

Motivational Interviewing Skills Role Play - Bridget



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 substance-related problems. This person will practice providing a motivational brief intervention to the adolescent.
- Person 2 will act as an adolescent who is seeking help for some bothersome problems.
- Person 3 will act as an observer and rate the practitioner on the MI skills used.

Adolescent (Bridget): You are a 17-year-old senior on the varsity soccer team getting ready to go to college next fall. When completing the CRAFFT, you mention that you drank alcohol 15 times and used marijuana 8 times in the past 12 months and answered YES to the FAMILY/FRIENDS and TROUBLE question. You have not used any other drugs or used tobacco. If asked about your alcohol and marijuana use, you might say, *"I don't drink or smoke pot much. I just eat edibles sometimes and drink at parties. It's fun and I don't see a problem with it- It's my senior year and I'm basically almost an adult. Plus, pot is legal in some states and everyone on my team does it."* If asked to talk about your life, you might say, *"I got an offer to play at University of Cincinnati next year so all I need to do is keep my grades up."* You are reluctant and do not think you drink or use marijuana that often compared to other people you know.

If Asked About Pros & Cons:

- **PROS:** It's fun to celebrate after varsity games with your teammates and high school friends and drink/eat edibles at parties. *"I mean it's just a normal thing to do- The seniors always have parties on the weekends and everyone drinks. I don't black or anything like some people I know so I don't see a problem with it."*
- **CONS:** Your teammate's parents caught you and your friends drinking at a party last weekend and said if it happens again that they will tell your soccer coach. *"Last weekend my friends parents found out we were at a party because we got home late and woke them up when we came home drunk. They said they would tell our coach next time if it happens again, so I'm kinda nervous. If my coach finds out it could impact my scholarship to play in college next year."* **If pressed for more cons:** Your friends that aren't on the soccer team have told you that they are worried about you getting too drunk lately at parties. You're also having a hard time in school keeping your grades up.

When Asked About Your Readiness: You think that your readiness is about 4 out of 10. It's not a 2 or a 3 because you don't want to get in trouble, do worse in school, or risk anything happening to your soccer scholarship for next year, but you don't see a huge problem with it because everyone else is drinking and using marijuana too at parties.

If the Practitioner Suggests a Plan/Next Steps: You feel like you can cut back whenever you want, so you agree to see what it's like to only have two drinks or less next time you go to a party (rather than 5 or more) and to not eat edibles if you are drinking. You agree to check in with the provider in a few weeks at a follow up visit to see how it's going. **If pressed:** You agree that you are drinking alcohol and eating edibles more than you ever have in the past and it could have an impact your future.