

MI Skills - Brief Intervention Role Play



Role Play Exercise: Partner with someone to practice conducting a brief intervention. One person will act as the practitioner and the other will act as an adolescent seeking help for some bothersome behaviors. The adolescent has used marijuana 10 times in the past year and scored a 3 on the CRAFFT 2.1 (high risk) by answering YES to the TROUBLE, ALONE, and RELAX questions.

The practitioner can assume for this role play that the adolescent has been handed off to you by another professional (e.g., medical assistant, physician, nurse, office staff, and health educator).

You might start providing feedback about screening, by saying:

“Hi, my name is _____ [X], and I am a [job title] here. Is it okay if I take about 10 minutes of your time to discuss the results of the screen you just completed? Let’s start by talking about your responses on the screen and exploring more about your experiences with substances. I’m not going to lecture you or tell you what you have to do about your substance use; you’re in charge of you, and only you can make those decisions. I just want to think with you about your use and how it fits into your life. Would this be okay?”

Adolescent: You are a 13-year-old adolescent who has recently been caught vaping marijuana in the bathroom at school, using alcohol on the weekends and has been struggling with your new school. You don’t want to talk with someone, but your older brother (caretaker) thinks it could be helpful, especially since you have transitioned to a new school this year and don’t seem to have made any friends yet.