

Counseling Adolescents About Their Substance Use

SBIRT Brief Negotiated Interview (BNI) Steps

1

SCREEN PATIENT (Choose Method)

Ask All Teens (CRAFFT Questions):

During the PAST 12 MONTHS, did you:

- Q1 Drink any alcohol (more than a few sips)?
- Q2 Smoke any marijuana or hashish?
- Q3 Use anything else to get high?

If NO - Ask the "Car" question and counsel. Any positive responses, ask the following Q1-Q6 questions below. Score 1 for each positive answer, ≥ 2 indicates positive screen.

- Q1 Have you ever ridden in a CAR driven by someone (including yourself) who was high or was using alcohol or drugs?
- Q2 Do you ever use alcohol to RELAX, feel better about yourself, or to fit in?
- Q3 Do you ever use alcohol or drugs while you are ALONE?
- Q4 Do your FAMILY or FRIENDS ever tell you that you should cut down on your use of alcohol or drugs?
- Q5 Do you ever FORGET things that you did while you were using alcohol or drugs?
- Q6 Have you ever gotten in TROUBLE while you were using alcohol or drugs?

Ask Current Drinkers (NIAAA questions):

- Q1 On average, how many days per week do you drink alcohol?
- Q2 On a typical day when you drink, how many drinks do you have?
- Q3 What's the maximum number of drinks you had on a given occasion in the last month?

At Risk Drinking:

Men:	> 14 drinks per week	> 4 drinks per occasion
Women:	> 7 drinks per week	> 3 drinks per occasion
Age 65:	> 7 drinks per week	> 3 drinks per occasion



2

RAISE SUBJECT

- a. **Introduce yourself.** Ask: "Would you mind taking a few minutes to discuss the answers you provided in our screener?"



4

ENHANCE MOTIVATION

- a. **Readiness to Change**
 - i. "On a scale from 1-10, how ready are you to change any aspect of your drinking or to seek treatment?"
- b. **Develop Discrepancy**
 - i. If patient responds with 2 or greater on the ruler, ask: "Why did you choose that number and not a lower one?"
 - ii. If patient responds with 1 or is unwilling, ask: "What would make this a problem for you? How important would it be for you to prevent that from happening? Have you ever done anything you wish you hadn't while drinking?" Discuss pros and cons.

READINESS TO CHANGE RULER

Extremely ready	10
	9
	8
	7
	6
	5
	4
	3
	2
Not at all ready	1

3

PROVIDE FEEDBACK

- a. **Review Screen:** "From what I understand, you are drinking/using [insert screening data]. We know that drinking above certain levels can cause problems such as [insert facts]."
- b. **Make Connection:** "What connection do you see between your drinking/drug use and your medical visit?"
 - i. If patient sees connection, reiterate.
 - ii. If patient does not see connect, offer one.
- c. **Show NIAA Guidelines and Norms**
 - i. These are what we consider the upper limits for low risk drinking for your age and sex. "Low risk" means you would be less likely to experience illness or injury if you stayed within these guidelines.

5

NEGOTIATE AND ADVISE

- a. **Negotiate Goal:** Reiterate what patient says in step 3 and ask "What's the next step?"
- b. **Give Advice:** "If you can stay within these limits you will be less likely to experience [further] illness or injury related to alcohol or drug use."
- c. **Summarize:** "This is what I've heard you say... Here is a treatment agreement reinforcing your new goals. This is really an agreement between you and yourself."
- d. **Handout:** Give the patient the drinking or treatment agreement and the general health information handout.
- e. **Suggest Follow Up to Discuss Further;** thank patient for their time.

