



SAMHSA-HRSA CENTER for INTEGRATED HEALTH SOLUTIONS

Brief Intervention for Health Behavior Change

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Objectives

- Understand essential elements of Brief Intervention
- Explain the Stages of Change model for use in brief intervention
- Apply Motivational Interviewing techniques in brief intervention
- Increase knowledge about the broad application of Brief Intervention and Motivational Interviewing in clinical settings

Poll Question

1. On a scale of 0-5, indicate how ready you are to implement brief intervention, 0-not ready at all and 5-routinely implementing.
2. True or false: I believe brief intervention is effective in encouraging healthy behavior change.

In a Nutshell

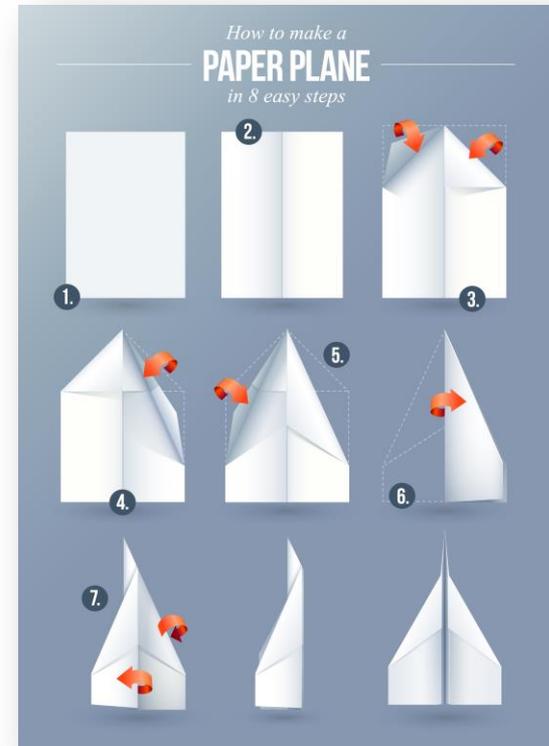
- **Why:** Brief, low cost, client friendly, teachable moment
- **What:** A Single 3-5 minute to multiple 15-30 minute sessions
- **Who:** Most effective with clients who are at-risk for (fill in blank)
- **Where:** Primary care, behavioral health organizations, infectious disease clinics, HIV care and prevention settings

Why Early Detection is Important

- Early detection offsets the negative ramifications including poor treatment adherence
- Substance use disorders are prevalent
- Risk factors

Essential Steps

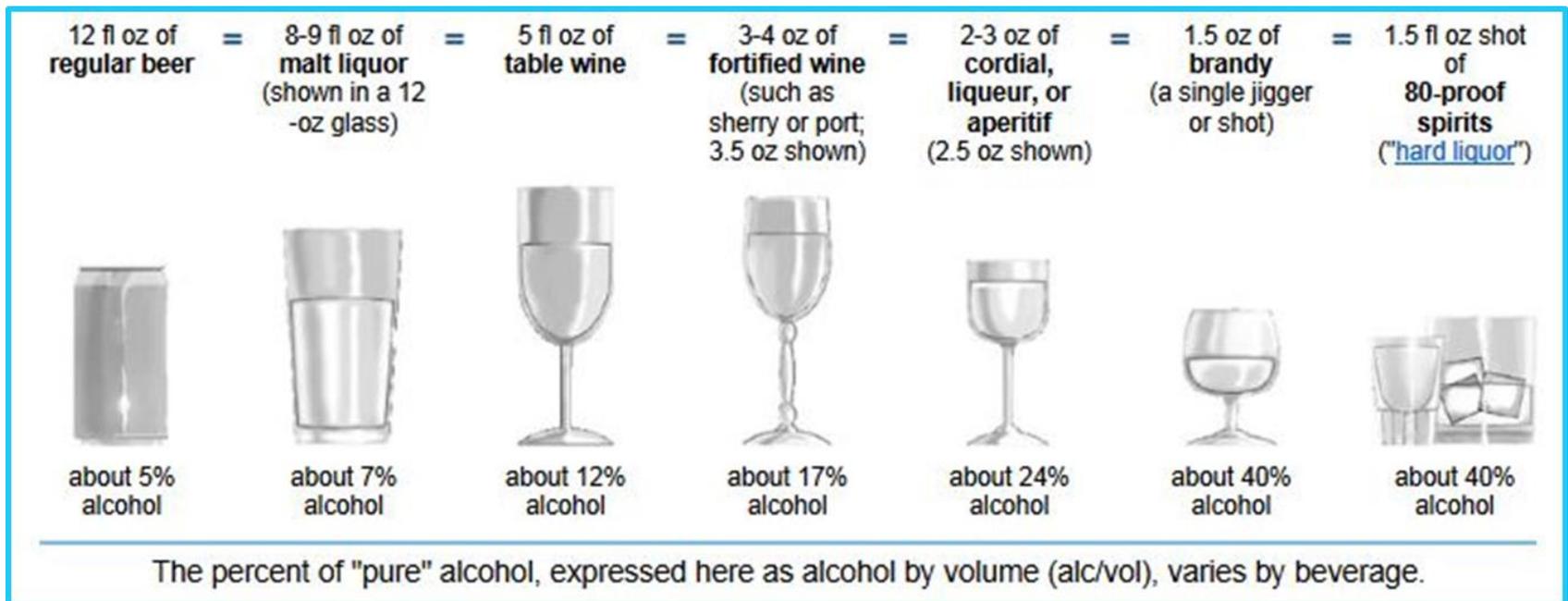
1. Raise the subject
2. Provide feedback
3. Enhance motivation
4. Develop a plan



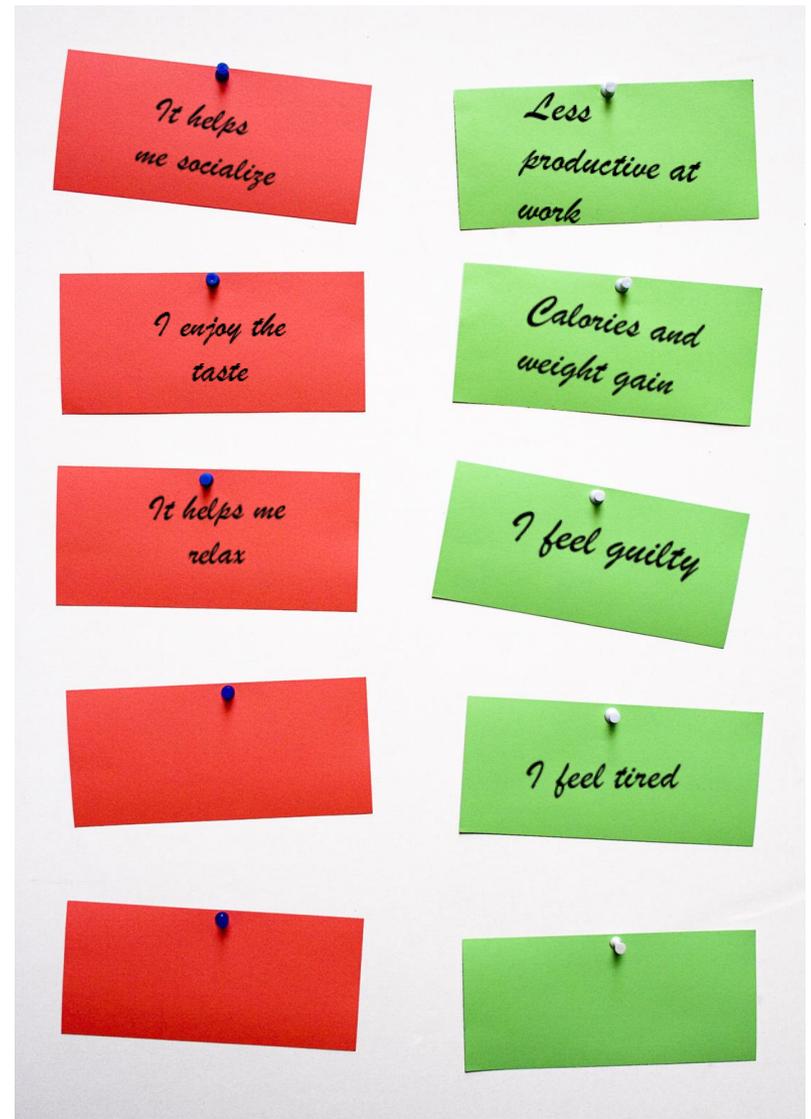
Step 1: Raise the Subject

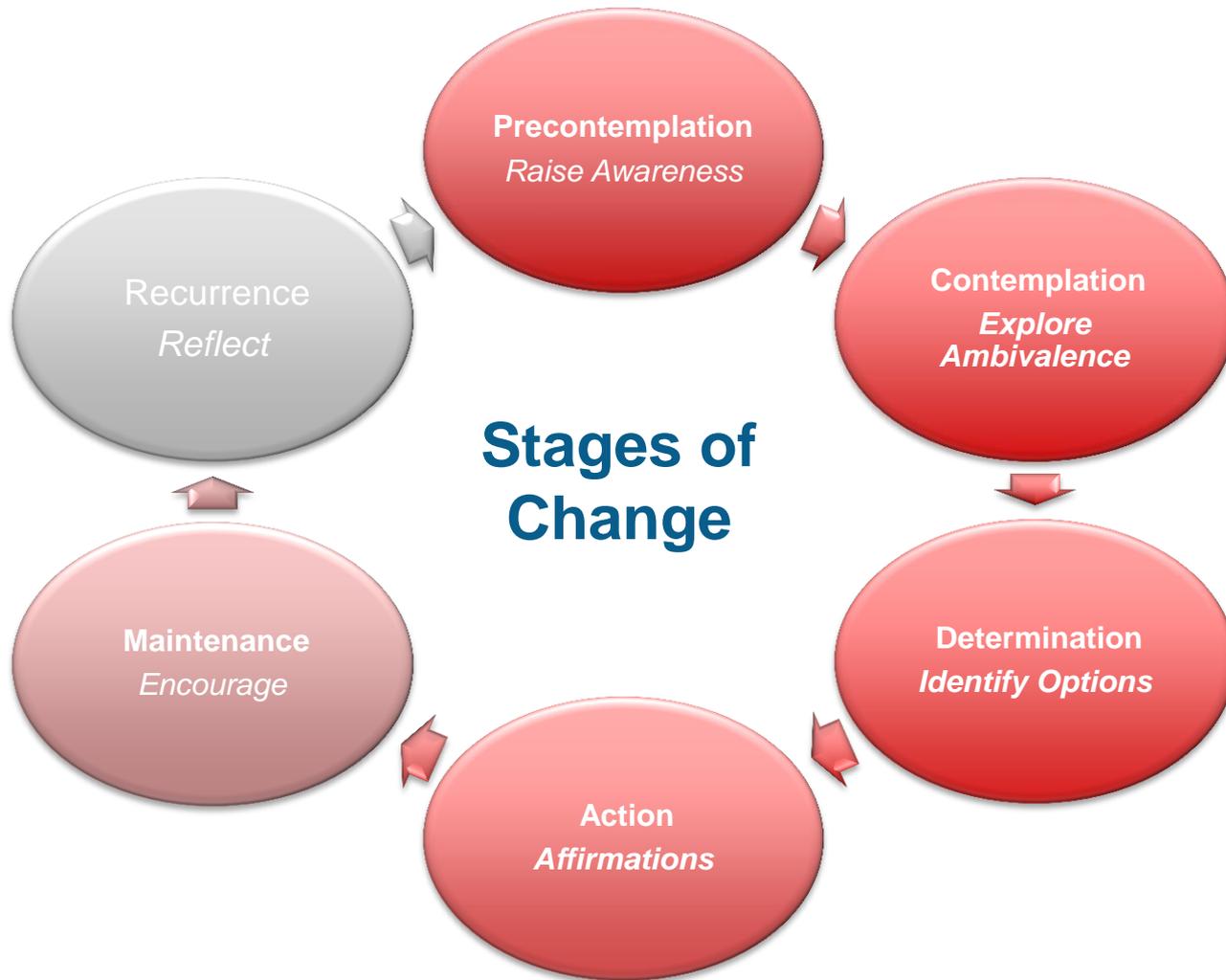
- Would you mind taking a few minutes to talk with me about your (substance use, nutrition, sleep patterns)

Defining Risk



Exploring Pros and Cons





Listen for Change Talk...

I want to

If Only

I need to

I will



What is important is...

Step 2: Provide Feedback

Discuss health risks

- “At this level of consumption, you are at increased risk for health and other consequences such as...”

Review drinking guidelines

- “The recommended guidelines for healthy women/men are...how do you see your drinking compared to these guidelines?”

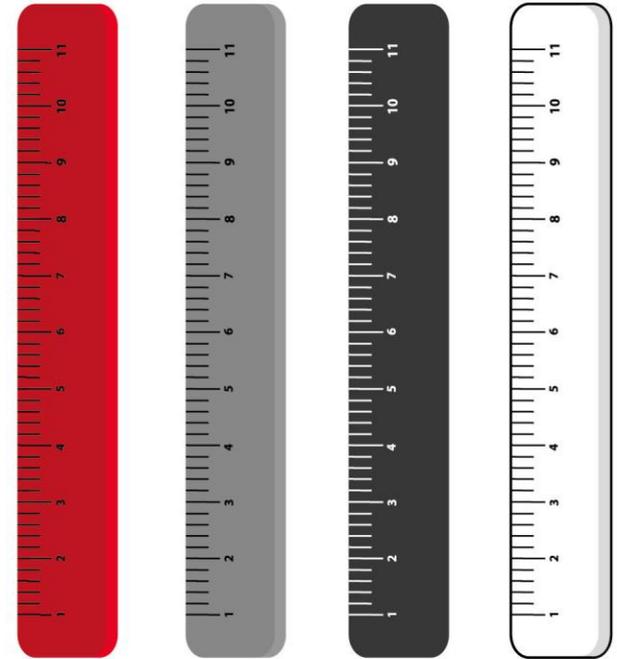
Step 3: Enhance Motivation

Motivational Interviewing

- Patient centered
- Resolve ambivalence
- Spirit of MI
- William Miller, PhD & Stephen Rollnick, PhD

A Way to Measure

- On a Scale of 0 to 10
 - How ready are you to.....
 - How confident are you...
 - How important is it to you...



Using your OARS

Open-ended inquiry

Tell me more about your health concerns...

Affirmations

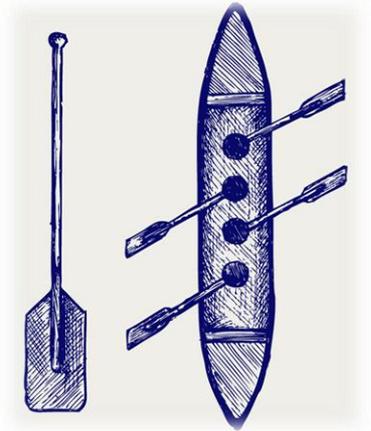
You have been successful cutting down your drinking.

Reflections

Socializing with your friends is important to you.

Summarizing

Here's what I've heard so far...is that an accurate summary?



Step 4: Negotiate and Advise

- **Elicit response:** “What are some of your thoughts regarding our discussion?”
- **Negotiate a goal:** “Why are you a 5 and not a 7?” and “What are some steps you could take?”
- **Assist in developing a plan:** “What will be challenging for you to meet this goal? What is your plan for overcoming these challenges?”
- **Summarize and arrange follow-up:** “What I heard you say is...”

Brief Intervention in Primary Care



Operational Questions

- How do you see this kind of intervention fitting into your workflow?
- What changes may be needed in your agency to adopt brief intervention?
- What additional training is necessary?

Consider

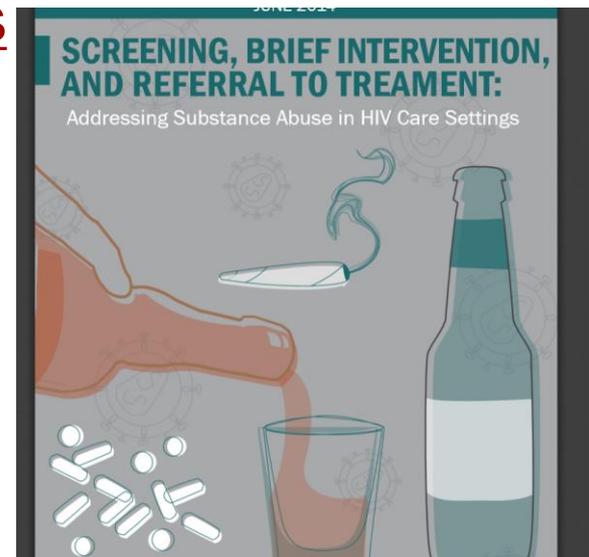
- Motivational interviewing requires foundational training and ongoing fidelity opportunities
- Practice and coaching will help you feel more confident, strong, and natural in your skills

Consider

- How do you see this kind of intervention fitting into your workflow?
- What changes may be needed in your agency to adopt brief intervention?
- What additional training is necessary?

Resources

- [SAMHSA-HRSA Center for Integrated Health Solutions](#)
- [TARGET Center](#)
- [AIDS Education and Training Centers](#)
- [Pocket Guide and Tools](#)



Questions?

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