

Motivational Interviewing Skills Role Play- Kevin



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 alcohol-related problems. This person will practice providing a motivational brief intervention to the adolescent.
- Person 2 will act as the adolescent who is being seen at the clinic for an injured arm.
- Person 3 will act as an observer and rate the practitioner on the MI skills used.

Practitioners should consider using the BNI Adolescent Algorithm, screening tools, and pocket cards to help facilitate the brief motivational intervention conversation. Observers should use a Brief Intervention Observation Sheet (BIOS) to assess use of MI skills.

Adolescent (Kevin): You are a 16-year-old visiting the clinic for an arm injury. When completing the CRAFFT, you mention that you drank alcohol 5 times in the past 12 months and answered YES to the FORGET question. After some push back, you let the provider know how you hurt your arm, and that you fell off down the stairs while drinking. You mention that you forgot about how you hurt it until the next day when you work up in pain and your friend told you. If asked about your alcohol use, you might push back a little by say something like: *“I normally don’t really drink. But when I do I usually have 5 or 6 beers while hanging with my friends. It was stupid, but I got pretty drunk last weekend and fell down the stairs at my friend’s apartment. But drinking is a lot of fun and it’s not a big deal, plus my arm will heal. I’m not sure why you’re asking about this because I’m really here because I just need to get my arm checked to see if its broken. Drinking with my friends makes me forget about all the stuff at home that I don’t want to deal with and it’s not really an issue for me. If I hurt myself every time I drank that would be a much bigger deal.”*

If Provider Asks About Pros & Cons:

- **PROS:** Everyone you know drinks like you do; it is a part of your social life. You enjoy the buzz you get when you drink, and it especially feels good after a long week of juggling school, work and home life. It helps you to have fun and forget about all your stress.
- **CONS:** At first, nothing you can think of. **If provider prompts you about regrets:** You admit that you got too drunk and injured your arm and are not quite sure what happened that night. You are lucky you did not hit your head. Although your wrist still hurts, the bruising is gone and it is not swollen anymore. You concede that it was probably the alcohol that made you black out.

When Asked About Your Readiness: You identify yourself as a 2 on the Readiness Scale and feel that there is not really a need to change your behavior. **If provider asks “why not a 1 or 0?”** You do not want to black out again. You are pretty confident that if you want to change in the future, you will be able to do it on your own.

If the Practitioner Suggests a Plan/Next Steps: You do not really feel that drinking is a problem, but you agree that maybe drinking so much that you black out is not a good thing. So, you agree to try to drink less, drink slower and make sure there is a friend to watch out for you.