

Motivational Interviewing Skills Role Play - Cam



Role Play Exercise: Partner with one or two other participants to practice conducting a brief intervention using some of the motivational interviewing (MI) skills that you are learning.

For this situation:

- Person 1 will act as the practitioner who has administered the CRAFFT 2.1 and determined based on the score that the adolescent is at risk of experiencing alcohol and other drug related problems. This person will practice providing a motivational brief intervention to the adolescent.
- Person 2 will act as the adolescent who is being seen at the clinic.
- Person 3 will act as an observer and rate the practitioner on the MI skills used.

Adolescent (Cam): You are a 16-year-old visiting the clinic for an annual visit. You have a history of depression and have been taking antidepressants that you were prescribed by your provider for the past 6 months. When completing the CRAFFT, you mention that you drank alcohol 7 times in the past 12 months, used other drugs 10 times, and answered YES to the ALONE, RELAX, and FORGET question (scoring a 3 on the CRAFFT- High Risk). After some push back, you let the provider know that you've been feeling really depressed lately and have been drinking alone sometimes at night in your room when your aunt is asleep: *"I normally don't drink that often and barely go to parties. I just like drinking alone sometimes in my room when I've had a hard week- it's nice to shut out the rest of the world sometimes. I feel like no one understands me lately and it helps take the edge off."* You are also asked about your response to the "FORGET" question on the CRAFFT and mention that you didn't remember falling asleep one night when you were drinking and that you woke up in the morning feeling disoriented with a horrible headache. If asked about your use of other drugs, you mention that you recently bought a vape from a friend and use it at night sometimes when you drink. You say something like, *"I mean its really not a big deal. I only like smoking it when I drink in my room, and I'm not addicted or anything."*

If Provider Asks About Pros & Cons:

- **PROS:** You enjoy drinking and vaping in your room alone sometimes at night to help relax and relieve anxiety when you're feeling down. It helps you block out the stress of everyday life.
- **CONS:** At first, nothing you can think of. **If provider prompts you about regrets:** You admit that you blacked out one night in your room by accident and woke up really confused and hungover. You did not realize what could happen if you mix drinking alcohol with the antidepressant you are taking and agree that it could be dangerous and possibly what led to the blackout. You also missed your play practice that morning.

When Asked About Your Readiness: You identify yourself as a 5 on the Readiness Scale. **If provider asks "why not a 1 or 2?"** You do not want to black out again and you hated being hungover. Also, if you miss play practice again you could get in trouble by your director. You are confident that if you want to change in the future, you will be able to do it on your own.

If the Practitioner Suggests a Plan/Next Steps: You agree to a trial of no alcohol use or vaping for two weeks to see what it's like, and to come back for a follow up appointment. You also agree to speak with the behavioral health provider at the clinic to brainstorm ways to cope and manage stress.