

BNI ART INSTITUTE YOUTH INTERVENTION ALGORITHM

BNI STEPS	DIALOGUE/PROCEDURES
Ask Permission Address Privacy Engage	<ul style="list-style-type: none"> <li>➤ Hello, I am _____. Would you mind taking a few minutes to talk with me confidentially about your use of [X]? &lt;&lt;PAUSE and LISTEN&gt;&gt;</li> <li>➤ Before we start, could you tell me a little about a day in your life?</li> </ul>
Provide Feedback  <ul style="list-style-type: none"> <li>• Ask how X fits in with life goals</li> <li>• Make connection (no arguing)</li>            <li>• For alcohol... Show NIAAA guidelines &amp; norms for adults</li> </ul>	<ul style="list-style-type: none"> <li>➤ From what I understand, you are using [insert screening data]... We know that drinking above certain levels, smoking and/or use of illicit drugs can cause problems, such as [insert medical info]...I am concerned about your use of [X].</li> <li>➤ Ask about enrollee's goals for self (what's important to them)</li> <li>➤ What connection (if any) do you see between your use of [X] and this ED visit?                          If pt sees connection: reiterate what pt said                          If pt does not see connection:                          make one using medical info</li> <li>➤ These are what we consider the upper limits of low risk drinking for adults. By low risk we mean that you would be less likely to experience illness or injury if you stayed within these guidelines. From what you say, you are drinking above the adult guidelines.</li> </ul>
Enhance Motivation <ul style="list-style-type: none"> <li>• Explore Pros and Cons</li>            <li>• Use reflective listening</li>            <li>• Administer CRAFFT</li> <li>• Readiness to change</li>            <li>• Reinforce change talk</li> </ul>	Ask pros and cons <ul style="list-style-type: none"> <li>➤ Help me to understand what you enjoy about [X]? &lt;&lt;PAUSE AND LISTEN&gt;&gt;</li> <li>➤ Now tell me what you enjoy less about [X] or regret about your use of [X]                          &lt;&lt;PAUSE AND LISTEN&gt;&gt;</li> </ul> On the one hand you said... On the other hand you said....  <ul style="list-style-type: none"> <li>➤ Ask CRAFFT questions, then sum up and restate in patient's own words</li> <li>➤ So tell me, where does this leave you? [show readiness ruler] On a scale from 1-10, how ready are you to change any aspect of your use of [X]?</li> <li>➤ Ask: Why did you choose that number and not a lower one like a 1 or a 2? Other reasons for change?</li> </ul>
Negotiate & Advise <ul style="list-style-type: none"> <li>• Negotiate goal</li> <li>• Benefits of change</li> <li>• Reinforce resilience/resources</li> <li>• Summarize</li> <li>• Offer resources</li> <li>• Prescription for change</li>            <li>• Provide handouts</li> <li>• Refer</li> </ul>	What's the next step? <ul style="list-style-type: none"> <li>➤ What do you think you can do to stay healthy and safe? [elicit action plan]</li> <li>➤ If you make these changes, what do you think might happen to you now and in the future?</li> <li>➤ Have you made changes before or have you accomplished goals you feel proud of? Who helped? Could you use these methods now?</li> <li>➤ This is what I've heard you say you want to change.</li> <li>➤ Offer menu of resources.</li> <li>➤ I've written down your plan—a prescription for change. Use it as an agreement between you and yourself.</li> <li>➤ Provide agreement and information sheet</li> <li>➤ Make Primary Care f/u and other referrals to support carrying out plan; if CRAFFT &gt;3, refer for further assessment/treatment.</li> </ul> <p align="center"><b>Thank patient for his/her time</b></p>

BACK

**CRAFFT (score = \_\_ out of 6)**

Have you ever ridden in a **CAR** driven by someone (including yourself) who was “high” or had been using alcohol or drugs?

<sup>1</sup> yes

<sup>2</sup> no

Do you ever use alcohol or drugs to **RELAX**, feel better about yourself, or fit in?

<sup>1</sup> yes

<sup>2</sup> no

Do you ever use alcohol or drugs while you are by yourself, **ALONE**?

<sup>1</sup> yes

<sup>2</sup> no

Do your family or **FRIENDS** ever tell you that you should cut down on your drinking or drug use?

<sup>1</sup> yes

<sup>2</sup> no

Do you ever **FORGET** things you did while using alcohol or drugs?

<sup>1</sup> yes

<sup>2</sup> no

Have you gotten into **TROUBLE** while you were using alcohol or drugs?

<sup>1</sup> yes

<sup>2</sup> no