

MI Skills - Brief Intervention Role Play



Role Play Exercise 1: Partner with someone to practice conducting a brief intervention. One person will act as the adolescent and the other as the practitioner who has administered the CRAFFT 2.1. The adolescent has used “anything else to get high” 5 times in the past 12 months and scored a 4 on the CRAFFT (answered YES to ALONE, RELAX, FORGET, and FRIENDS questions). Practice engaging/establishing rapport, exploring pros and cons, giving feedback, using the Readiness Ruler, negotiating an action plan, summarizing and thanking the adolescent.

Adolescent: You are a 17-year-old adolescent who is worrying all the time about failing out of school. You have had several acute feelings of panic and doom, which also worries you a lot. You know that your teacher has contacted your foster parent about performing poorly on recent assignments and tests. Sometimes you just feel like blowing up, the pressure of school gets so high. You feel you have to work harder in school than your friends, and your friends have told you that they are worried about you lately. If asked about your substance use, you might say something like: *“I have a prescription for Klonopin that I am supposed to take at night when I can’t sleep. Sometimes when my anxiety is really bad, I take more during the day and run out too early. It helps take the edge off the Adderall and creates a good balance.” I don’t think I need to stop drinking. I only have a couple of shots of vodka or maybe a beer or 2. I only blacked out once by accident. My health is good and besides, you’re only young once.”*