SBIRT IN SCHOOLS

Brief Negotiated Interview (Any Use)

**Very Important Are You?**

| I’d like to learn a little more about you. |
| What are some important things/hopes/goals in your life? |
| How does your use of [X] fit in? |

**Very Confident Are You?**

| What do you like about using [X]? |
| What do you like less or regret about using [X]? |

**Explore problems mentioned in CRAFFT+N:**

- You mentioned... Can you tell me more about that?
- So, on the one hand you said [PROS], and on the other hand you said [CONS]. Where does that leave you?

**Provide Feedback:**

- Elicit: What do you already know about the risks of using [X]?
- Would it be okay if I share some information with you?
- Provide: Share 1-2 salient risk factors.
- Elicit: What are your thoughts about that?

**Use Readiness Ruler:**

- On a scale of 1-10, how ready are you to change any aspect of your [X] use?
- Why did you choose [X] and not a lower number like 1 or 2?
- If “1”: What would need to happen for you to consider making a change?
- Use a reflection to reinforce their reasons for change.

**Negotiate Action Plan:**

- Given our discussion, what might you do?
- If making suggestions or a referral, use Elicit-Provide-Elicit.
- On a scale of 1-10, how confident are you that you could meet this goal?
- Why did you choose [X] and not a lower number like 1 or 2?
- What might help you to get to a higher number?
- What obstacles do you anticipate? What helped you succeed with changes in the past?
- Summarize conversation and thank them for sharing.

**Build Rapport:**

- What do you like about using [X]?
- What do you like less or regret about using [X]?

Salient Risks

**Nicotine (Vaping Devices, E-cigs, Tobacco Products):**

- Some vape pods have as much nicotine as 20 cigarettes
- Nicotine can harm the brain, including memory and ability to learn
- Aerosol from vaping is not water vapor, it may contain cancer-causing chemicals

**Alcohol (Beer, Wine, Liquor):**

- The brain is developing until age 25, alcohol use during the teen years can interfere with healthy brain development
- Alcohol is particularly damaging to the part of the brain that is important for memory and learning (the hippocampus)
- Alcohol impairs safe driving by causing vision impairment, slower reaction times, lower concentration and difficulty multi-tasking

**Cannabis (Marijuana):**

- Effects of cannabis on attention, memory, and learning can last for days or even weeks and cause disruption to eating and sleeping
- Depending on the source and mode of use, cannabis can vary greatly in its effect and potency
- Cannabis can increase risks of chronic cough, anxiety and depression

**Resources:**

masbirt.org/schools | mass.gov/maclearinghouse | getoutraged.org

**What’s in Your Cup?**

16 oz Cup

- Beer - 12 oz
- Wine - 5 oz
- Liquor - 1.5 oz

**Referrals:**

MA Substance Use Helpline
(800) 327-5050
helplinema.org

This is Quitting
Text “VapeFreeMass” to 88709
truthinitiative.org

My Life, My Quit™
Call or text “Start My Quit”
to (855) 891-9989
mylifemyquit.com

Find the CRAFFT+N: SBIRT in Schools screening tool in English and other translations at masbirt.org/schools

**Anticipate Challenges of Tomorrow:**

- What situations could make it hard for you to continue to avoid using these substances? How might you handle these situations?
- What might you do or say if offered one of them?
- Summarize conversation and thank them for sharing.

**Educate:**

- Elicit: What do you already know about the risks of using these substances?
- Would it be okay if I share some information with you?
- Provide: Share 1-2 salient risk factors.
- Elicit: What are your thoughts about that?

**Reinforce:**

- Tell me a little about why you’ve made the healthy decision to not use alcohol, other drugs, nicotine, or tobacco.
- Use a reflection and/or affirmation to reinforce their reasons for not using.