

# Brief Negotiated Interview and Active Referral to Treatment Provider Training Algorithm

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<p><b>1. Build Rapport</b></p> <p>Raise subject</p> <p>Day in the life</p>	<p>Hello, I am _____. Would you mind taking a few minutes to talk with me about your use of [X]?</p> <p>Before we start, can you tell me a little bit about a day in your life? Where does your [X] use fit in?</p>
<p><b>2. Pros &amp; Cons of Use</b></p> <p>Give summary</p>	<p>Help me understand through your eyes the good things about using [X]. What are some of the not so good things about using [X]?</p> <p>So on the one hand <b>_PROS_</b>, and on the other hand <b>_CONS_</b>.</p>
<p><b>3. Feedback</b></p> <p>Ask permission</p> <p>Give information</p> <p>Elicit reaction</p>	<p>I have some information about the guidelines for low-risk drinking, would you mind if I shared them with you?</p> <p>We know that drinking <b>4 or more (F) / 5 or more (M)</b> drinks in one sitting or more than <b>7F/14M in a week</b> and/or use of illicit drugs can put you at risk for illness or injury. It can also cause health problems like [insert medical information].</p> <p>What are your thoughts on that?</p>
<p><b>4. Readiness to Change</b></p> <p>Readiness Ruler</p> <p>Reinforce positives</p> <p>Create action plan</p> <p>Identify strengths/supports</p>	<p>This Readiness Ruler is like the Pain Scale we use in the hospital. On a scale from 1-10, with 1 being not ready at all and 10 being completely ready, how ready are you to make any changes in your [X] use?</p> <p>You marked _____. That's great. That means you are _____ % ready to make change.</p> <p>Why did you choose that number and not a lower one like a 1 or a 2? Sounds like you have some important reasons for change.</p> <p>What are some options/steps that will work for you? What do you think you can do to stay healthy and safe?</p> <p>Tell me about a time when you overcame challenges in the past. What kinds of resources did you call upon then? Which of those are available to you this time?</p>
<p><b>5. Prescription for Change</b></p> <p>Write down action plan</p> <p>Seal the Deal</p>	<p>Will you summarize the steps you will take to change your [X] use? I've written down your plan, a prescription for change, to keep with you as a reminder.</p> <p>Give referrals if appropriate</p> <ul style="list-style-type: none"> <li>- Outpatient counseling</li> <li>- Suboxone, methodone clinic</li> <li>- Needle Exchange and/or AA/NA</li> <li>- Primary Care, Mental Health, Shelter</li> <li>- Handouts and information</li> </ul>

# Alcohol and Other Drug Screening Questions

## NIAAA Guidelines

- 1) On average, how many days per week do you drink alcohol (beer, wine, liquor)?
- 2) On a typical day when you drink, how many drinks do you have?

\_\_\_\_\_ days per week x \_\_\_\_\_ drinks per day = \_\_\_\_\_ drinks per week

### Positive Screen: Above NIAAA Guidelines

*>14 drinks/week for men*

*>7 drinks/week for women or men over 65 years*

*Any use of alcohol for pregnant women*

- 3) What is the maximum number of drinks you had in a 2-hour period during the last month?

### Positive Screen: Above NIAAA Guidelines

*5+ drinks/2hrs for men*

*4+ drinks/2hrs for women*

*>1 drink/day for adults over 65 years*

*Any use of alcohol for pregnant women*

- 4) How many times in the past year have you used an illegal drug or used a prescription medication for nonmedical reasons?