

SBIRT: Motivational Interviewing & Brief Intervention

The goal of intervention is to instill motivation to help a person become ready, willing, and able to change and break the cycle of risky use so that they may learn healthier ways of dealing with challenges in their lives. We need to do more than remove the substance use problem; we need to focus on getting people to change their lifestyle - which can also mean changing their core life values.

Motivational Interviewing Basics:

- Establish rapport and build trust; ask permission to discuss substance use
- Ask open-ended questions
- Use reflective listening
- Summarize

Example Structures for Brief Intervention

Brief Negotiated Interview¹

- Goal is to enhance motivation for behavior change
- Averages 10-15 minutes

What do you enjoy about drinking? What are the not so good things about drinking? So on the one hand ...and on the other hand... (Pros/cons)

You might be wondering what your score means and I'd like to share what is considered lower risk for your age and gender. Is that ok with you? (Feedback)

If you were to make a change, what are some options for you to reduce your risk? How important... how confident? (readiness & importance)

Summarize and use reflections. So where does this leave you? (Specific goal)

FRAMES Model²

- 15-60 minute session(s); time limited, structured, directed toward a specific goal
- Express concerns and ask for their perspective/input
- Attempt joint problem solving or negotiate compromise
- Inform client of limits in advance

Factual Feedback

Responsibility for change lays with individual not you

Advice/guidance and providing a...

Menu of options

Empathy

Support & Self-Efficacy -emotional & pragmatic support to stimulate hope & optimism for ability to change

¹ D'Onofrio G, Bernstein E, Rollnick S. Motivating patients for change: a brief strategy for negotiation. In: Bernstein E, Bernstein J (eds). Case studies in emergency medicine and the health of the public. Boston: Jones and Bartlett, 1996, pp 295-303.

² Hester RK, Miller WR. Handbook of Alcoholism Treatment Approaches. 2 ed. Boston, MA: 1995.