

BRIEF INTERVENTION FOR TEENS
 Adapted from BNI-ART INSTITUTE INTERVENTION

BNI STEPS	DIALOGUE/PROCEDURES
<p>1. getting acquainted?</p>	<p><i>What's a typical day like for you? How about on weekends?</i></p>
<p>2. Enhance motivation (Directed Conversation)</p> <ul style="list-style-type: none"> • Explore Pros and Cons • Use reflective listening • Reinforce positives • Develop discrepancy between ideal and present self 	<p>Ask PROS and CONS <i>"Help me to understand what you enjoy about [X]? What else?"</i> <<PAUSE AND LISTEN>></p> <p><i>"Now tell me what you enjoy less about [X] or regret about your use".</i> If <u>NO</u> con's: Inquire about any problems previously mentioned during screening</p> <p><i>"So, on the one hand you say you enjoy X because... " and on the other hand you said...." reiterate negative consequences</i></p>
<p>3. Provide feedback (Advise)</p> <ul style="list-style-type: none"> • Readiness: Importance and Confidence Scales 	<p><i>Are you aware of any down sides to your use of X?"</i> If YES: <i>Which ones are you aware of?</i> If NO, indicate problems that are teen-relevant, ie finances, calories, etc.</p> <p><i>"Have you thought about making a change in your use of X?"</i> <i>"To help me better understand how you feel about making a change in your use of X, [show ruler].....</i></p> <p><i>On a scale from 1-10, how important is it for you to change <u>any</u> aspect of your use of [X]?"</i></p> <p>Ask: <i>"Why did you choose that number and not a lower one like a 1 or a 2? Other reasons for change? How does this fit with where you see yourself in the future?"</i></p> <p><i>Ask confidence scale: If you were to make a change, how confident are you that you could do it?</i> <i>What needs to happen for you to feel more confident?"</i> <i>What would help you get to a HIGHER number?</i> <i>What have you successfully changed in the past? How?</i> <i>Could you use these methods to help you with the challenges of changing?</i> <i>If you make these changes what would be different in you life?"</i></p>
<p>4. Negotiate & advise</p> <ul style="list-style-type: none"> • Negotiate goal • Benefits of change • Reinforce resilience/resources • Provide handouts • SUMMARIZE • Suggest f/u 	<p><i>"What is the next step for you? What do you think you can do to stay healthy and safe?.....what else?</i></p> <p>SUMMARIZE: <i>Let me summarize what we've been discussing..... .Is that accurate? Is there anything you want to add to that?</i></p> <p>Here's an action plan that indicates the plan we discussed and your goals. This is really an agreement between you and yourself Suggest f/u visit to discuss/support carrying out plan</p> <p style="text-align: center;">Thank student for his/her time!</p>