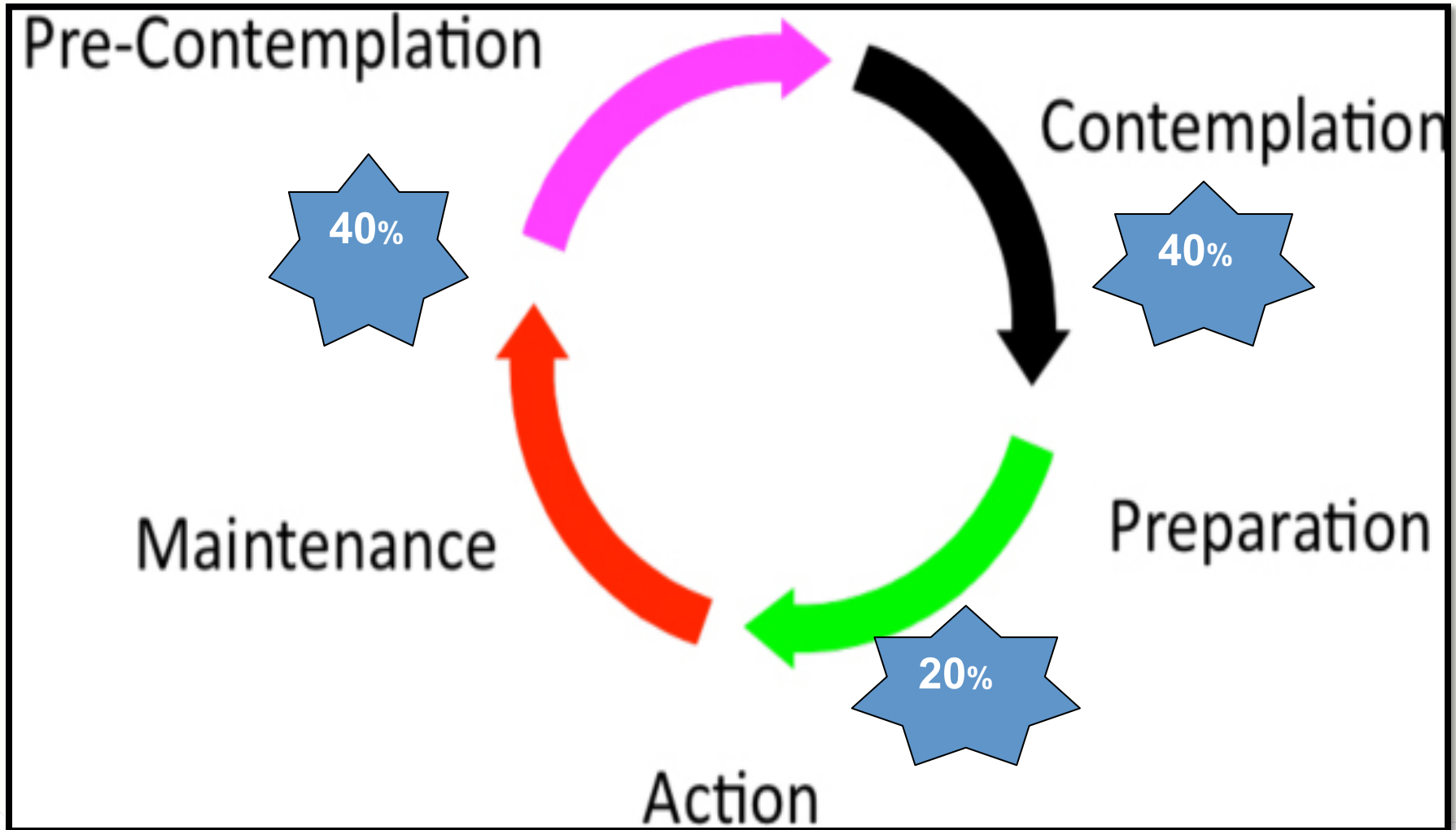


<https://www.youtube.com/watch?v=ZGETDcFcAbl&feature=youtu.be>

<https://www.youtube.com/watch?v=uL8QyJF2wVw&feature=youtu.be>

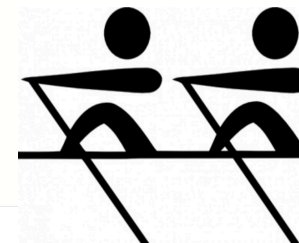
<https://youtu.be/SmmAjl41FZU>

STAGES OF CHANGE



•Prochaska 2014)

- **O**PEN-ENDED QUESTIONS
- **A**FFIRMATIONS
- **R**EFLECTIONS
- **S**UMMARIES

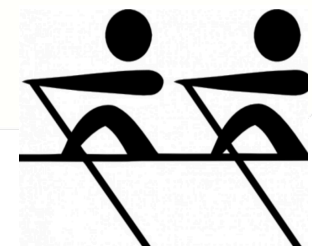


❖ CLOSED

- *Are you worried abt your current use?*
- *Have you noticed changes?*
- *Do you care abt your health?*

❖ OPEN

- *Is it OK if we talk...*
- *What steps can you take to change?*
- *What are some pros & cons of your use ?*
- *What steps can you take to cut down?*



*On a 1-10, how imp is it to you to **change***

***Why** that number & not a lower one like...*

*What could **change** to increase your answer to*

1

2

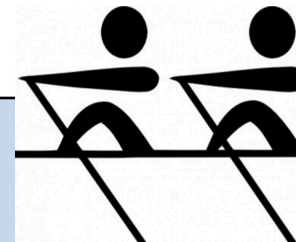
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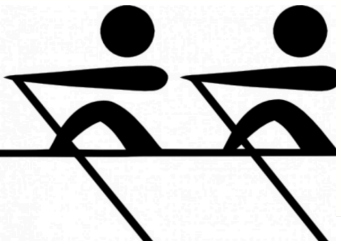
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10

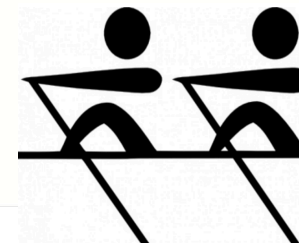
*I am **impressed** w the way you....*

*That's **great** - you've reached your goal of cutting back on your drug use.*



Client: “I got jumped outside the bar. They probably saw me as an easy mark because I was stumbling a little bit. It really sets me off.”

Practitioner: “You don’t like being unable to defend yourself.”

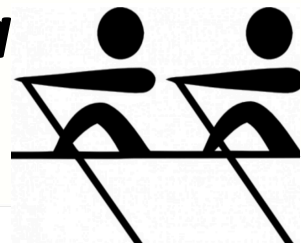


Here is what I've heard so far....What did I miss?

*We've gone over quite a bit. Let me make sure I am understanding you...**in summary**...*

*Those are great ideas! Lets **summarize** your own prescription for change, as a reminder!*

*Lets **summarize** the steps you will take to change your [X] use?*



- **R**oll with resistance
- **E**xpress empathy
- **D**evelop discrepancy
- **S**upport self-efficacy

Levounis and Arnaout

- **A**ssess—Readiness
- **A**dvice—Risks
- **A**gree—Goals
- **A**ssist—ID barriers, tx plan
- **A**rrange—Follow-up

• *Whitlock et al. 2002*

- **F**eedback - Risks
- **R**esponsibility for Δ
- **A**dvice for Δ
- **M**enu Δ options
- **E**mpathic counseling
- **S**elf-efficacy – believe can Δ

<http://youth.gov/youth-topics/substance-abuse/screening-tools-can-be-used-assess-youth-substance-abuse>



https://www.drugabuse.gov/sites/default/files/preventingdruguse_2_1



<http://www.strengtheningfamilies.org/index.htm>

