

Brief Intervention Steps

Steps	Action Steps
<p>Step 1: Discuss Mental Health (MH) and Substance Use (SU) Impact</p>	<ul style="list-style-type: none"> • Note how MH & SU create barriers to clients getting their needs & desires met • Recommend treatment • If not ready for treatment or in treatment & still struggling with symptoms, assist with other client goals
<p>Step 2: Assess and Enhance Motivation</p>	<p><i>Process steps:</i></p> <ul style="list-style-type: none"> • Assess motivation • Enhance motivation • Facilitate decision-making • Encourage behavior change <p><i>Process tools:</i></p> <ul style="list-style-type: none"> • Stages of change to assess motivation • Motivational interviewing to enhance motivation by exploring ambivalence • Decisional balance to discuss pros & cons of current and different behaviors • Importance and confidence rulers to reflect & elicit change • Prioritize needs

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<p>Step 3: Set and Then Operationalize A Shared Goal</p>	<p><i>Make sure that the goal is:</i></p> <ul style="list-style-type: none"> • Important to client & client is committed to it • Realistic—not too hard & not too easy • Brief, specific & clearly stated • Easy to tell when client has accomplished it <p><i>Then:</i></p> <ul style="list-style-type: none"> • Identify initial steps to implement a goal • List actions client is most comfortable taking & can reasonably accomplish • Discuss pros & cons of listed options • Choose actions that have the most pros
<p>Step 4: Problem Solve Potential Barriers</p> <p style="padding-left: 40px;">Step 4A: Identify Potential Barriers</p>	<p><i>Identify potential barriers by asking:</i></p> <ul style="list-style-type: none"> • “What things could get in the way of taking this action & being successful with it?” • “What do you know might make it difficult for you?” • “What might go wrong or get in your way?”

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<p>Step 4: Problem Solve Potential Barriers</p> <p style="padding-left: 40px;">Step 4B: Plan for Potential Barriers</p>	<p><i>Problem solve potential barriers by asking:</i></p> <ul style="list-style-type: none"> • “What are your plans for dealing with these barriers so they don’t keep you from taking the actions you want to do?” • “Who can support you & what kind of help do you want from them?” • “What other resources do you have that can help you succeed with your action plan?”
<p>Step 5: Reinforce, Follow-Up and Support</p>	<p><i>Reinforce by:</i></p> <ul style="list-style-type: none"> • Writing down the goal, action steps & plans for overcoming potential barriers, with a copy for the client & yourself <p><i>Follow-up by:</i></p> <ul style="list-style-type: none"> • Agreeing on a follow-up plan with the client that may include reminder & check-in calls, emails, text messages, etc. <p><i>Provide additional support by:</i></p> <ul style="list-style-type: none"> • Finding out how else the client thinks you can be helpful • Checking in on how MH & SU issues affect client’s ability to achieve goals