

Role play: Diego

For the health professional:

Diego is a 14-year-old presenting for a physical examination required for participation in his school's fall sports program. Here are Diego's answers on the CRAFFT screening tool:

During the PAST 12 months , on how many days did you:	Number of days
1. Drink more than a few sips of beer, wine, or any drink containing alcohol ? Put "0" if none.	10
2. Use any marijuana (weed, oil, or hash by smoking, vaping, or in food) or "synthetic marijuana" (like "K2," "Spice")? Put "0" if none.	2
3. Use anything else to get high (like other illegal drugs, prescription or over-the-counter medications, and things that you sniff, huff, or vape)? Put "0" if none.	0
4. Use any tobacco or nicotine products (for example, cigarettes, e-cigarettes, hookahs or smokeless tobacco)? Say "0" if none.	0

If you put "**0**" in **ALL** of the boxes above, ANSWER QUESTION 5, THEN STOP.

If you put "**1**" or **higher** in **ANY** of the boxes above, ANSWER QUESTIONS 5-10.

	No	Yes
5. Have you ever ridden in a car driven by someone (including yourself) who was "high" or had been using alcohol or drugs?	<input checked="" type="checkbox"/>	<input type="checkbox"/>
6. Do you ever use alcohol or drugs to relax, feel better about yourself, or fit in?	<input checked="" type="checkbox"/>	<input type="checkbox"/>
7. Do you ever use alcohol or drugs while you are by yourself, or alone?	<input checked="" type="checkbox"/>	<input type="checkbox"/>
8. Do you ever forget things you did while using alcohol or drugs?	<input checked="" type="checkbox"/>	<input type="checkbox"/>
9. Do your family or friends ever tell you that you should cut down on your drinking or drug use?	<input checked="" type="checkbox"/>	<input type="checkbox"/>
10. Have you ever gotten into trouble while you were using alcohol or drugs?	<input type="checkbox"/>	<input checked="" type="checkbox"/>

For the patient:

You are a 14-year-old presenting for a required check up so you can play on the school soccer team. When you completed the questionnaire, you answered “yes” to the following questions:

- Have you ever gotten into trouble while you were using alcohol or drugs?

About six months ago, you tried drinking alcohol a few times, all of which happened at large family gatherings, when you and a few cousins your age snuck sips of beer when no adults were looking. Once you were able to steal a whole six pack without anyone noticing, which you shared with friends later. You didn't think the beer tasted very good, but drinking two bottles made you feel “buzzed” and you had a lot of fun drinking with your friends. You believe your parents have no idea that you have tried alcohol, and you would get into trouble if they found out.

You have tried marijuana twice. Both times occurred during lunch at school, when some friends invited you to meet them in a secluded area off campus to “get high.” The first time you didn't feel anything, but the second time you felt spacey, confused, but remember laughing a lot. That day you and your friends ended up returning to school an hour late and you received detention as a result. A teacher suspected at the time that you were under the influence of marijuana, but you denied it.

You think both alcohol and marijuana are fun to use and don't pose any real risk. As long as your parents and school officials don't know that you drink and smoke once in a while, then you see no problem with continuing to do so. However, you would be surprised to hear from a health professional that these substances may harm your brain development. You're also worried about being kicked off the soccer team if the coach ever found out.

On the Readiness Ruler, your motivation to stop using marijuana is a 6; stop drinking alcohol: 4.

For the observer:

Brief intervention observation sheet

Did the health professional . . .

Raise subject

- | | | |
|---|-----|----|
| 1) Ask patient for permission to discuss substance use? | Yes | No |
| 2) Define their role before beginning discussing the patient's use. | Yes | No |
| 3) Elicit the patient's own description of their substance use. | Yes | No |

Share information

- | | | |
|---|-----|----|
| 4) Explain any connection between the patient's use and their health complaint (if applicable). | Yes | No |
| 5) Share information about of risks of use, including low-risk alcohol limits (if applicable). | Yes | No |
| 6) Ask the pt what they think of the information just provided. | Yes | No |

Enhance motivation

- | | | |
|---|-----|----|
| 7) Ask the patient about their perceived pros and cons of their use, then summarize what the patient said. | Yes | No |
| 8) Ask what the pt wants to change about their use. | Yes | No |
| 9) Gauge patient's readiness/confidence to reach their goal. If using Readiness Ruler, ask, "Why not a lower number?" | Yes | No |

Identify plan

- | | | |
|---|-----|----|
| 10) If patient sounds ready, ask them to identify a plan of change. | Yes | No |
| 11) Affirm patient's readiness to change and affirm their plan. | Yes | No |
| 12) Ask to schedule follow-up. | Yes | No |

How well did the health professional use a guiding style of communication?

Not at all

Very well

1

2

3

4

5

6

7