

BRIEF MOTIVATIONAL INTERVIEWING

Local Condition(s): Perceived low risk of binge drinking; perceived low risk of marijuana use

Short Description: Brief Motivational Intervention combines brief intervention with motivational interviewing,” emphasizing “personal responsibility and self-efficacy of participants, offering them personalized feedback on their alcohol or marijuana use, risks, expectancies, perceptions of social norms, and options for reducing problems and consequences. BMIs have been used in strategies like BASICS related to alcohol use, but are now also being applied for situations related to marijuana use. Similar to BASICS, the structure of implementation would involve two 30-60-minute 1-on-1 motivational counseling sessions. The sessions are focused on being non-judgmental, working collaboratively with the student, and increasing motivation to make a change in alcohol or marijuana use behavior. The initial session focuses on collecting data on use and other behaviors from the student and reflecting on those with the student. Typically, an assessment, such as a Personalized Feedback Intervention or similar survey, is utilized to gather information from the student. The follow-up session it utilized more to engage the behavior change model and willingness to make changes in alcohol or marijuana use based upon the reflection.

Evidence of Effectiveness: Shown by NIAAA to have: the highest possible rating for research effectiveness, short and longer-term (up to 1 year) effects, the lowest barriers for use, one of the lowest in terms of cost. Sixteen outcome studies demonstrating efficacy.

DFC Strategy Type(s): Provide information, provide support, build skills

Partners Needed: Schools (teachers, staff, counselors, social workers), hospitals/clinics (psych nurse, nurse practitioners, social workers), mental health professionals, community corrections, community center directors, other youth-serving settings

Pros: Strong evidence of effectiveness, and the technique can be used to address other problem behaviors

Cons: Used with individual students so doesn't have a broad reach; generally used with students who are already using.

Costs: Cost for BMI training for staff. Six coalition members plus one staff member are trained; others could be trained in the future through Wellness in the Woods.

Potential Evaluation Measures: Number of youth interviewed, number of sessions per youth, referrals, and follow-up on referrals. After a student has completed one or more sessions they could be asked to take a follow up survey which indicates any level of change in use, perceptions, and/or negative consequences. Many of the questions could be the same/similar to an initial assessment, which would allow for easy tracking of behavior change.