

Example Brief Intervention Dialogue

Build Rapport

I have reviewed your answers to the questions regarding alcohol and other drug use. Would you mind taking a few minutes to talk with me about your use of ____? Before we start, can you tell me a little bit about a day in your life? Where does your ____ use fit in?

Pros/Cons of Use

I don't think you would have continued using ____ if there weren't some good things about it. Help me understand the good things about using _____. What are some of the not so good things? So I understand that your use of ____ has some positives for you; summarize pros____ and on the other hand some cons_____.

Feedback

I have some information about ____ and the health and safety impacts of using before age ____ that I'd like to share with you, is that okay? (share) What do you think?

Readiness to Change

On a scale from 1 to 10, with 1 being not at all ready and 10 being completely ready, how ready are you to make changes in your ____ use? Thank you. This is great; you are ____% ready to make a change. Can you tell me why you choose ____ and not a 1 or a 2? These are important reasons for making a change.

What are some steps you could take to move toward that change? What do you think you can do to stay health and safe? Do you have family or other adults that have helped you with challenges in the past? Friends? Could ____ support you in making these changes?

Prescription for Change

So let's talk about the steps you are willing to take to change _____. So you agree to _____. Great, I'm going to write you a prescription for that change. It sounds like ____ family and ____ friend have been supportive of you making a change as well; other patients have found that sharing their prescription has been very helpful in making positive changes. You said your {mom} is one of your supports and she is here with you today. Can we talk with her about your prescription? I'd also like to talk to you again in {timeframe} to check in on how it's going.

This example is based on the Brief Negotiated Interview and Active Referral to Treatment Provider Training Algorithm from the BNI-ART, Boston University School of Public Health. It is meant to be an example only and not a script to follow for brief interventions. Provider training in brief interventions and motivational interviewing are key components to success.