

Sample Interaction BI: High-Risk Needing RT

Setting: A 17-year-old high school junior was caught by the school resource officer skipping class and with three opioid pills. They were referred to the school counselor who conducted a screening using the CRAFFT 2.1 questions. The adolescent scored positive, indicating the need for further intervention. The following sample interaction presents the brief intervention for this adolescent.

Practitioner: *Thanks for answering those questions. What kinds of things do you like to do for fun?*

Adolescent: *I don't know...Play video games and talk to people online.*

Practitioner: *That makes sense to me. What things are important to you?*

Adolescent: *I don't know. Not school.*

Practitioner: *What makes you say that?*

Adolescent: *I don't know. It's so boring. Besides, even if it was important, there is no way I could catch up now. There is literally no point in being in class.*

Practitioner: *What happened that caused you to get behind in school?*

Adolescent: *I broke my right arm and couldn't write or type. Even though my cast is off now, it doesn't matter. I don't know what they are talking about most of the time.*

Practitioner: *Oh no, that sounds stressful. What made you skip class?*

Adolescent: *Well, most of the time, I just close my eyes in class, but yesterday, I didn't want to sit there the whole time. So, I took a walk in the woods instead. The officer saw me coming back from there.*

Practitioner: *Yes, I see that the officer caught you with some opioid pills. How often do you use opioids?*

Adolescent: *Not at all. Those were some pills I found at home. I took two of them, and those three were all I had left. The officer took them from me though.*

Practitioner: *So, you have only used those two opioid pills in your life. What made you decide to take them?*

Adolescent: *I don't know. I just saw them and took them from my dad's girlfriend's house.*

Practitioner: *I see. Tell me about your experiences. What do you enjoy about taking them?*

Adolescent: *I don't know. I guess I liked that it was something to do.*

Practitioner: *Sure. And, what is not so great about opioids?*

Adolescent: *Not much. Although, it did make me pretty out of it for a while and kind of itchy. That was weird.*

Practitioner: *Yeah, that sounds unpleasant. Let's talk a bit about how you want to address your future opioid use. This Readiness Ruler is like the pain scale that many doctors use in their offices. On a scale from 1 to 10, with one being not at all ready and ten being completely ready, how ready are you to change your opioid use?*

Adolescent: *I don't know. Nine?*

Practitioner: *Nine. Sounds like you are ready to make a change. What makes you answer a nine and not a lower number like a two?*

Adolescent: *Well, it's not like I am addicted to them or anything. I just found them, and I took them. I am not going to do them anymore. I was not trying to get into trouble.*

Practitioner: *Ok, I hear you, and I agree with your decision. Abstaining from opioids, and all drugs for that matter, is definitely the best option to keep you out of trouble and for your developing brain. Let's make a plan to ensure you stop all use of opioids. What will help you make sure you abstain from all opioids?*

Adolescent: *I don't know. I know myself, I just won't do them. Besides, I don't have any more and don't want anymore.*

Practitioner: *Ok, so let me make sure I understand you correctly. You are saying that your plan to not use opioids is based off of your desire to not get into any more trouble and that you don't want to use any more opioids because they made you feel "out of it" and itchy.*

Adolescent: *That's right.*

Practitioner: *And further, you believe in yourself to carry out this plan by not locating more opioids and refusing to use them if you do.*

Adolescent: *Absolutely.*

Practitioner: *What kinds of resources or supports can you call upon to help you with this plan?*

Adolescent: *I can easily talk to my best friend.*

Practitioner: *Ok, a close friend that supports your decision to abstain from opioids is a great choice. Let me summarize what we've been discussing, and you let me know if there is anything else you want to add or change. You are feeling very behind in school due to breaking your arm and not being able to do your assignments. Now that are you able to write and type, you don't understand the lessons so you feel bored and tune out or skip class or use the opioid pills that you found at your dad's girlfriend's house. You are resolved in your decision to not use opioids anymore and can lean on your best friend for support about this. Did I get that right?*

Adolescent: *Yes, completely.*

Practitioner: *Good. Let's talk again in a week. In the meantime, I will also see what we can do about getting you some help from your teachers and parents so you can catch up in your classes and keep learning.*

Adolescent: *Ok, that would be great.*

Practitioner: *Ok, fantastic.*