

## Sample Interaction: Brief Intervention with Moderate Risk, Resistant or Pre-Contemplative Adolescent, Age 17, Sports Physical/Re-injury

Here is a brief motivational clinical encounter with a resistant or pre-contemplative adolescent age 17, scored at risk on the CRAFFT during sports physical and follow-up for previous re-injury.

This is an example of a brief intervention with an adolescent who does not yet recognize the potential negative consequences of their substance use. They are not open to discussing behavior change because they do not recognize that they have a problem. The practitioner focuses on developing discrepancy between the adolescent's values and their current using behavior in order to help them begin contemplating the pros and cons of their drinking.

- Practitioner:** *OK, thank you for answering those question about your substance use. I appreciate your openness. (Affirmation)*
- Adolescent:** *Sure. I'm really just here to talk about my ankle and get my sheet saying I'm cleared to play field hockey again. I'm going to be a starter this year.*
- Practitioner:** *Congratulations. It sounds like hockey is really important to you and it says a lot about your skills and hard work that you will be a starter. (Reflection) You mentioned that you re-injured your ankle. Tell me more about what happened.*
- Adolescent:** *Well, I was walking home from a friend's house late at night, and I fell off the sidewalk. I was tired and must have twisted it when I fell.*
- Practitioner:** *That must have been really painful. You reported that you sometimes smoke marijuana. Thank you for being honest about that. (Affirmation) What role, if any, do you think marijuana may have played in the fall that led to re-injuring your ankle?*
- Adolescent:** *Well, I don't think any role. My girlfriend's parents were out of town, so we were hanging out at her house. We smoked a little weed, but it didn't get out of control. I was fine by the time I walked home.*
- Practitioner:** *So, you fell off the sidewalk walking home from a friend's house after smoking marijuana. (Reflection)*
- Adolescent:** *Yeah, but like I said, I was fine. I'm sure it had nothing to do with it.*
- Practitioner:** *Would it be all right if I provided some feedback? (Asking permission to provide feedback or advice)*
- Adolescent:** *OK....here we go...if you have to....*

**Practitioner:** *Well, based on your answers to the questions about marijuana, you are at increased risk of experiencing problems including accidents and injuries. What are your thoughts about this? (**Open-ended question to elicit adolescent input**)*

**Adolescent:** *Look, I really don't see the connection. I just want to be cleared to stay on the field hockey team. But yeah, every time I re-injure my ankle it really hurts. I'm afraid that if it doesn't heal soon, I'm not going to be able to be a starter. (**Change talk**) But I also don't think I'm doing anything that's all that different from my friends. I mean, it's pretty normal. Pretty much everyone I know does it.*

**Practitioner:** *I understand you've worked so hard to be a starter on the field hockey team. (**Affirmation**) It seems reasonable that you would want to unwind in your free time. You see smoking marijuana with your friends as just a way to hang out and relax (**Reflection**). What are some of the other ways you might be able to relax and have fun that don't increase your risk of re-injuring your ankle so you can avoid losing your starter position? (**Eliciting change talk**)*

**Adolescent:** *Hmm...I don't know.*

**Practitioner:** *I understand. It's not uncommon to have a hard time remembering all the ways to have fun and relax. What did you do with your friends before you started using substances?*

**Adolescent:** *We used to go camping a lot. Sometimes we would go to a movie.*

**Practitioner:** *Got it. What else?*

**Adolescent:** *Sometimes we would go swimming.*

**Practitioner:** *Do you see any advantages of these strategies compared to using substances?*

**Adolescent:** *Not really.*

**Practitioner:** *I can think of at least one. Can I offer my idea? (**Asking permission**)*

**Adolescent:** *Sure.*

**Practitioner:** *These other options would not jeopardize your starting position on the field hockey team.*

**Adolescent:** *I guess.*

**Practitioner:** *Just something to think about given how important field hockey is to you. If ok with you, I would like to check back in in about two weeks? How do you feel about that?*

**Adolescent:** *I guess.*