

Brief Negotiated Interview Guide

<p>1. Raise the subject</p> <p>Pros & Cons</p> <p>----- Low Risk praise</p>	<p><i>If it's okay with you, let's take a minute to talk about the screening questions you answered today.</i></p> <ul style="list-style-type: none"> - <i>You mentioned that you use alcohol/drugs [X] amount. Tell me more about your use of [X]. When did you begin using? What is your use like now?</i> <p><i>I'm interested in getting to know more about [drinking/using] is like for you. Help me understand (what you enjoy/the good things) about [X]. What are some of the negatives?</i></p> <ul style="list-style-type: none"> - <i>So on the one hand [PROS-the good things about using] and on the other hand [CONS-the not so good things about using]</i> <p><i>I noticed you indicated [raise symptoms from CRAFFT]. Tell me more about that.</i></p> <p>-----</p> <p><i>I see from your questionnaire that you have used [X] during the past 12 months and your amount of use falls into what we call a low-risk level. That's great. That's a healthy choice. It means your risk for preventable injuries and illnesses related to [X] is low.</i></p>
<p>2. Provide Feedback</p> <p>Elicit</p>	<p><i>I'd like to share some information on [alcohol, cannabis, or other drug] use in adolescence if that is okay with you.</i></p> <p><u>Example for cannabis:</u> <i>We know that...</i></p> <ul style="list-style-type: none"> • <i>When used regularly, cannabis can increase feelings of depression and anxiety</i> • <i>Cannabis can disrupt focus, working memory, decision-making and motivation for 24 hours after use</i> • <i>Even young adults who smoked 1–2 times weekly showed structural brain differences in research studies</i> • <i>Using 1 gram of cannabis a week for a year can cost up to \$1000</i> • <i>Cannabis use can also</i> <p><i>...put you at risk for social or legal problems, as well as illness and injury. It can also cause health problems like [insert medical information] and can interfere with [client's personal goals].</i></p> <p><i>What do you think about that? [Pick 1 or 2 points likely to be more salient with youth given their presentation]</i></p>
<p>3. Readiness ruler (1-10)</p> <p>Reinforce positives</p> <p>If >1:</p> <p>If = 1:</p>	<p><i>Given what we have been discussing, help me understand how you feel about making a change.</i></p> <ul style="list-style-type: none"> - <i>On a scale from 1-10, with 1 being not ready at all and 10 being completely ready, how ready are you to change some aspect of your [X] use?</i> <p><i>[X] %. That's great. That means you're [X]% ready to make a change!</i></p> <p><i>Why did you choose that number and not a lower number like a 1 or 2?</i></p> <p><i>What would it take to raise that number to say a 2 or 3?</i></p> <ul style="list-style-type: none"> - <i>How would your [X use] need to impact your life in order for you to start thinking about making a change?</i>
<p>4. Negotiate a Plan</p> <p>Options if client cannot identify goal</p> <p>Identify supports</p>	<p><i>What steps can you take to (cut back use/reduce risk/stay healthy-safe)?</i></p> <ul style="list-style-type: none"> - <i>It seems you have several options. You can agree to stop using alcohol and/or drugs, you can cut your use down, you can go for some additional treatment, or you can do nothing.</i> <p><i>What supports do you have for making this change? Tell me about a challenge you overcame in the past. How can you use those supports/resources to help you now?</i></p>

Standard Drink Equivalents

Explore confidence	<i>How confident are you that you can make a change? What would make you more confident?</i>
Have client write down action plan	<i>These are great ideas! Let's write down your Action Plan? This is what I heard you say....Is that accurate? Is there anything I missed or you want to add?</i>
Offer appropriate resources	<i>I have some resources that people sometimes find helpful. Would you like to hear about them?</i> <ul style="list-style-type: none"> <i>Mental health/substance treatment, handouts/information, primary care, AA/NA</i>
Close	<i>Thank you for taking time to discuss this with me and being so open.</i>

Readiness Ruler



1	2	3	4	5	6	7	8	9	10
Not at all ready				Somewhat ready					Extremely ready