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| **BRIEF INTERVENTION STEPS FOR SBIRT** | |
| **Step 1: Raise the Subject** | * **Build Rapport:** *Thank you for sharing with me about why you came here today….* * **Ask Permission:** *Would it be alright if we take a few minutes to go over the alcohol and drug use screener you filled out when you came here? I know talking about alcohol and drugs can be uncomfortable and I assure you that this is just a normal part of what we do here with everyone.* * **Discuss Limits of Confidentiality:** *I want to emphasize that everything we talk about here is confidential, unless I feel that you are posing a danger to yourself and/or to others. Is that alright?* * **If the client/patient grants permission, proceed to Step 2:** *Okay, thank you, let’s review your results…* |
| **Step 2: Provide Feedback** | * **Provide a Risk Score:** *According to the results from the screener, you scored a \_\_\_(#) for \_\_\_\_(alcohol/drug use). Would you mind telling me a little bit more about your use?* * **Compare Results to National Standard Guidelines:** *According to National risk guidelines, this score puts you at a \_\_\_\_\_\_ (low, moderate, high) risk level. What this means is that your use pattern is considered unhealthy and may pose a \_\_\_ (low, moderate, high) risk to your overall health/well-being, if the pattern continues.* * **Elicit Reaction:** *Given this information, what are your thoughts about this?* |
| **Step 3: Enhance Motivation** | * **Summarize the Client/Patient’s Response:** *So what I’m hearing is… Is that right?* * **Decisional Balance:** *Can you tell me what you like about your use? ….Now, what’s not so good about your use? Are there any costs to your use? For instance, does your use have any effect on your home/family, social or work life?* * **Summarize what has been said:** *Okay, so it sounds like…Anything else?* * **Faith Integration [if applicable]:** *Does faith or spirituality play any role in this?* * **Personal Reflection:** *Okay, so based on what you’ve shared, where does this leave you? What might be some important reasons for you to consider reducing your use?* * **Readiness Ruler:** *Ok, so using a scale from 1–10, how ready are you to make a change? 1 being not at all ready & 10 being very ready… So why a \_\_\_(#)? Why not a lower number, like \_\_\_?* |
| **Step 4: Negotiate a Plan** | * **Summarize Discussion:** *Okay, so to summarize our discussion… Is there anything you would like to add?* * **Negotiate Plans for Change:** *What are some steps that you can take to start cutting back on your use?* * **Faith Integration [if applicable]:** *How might your faith or spirituality play a role in this?* *Can it be a source of support for you during this change?* * **Offer Advice and Resources:** *I have some additional resources that might be helpful. Would you like to see them?* * **Refer to Treatment (if applicable):** *I can also refer you to some places that can help you with\_\_\_\_ (client/patient’s issue(s)).* * **Schedule a Follow-Up (if applicable):** *Would it be alright if we scheduled another appointment sometime in the future to follow-up on what we discussed today?* |

**Motivational Interviewing Strategies to Keep in Mind:**

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| OARS | MI Principles (Don’t forget to a-*DRES…*) |
| Ask Open-Ended Questions | Explore **D**iscrepancies |
| Personal Affirmations | Roll with **R**esistance |
| Listen & Engage In Reflections | Express **E**mpathy |
| Provide Summaries | Support **S**elf-Efficacy |

