

Sample Interaction: Brief Intervention and Referral to Treatment, CRAFFT 2.1, PHQ-9A

Setting: An 18-year-old college student is visiting the college health center whom they were mandated to see after getting caught drinking in their dorm room by the Resident Assistant. The practitioner conducted a screening using the questions from the CRAFFT 2.1 and PHQ-9A, which resulted in scores of 3 and 13, respectively. These scores indicate a need for a brief intervention and referral to treatment. This role play picks up after the practitioner has conducted a brief intervention.

Practitioner: *OK, based on what we have discussed, I am concerned about the amount you are drinking and about your opioid use. Given the level of your use, it is important for your wellbeing, and for your mental health, that you go to a substance use disorder treatment program for further evaluation. You may not know this, but opioid and alcohol use often make the depression worse. This is very common. Kind of like what I said before, one in three who struggle with substance use also suffers from depression. What are your thoughts?*

Adolescent: *More treatment? It took me a while to finally come here.*

Practitioner: *I know it's a lot, but it's important for us to come up with a plan that can work for you. We do not have staff here with the expertise to conduct a full diagnostic assessment and to treat patients with possible substance use disorders and a co-occurring problem, such as depression. What supports do you have that might help you to attend treatment?*

Adolescent: *I'm coming here for my depression, and my parents were really supportive of that. But, they're angry with me right now...though, I guess they're angry about my alcohol and drug use. I suppose I can ask them to help me. I still don't know about all of this. It seems pretty intense.*

Practitioner: *It's OK to have concerns and we can address them as we move along. I agree that it would be good to seek your parents' support. It might help you begin to repair your relationship with them at the same time. There's a problem that needs more attention by professionals. Can I set up an appointment at the substance use disorder treatment center for a diagnostic evaluation and to see how they might help?*

Adolescent: *Yes, that'd be easier for me. I don't like talking on the phone.*

Practitioner: *Great, and let's invite in your parents in to talk and help support you while we set up this appointment together, OK?*

Adolescent: *OK.*