

Brief Interventions for Adolescent Substance Use: Motivating Change & Treatment Engagement

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Objectives

By the end of this session, participants will be able to:

- Engage in effective brief interventions with adolescents who use substances
- Use MI skills to increase motivation for change
- How to support patients experiencing or reporting cravings

Motivational Interviewing

*More persuasive than coercive,
More supportive than argumentative*

- 5 general principles of MI:
 - Express empathy through reflective listening
 - Develop discrepancy between patients' goals or values and their current behavior
 - Avoid argument and direct confrontation
 - Adjust to patient resistance rather than opposing it directly
 - Support self-efficacy and optimism

MI Style

- Open-ended questions
- Summarize
- Affirm
 - That must have been very difficult for you.
- Elicit Self-Motivational Statements
- Reflective listening
 - **Patient:** *Sometimes when I wake up in the morning I feel really awful, and I can't think straight most of the morning.*
 - **Clinician:** *It messes up your thinking, your concentration.*
 - **Patient:** *Yes, and sometimes I have trouble remembering things.*
 - **Clinician:** *And you wonder if that might be because you're drinking too much?*
 - **Patient:** *Well, I know it is sometimes.*

5 R's for MI

1. Relevance
2. Risks
3. Rewards
4. Roadblocks
5. Repetition

Motivational counseling with the goal of motivating a patient to the next stage of change

1. Discuss the Relevance of quitting (why quitting is personally)
2. The Risks of not quitting
3. Rewards related to quitting
4. Roadblocks that may arise
5. And repeat since relapse is common so several attempts may be necessary before succeeding

Rolling With Resistance

Simple Reflection: Repeating patient's statement in neutral way

- **Patient:** *I don't plan to quit drinking anytime soon.*
- **Clinician:** *You don't think that abstinence would work for you right now.*

Double-Sided Reflection: Acknowledging what the patient said → then stating contrary things they said in the past

- **Patient:** *I know you want me to give up drinking completely, but I'm not going to do that!*
- **Clinician:** *You can see that there are some real problems here, but you're not willing to think about quitting altogether.*

Shifting Focus

- **Patient:** *I can't stop smoking pot when all my friends are doing it.*
- **Clinician:** *You're way ahead of me. We're still exploring your concerns about whether you can get into college. We're not ready yet to decide how marijuana fits into your goals.*

Self-Efficacy

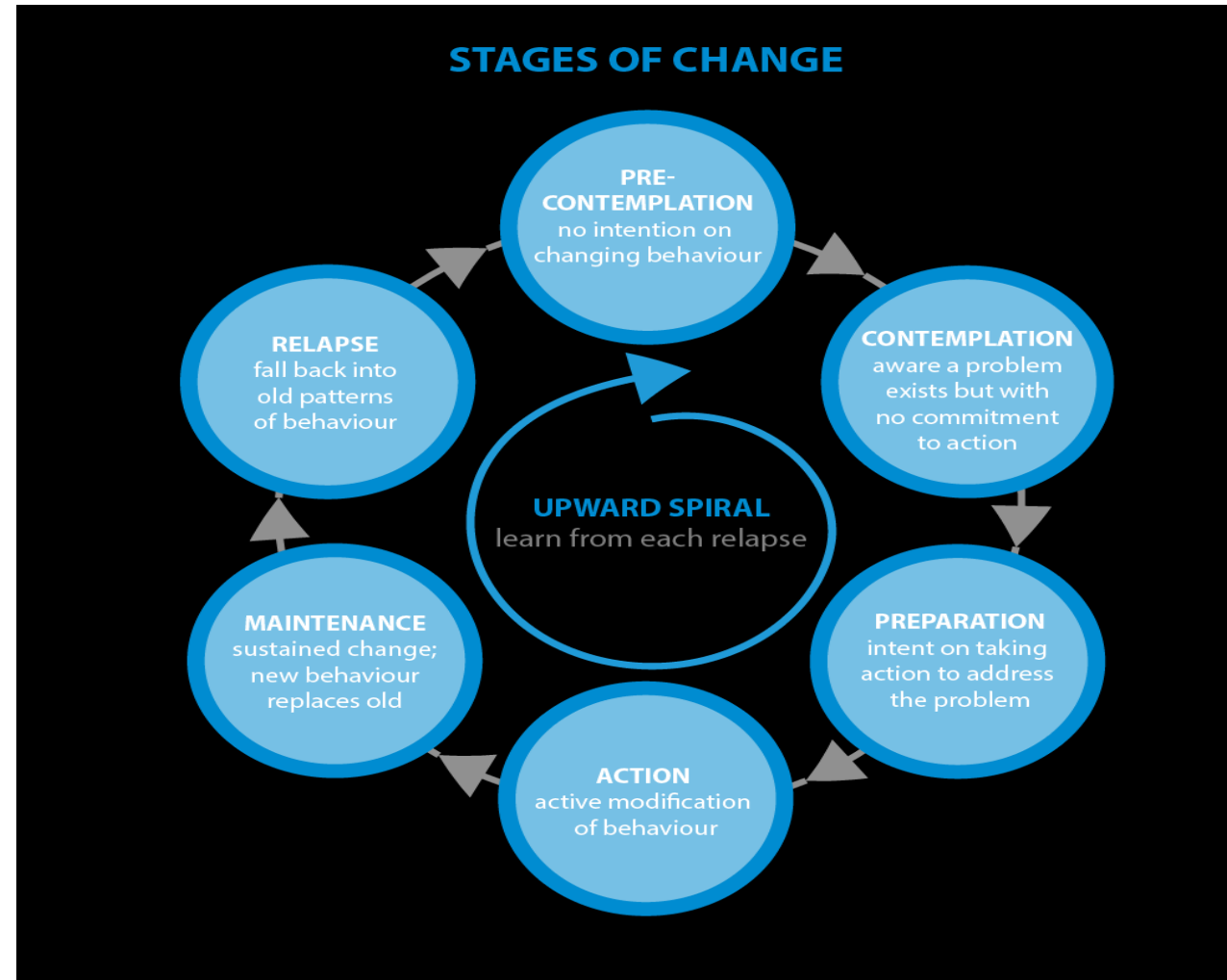
Helping patient develop a sense of self-efficacy is key in helping them believe they can engage in behavioral change

- Elicit and support hope, optimism and their ability to make change
- Recognize the patient's strengths and emphasize them frequently
- Believe in the patient's ability to make change and reach their goals
- Ameliorate discrepancy between the desire to change and feelings of hopelessness
- Education can increase clients' sense of self-efficacy

Socratic Questioning

- Useful questions to initiate dialogue to question and challenge the patient's own beliefs
 - How do I know that what I am expecting is true?
 - Are there any other ways that I could view this situation?
 - What is the worst that could happen? What is the best that could happen? What is most likely to happen?
 - What action/coping skill can I take to deal with the situation/trigger/craving?
 - What are the pros and cons of me changing the way I view the situation?
 - What helpful advice would I give my best friend if they were in this situation?

Stages of Change



Coping Strategies

- Initially in treatment patients rely more heavily on behavioral strategies
- CBT uses learning processes to help individuals reduce their drug use by helping them
 - recognize the situations in which they are likely to use
 - find ways of avoiding those situations
 - cope more effectively with situations, behaviors and feelings related to their substance use

Coping With Craving

Craving is the subjective desire to experience the effects or consequences of a substance

- Vary in intensity and ways they are experienced
- Common
- Can occur after several years of abstinence



Ask: "Can you describe what it feels like for you when you experience a craving?" or "How bothered are you by craving?"

Motivational Interviewing Resources

- “Engaging Adolescent Patients About Marijuana Use” FREE, CEUs
- <http://www.drugabuse.gov/blending-initiative/cme-ce-simulation>
- SAMSHA. Enhancing Motivation for Change in Substance Use Disorder Treatment. Treatment Improvement Protocol (TIP) Series No. [35]. 2019