Telling vs Motivating: How to partner with Youth on Substance Use Prevention and Intervention

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LEARNING OBJECTIVES

- Learn about the **Wellness and Adolescent Substance Use Prevention (WASUP)** Project
- Gain a better understanding of SBIRT
- Describe Motivational Interviewing
- Name three motivational interviewing skills
WHAT IS WASUP?

• A program with CHLA and The L.A. Trust:
  – To support health care providers, staff, youth, and community members in talking about substance use with youth as part of overall wellness
    • For ex. Screening Brief Intervention & Referral to Treatment
  – To encourage youth to seek services at Wellness Centers

• Happening at:
  – Fremont HS
  – Jefferson HS
  – Manual Arts HS
  – Washington Prep HS
YOUTH ENGAGEMENT
WHAT IS SBIRT?

Screening, Brief Intervention, Referral to Therapy

• **Screening:** Brief set of questions that identifies risk of substance use related problems.

• **Brief Intervention:** Brief counseling that raises awareness of risks and motivates client towards acknowledgment of problem.

• **Referral:** Procedures to help patients access specialized care.
GOALS OF BRIEF INTERVENTION

- To increase awareness of the problem
- To increase motivation to change
- To create behavior change

➢ Brief interventions trigger change

➢ A little counseling can lead to significant change, e.g., 5 minutes has same impact as 20 minutes
WARM HAND OFF

• Describe options based on available services

• Facilitate hand-off by connecting youth with the Wellness Center or treatment provider

• What else can be done on campus?
Motivational interviewing (MI) is a form of collaborative conversation for strengthening a person’s own motivation and commitment to change.
"MI with someone is like entering their home. **One should enter with respect, interest and kindness, affirm what is good, and refrain from providing unsolicited advice and rearranging their furniture.**"
MOTIVATIONAL INTERVIEWING

What science says works:

A style of talking with people constructively about reducing their health risks and changing their behavior.

Designed to enhance peoples’ own motivation to change using strategies that are empathic and non-confrontational.

Is inherently person-centered, using things that are valued by the individual to facilitate behavior change.
MOTIVATIONAL INTERVIEWING SKILLS

- Open-ended questioning
- Affirming
- Reflective Listening
- Summarizing

Reference: Gordon Model: http://tinyurl.com/mgk088r
Nuggets
https://youtu.be/HUngLgGRJpo
Open-ended questions begin with:
How…?
What…?
Tell me about...
Describe...

Close-ended questions begin with:
Have/had/has…?
Which…?
How many…?
Did/do/does…?
Is/are…?
When…?
AFFIRMATIONS

Focused on attributes or achievements of individual

Intended to:

- Affirm what is good
- Support person’s persistence
- Encourage continued efforts
- Assist person in seeing positives
- Support individual’s proven strengths
We are **listening to understand**, NOT to diagnose and fix a problem, which is how many interactions with adults are oriented.
Stay very close to the speaker’s original words and meaning. Show you understand by repeating or paraphrasing.

Example:

**Adolescent:** I feel like I need to drink or else I won’t fit in and girls won’t talk to me. But then I just get so drunk I get all quiet, and have nothing to say even if I do get a chance to talk to them.

**Simple Reflection:** (Repeat)
- So you feel like you need to drink to get a chance to talk to girls.
- But then you drink so much that it’s hard to actually talk to them when you get a chance.
TYPES OF REFLECTION

**Simple:** Repeating of Paraphrase

**Complex:** Moving Forward

- **TRUE MEANING:** Reflect implication
- **AFFIRMING:** Reflect strengths, values
- **AFFECTIVE:** Reflect feelings
- **DOUBLE SIDED:** Reflect ambivalence
- **METAPHOR:** Painting a picture of the experience
Adolescent Statement:
“Smoking helps me relax. I know my teeth are getting yellow and smoking is bad for you, but I just don’t know if it’s worth quitting.”

Simple-Stabilizing, connecting
• Your teeth are yellow. (repeating)
• You thinking smoking might be staining your teeth (paraphrasing)

Complex-Moving forward
• You’re not sure about a change but you’re considering it. (true meaning)
• You know a lot about the risks of smoking (affirming)
• You are struggling with the pros and cons of smoking (affective)
• On the one hand, smoking helps you relax, on the other hand you don’t like the yellow teeth (double-sided)
• You are kind of stuck between a rock and a hard place. (metaphor)
Summarizing, which may also include paraphrasing, is the skill that will help the provider and the client move through a session to **transitions & closure**.

1. A collective summary—“So let’s go over what we have talked about so far.”

2. A linking summary—“A minute ago you said you wanted to talk to …..Maybe now we can talk about how you might try …..”

3. A transitional summary—“So you will make an appointment today before you leave and maybe we will see you again soon.”
PERSONAL STORIES

Have you ever made the same goal more than once?
(quit smoking, stop yelling, exercise)

Have you ever been told by your doctor to do something that you were not ready to do?
(lose weight, change diet, take medications, exercise)

Have you ever told someone they shouldn’t be in a relationship that you thought was damaging?
(friends, dating)
ACTIVITY

Learn
RESOURCES

- **Los Angeles County Substance Abuse Service Helpline**
  **SASH**: (844) 804-7500
  - Toll-free for both youth and adults
  - Open 24/7/365
  - Screening and referral services

- **Crisis Text Line**
  - Text **CONNECT** to **741741**
  - Available 24/7
  - Live, trained Crisis Counselor receives text

- **California Youth Crisis Line** - (800) 843-5200
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