



The Faith & Spirituality Integrated SBIRT Network

SBIRT Learning Community:
Brief Interventions

Friday, February 24, 2017

Learning Community Objectives

Focus on the **BI** component of SBIRT and specifically understand the:

Goals, Framework, and Practice of the Brief Intervention within the context of SBIRT



What is a Brief Intervention?

A Brief Intervention is the 2nd step in **SBI**RT that comes after screening. It has been also called:

Early Intervention

A **conversation** between a practitioner and individual (client/patient) about their SUD risk screening results. The conversation should follow 4 basic steps

BI Practice

Behavioral Intervention

Structured steps to guide the BI conversation:

1. Raise Awareness
2. Provide Feedback
3. Enhance Motivation
4. Negotiate a Plan

BI Framework

Motivational Intervention

Key Principles underlying BI practice that mediate behavior change:

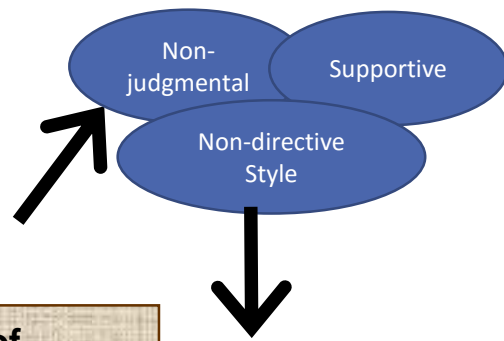
1. Stages of Change Model
2. Communication style
3. Motivational Enhancement Principles

Risk Reduction Intervention

The BI is used to help the individual engage in *behavior change* to address (reduce) their risk.

BI Goal

BI Practice, Framework, & Goals

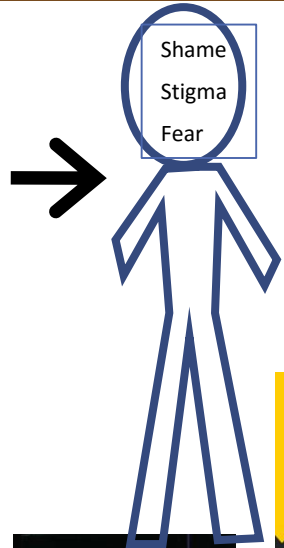


Style of Communication Matters...

- Structured steps to guide the BI conversation:
1. Raise Awareness
 2. Provide Feedback
 3. Enhance Motivation
 4. Negotiate a Plan

Awareness of problem

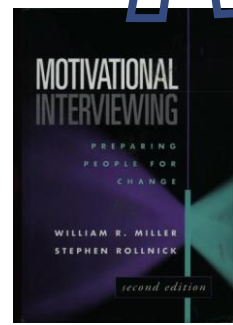
BI Practice Steps used to discuss SUD risk Screening Results



Target Motivation



Behavior change



MI TECHNIQUES: OARS

- 01 OPEN-ENDED QUESTIONS
- 02 AFFIRMATIONS
- 03 REFLECTIONS
- 04 SUMMARIES

- Express Empathy
- Explore Discrepancy
- Roll with Resistance
- Support Self Efficacy

Motivational Strategies used during BI steps shown to enhance positive behavior change.

Important Processes During Steps 3 & 4 of the BI

Planting the seed to stimulate change

During Step 3: Engaging them in interactive exercises...

- A Decisional Balance, with Personalized Reflection Exercise
- A Readiness Ruler Exercise

During Step 4: Using results from readiness ruler and asking them...

- To describe what change looks like for them

Target: elicit **change talk** specific to changing behavior (to reduce risk)

1.

Raise the Subject

2.

Provide Feedback

3.

Enhance Motivation

4.

Negotiate Plan

Focus is to Elicit Change Talk

- Decisional Balance

- Why use – positives and negatives
- **Why change – barriers and important**

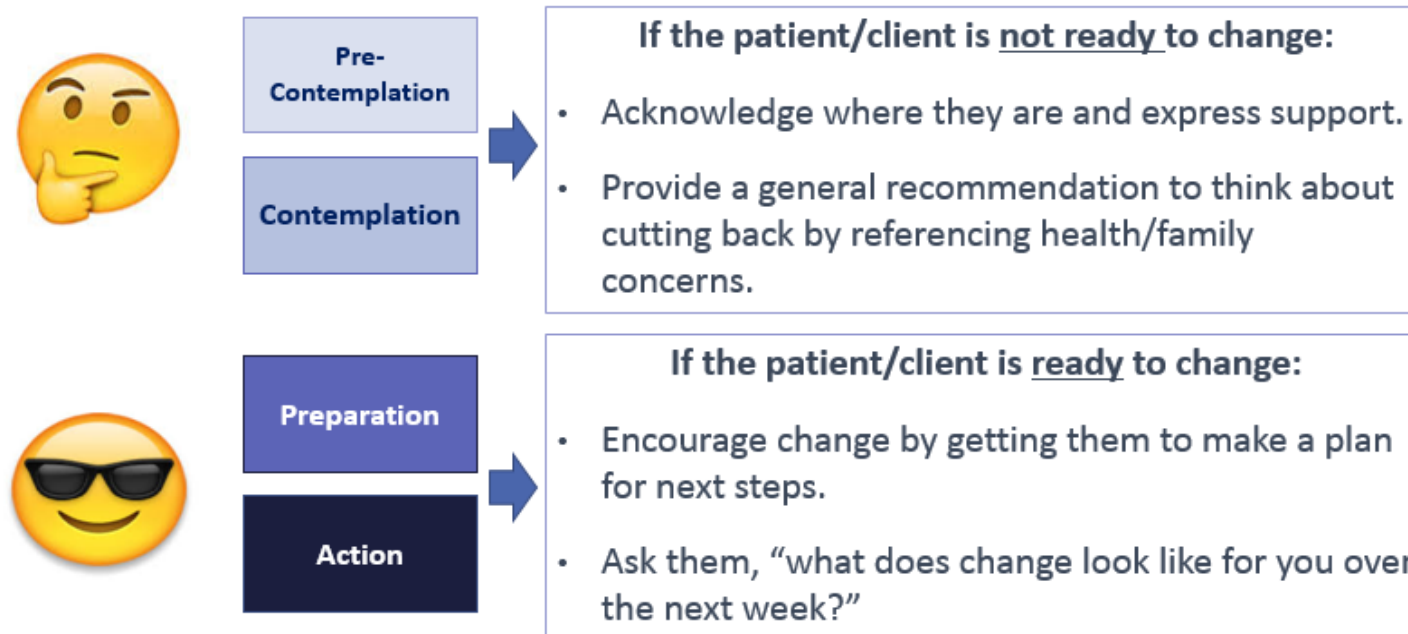


- Readiness Ruler

- How ready are they to change?
- Why not a lower number?

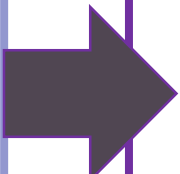
1	2	3	4	5	6	7	8	9	10
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Readiness to Change will Vary



Step 4: Negotiate a Plan

Use results from Step 3 in terms of readiness to change and reasons to inform the plan of action



You indicated you are somewhat ready to change because...What does change look like for you?

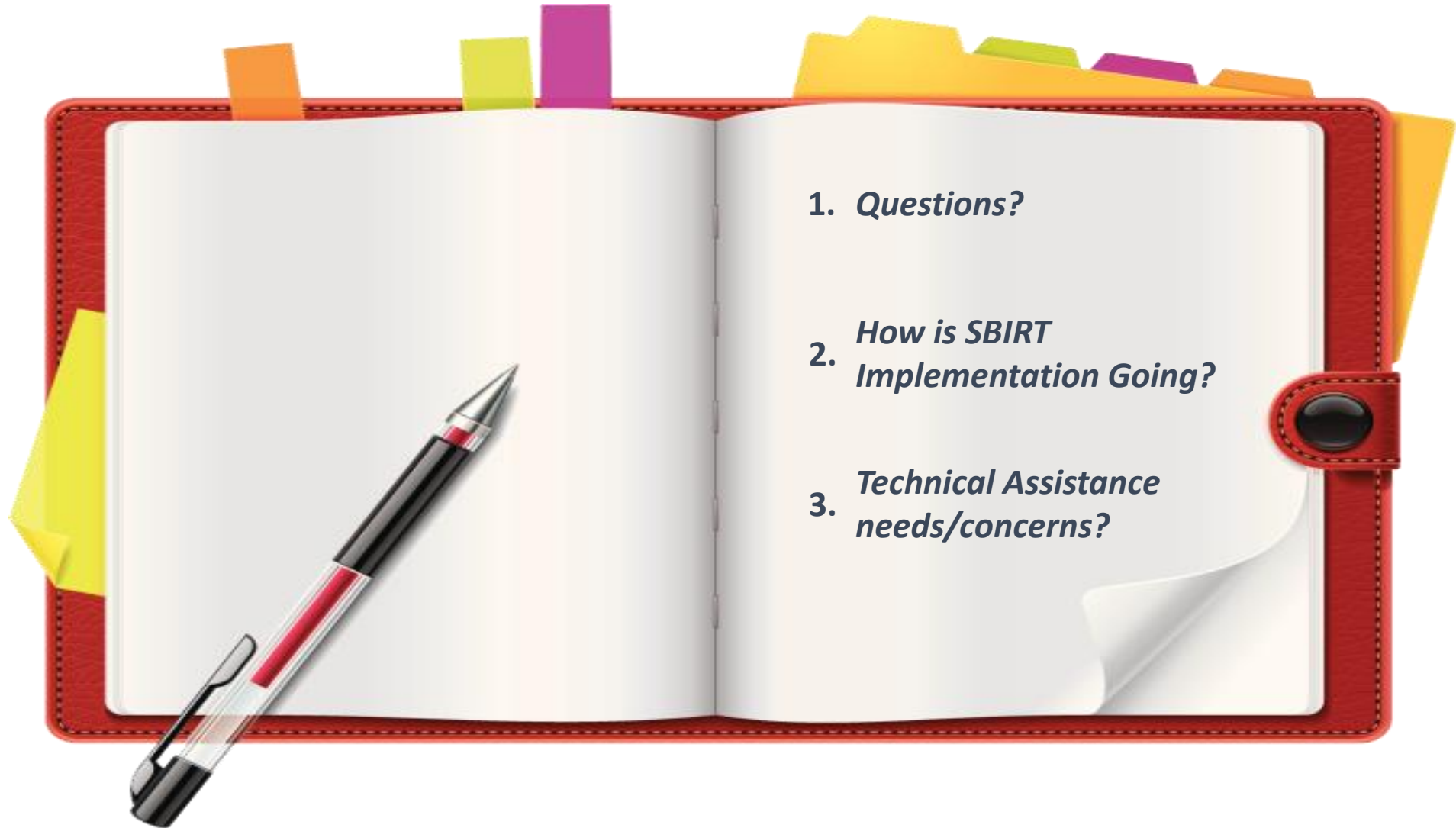
- Ask about what steps they can make to start the change (past successes).
- Ask about the extent to which they can use or need support
- Offer resources
- Schedule a follow-up to discuss change (and potential need to revisit plan)

MI Principles: Support Self-Efficacy to change, Roll with Resistance to change, and highlight discrepancies from Step 3, empathy

Review: How BI Practice aligns with Stages of Change Framework



Group Discussion



1. *Questions?*

2. *How is SBIRT
Implementation Going?*

3. *Technical Assistance
needs/concerns?*