



UNC SON **ECHO** for MOUD

Addiction and Behavioral Clinic for Medication for Opioid Use Disorder Treatment

SBIRT: Brief Intervention – Motivational Interviewing

Screening, Brief Treatment and Referral to Treatment

Kelly Bossenbroek Fedoriw, MD

Primary Care Hub Member

Thanks to Victoria Soltis-Jarrett

UNC SON ECHO for MOUD is made possible by funding from the Health Resources & Services Administration (HRSA) Grant numbers: T94HP30882 (2017-2027) and T14HP33207 (2019-2024)



UNC
SCHOOL OF NURSING



University of North Carolina
at Chapel Hill
School of Nursing

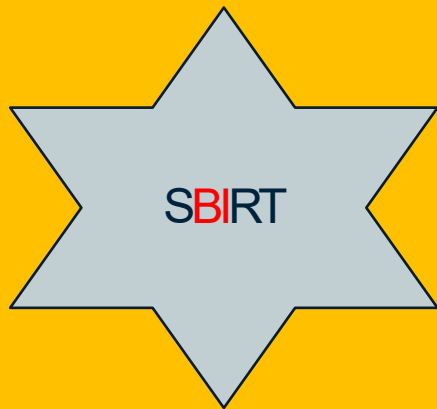
Disclosures

NONE

Objectives

1. Define motivational interviewing
2. Practice MI
3. Understand how it can be used in primary care with substance use

Positive screen=
Further
Assessment &
Brief
Interventions



Further assessment:

- Follow up with a PCP or Behavioral Health Consultant
- Potential or provisional diagnoses
- Risk for harm (self or other)

Brief interventions are:

- Time-limited, patient-centered strategy that focuses on changing a patient's behavior by increasing insight and awareness regarding substance use.
- Designed to motivate patients to change their behavior and prevent the progression of substance use.

During the brief intervention, patients are:

Given information about their substance use based on their risk assessment scores.

Advised in clear, respectful terms to decrease or abstain from substance use.

Encouraged to set goals to decrease substance use and to identify specific steps to reach those goals.

Taught behavior change skills that will reduce substance use and limit negative consequences.

Provided with a referral for further care, if needed.



FRAMES: 5 steps

- A brief intervention consists of **five basic steps** that incorporate FRAMES and remain consistent regardless of the number of sessions or the length of the intervention:
 - **F**eedback is given to the individual about personal risk or impairment.
 - **R**esponsibility for change is placed on the participant.
 - **A**dvice to change is given by the provider.
 - **M**enu of alternative self help or treatment options is offered to the participant.
 - **E**mpathic style is used in counseling.
 - **S**elf efficacy or optimistic empowerment is engendered in the participant.

FRAMES

Feedback is given to the individual about personal risk or impairment.

“I would like to talk with you about the results of the questions that you answered today”.

“The results have told me that you are suffering from depressive symptoms”

“The results indicate that you are using some medications that were not prescribed to you”.

“I want to help you to feel better and decrease your risk for worsening symptoms”.

Responsibility for change is placed on the participant.

Advice to change is given by the provider.

Menu of alternative self help or treatment options is offered to the participant.

Empathic style is used in counseling.

Self efficacy or optimistic empowerment is engendered in the participant.

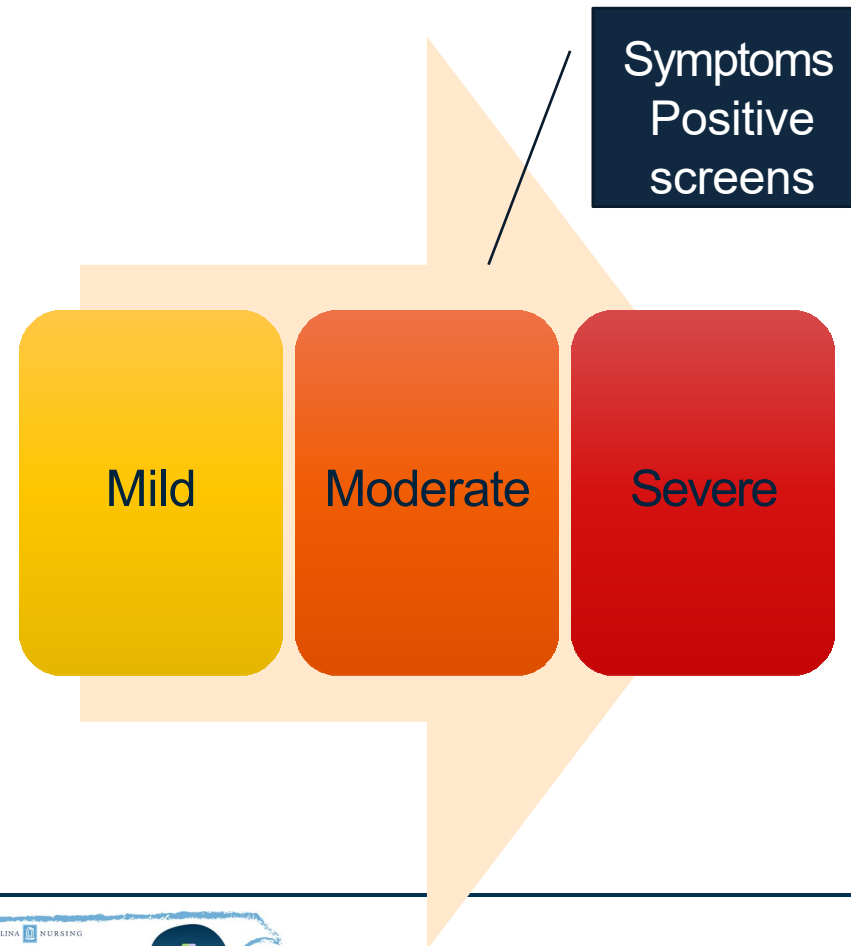


SCHOOL OF
NURSING



Examples of Brief Interventions & Techniques

- **Motivational interviewing**
- f-ACT (focused ACT)*
 - Engagement
 - Education
 - Empathy
 - Hope



Definition:

“Motivational interviewing is a form of collaborative conversation for strengthening a person’s own motivation and commitment to change.”

MINT – motivationalinterviewing.org

Ambivalence



RUN



SLEEP



Ambivalence



Ambivalence



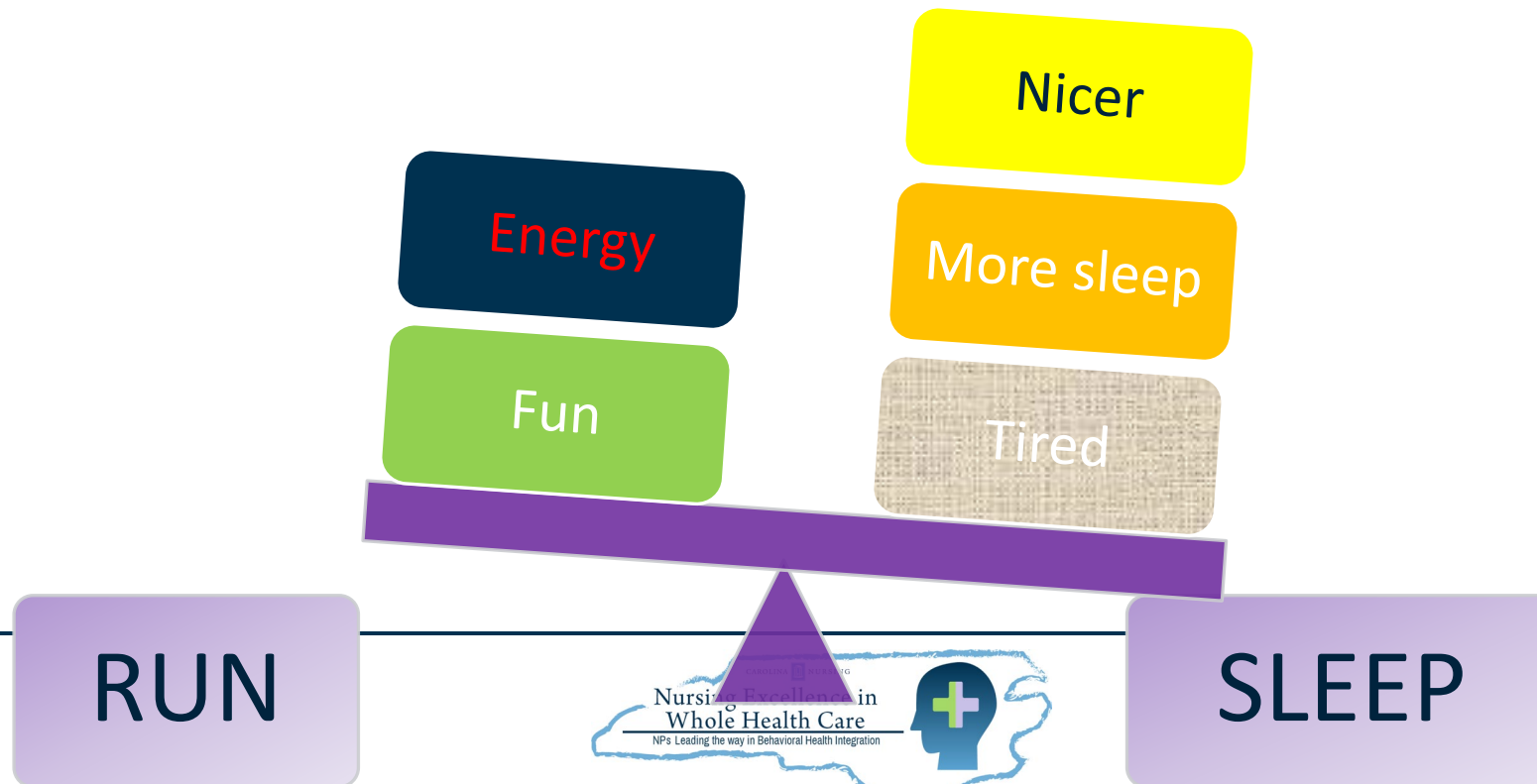
Ambivalence



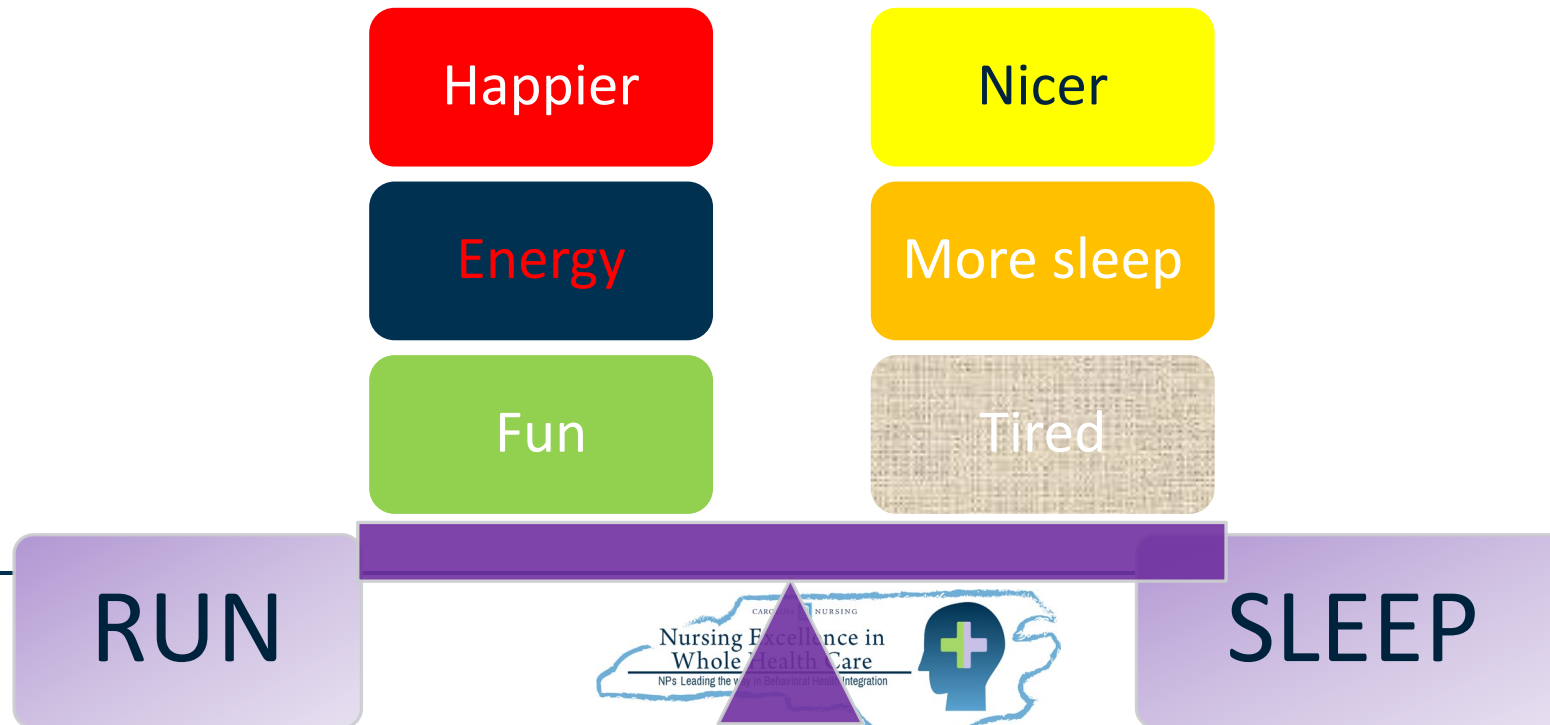
Ambivalence



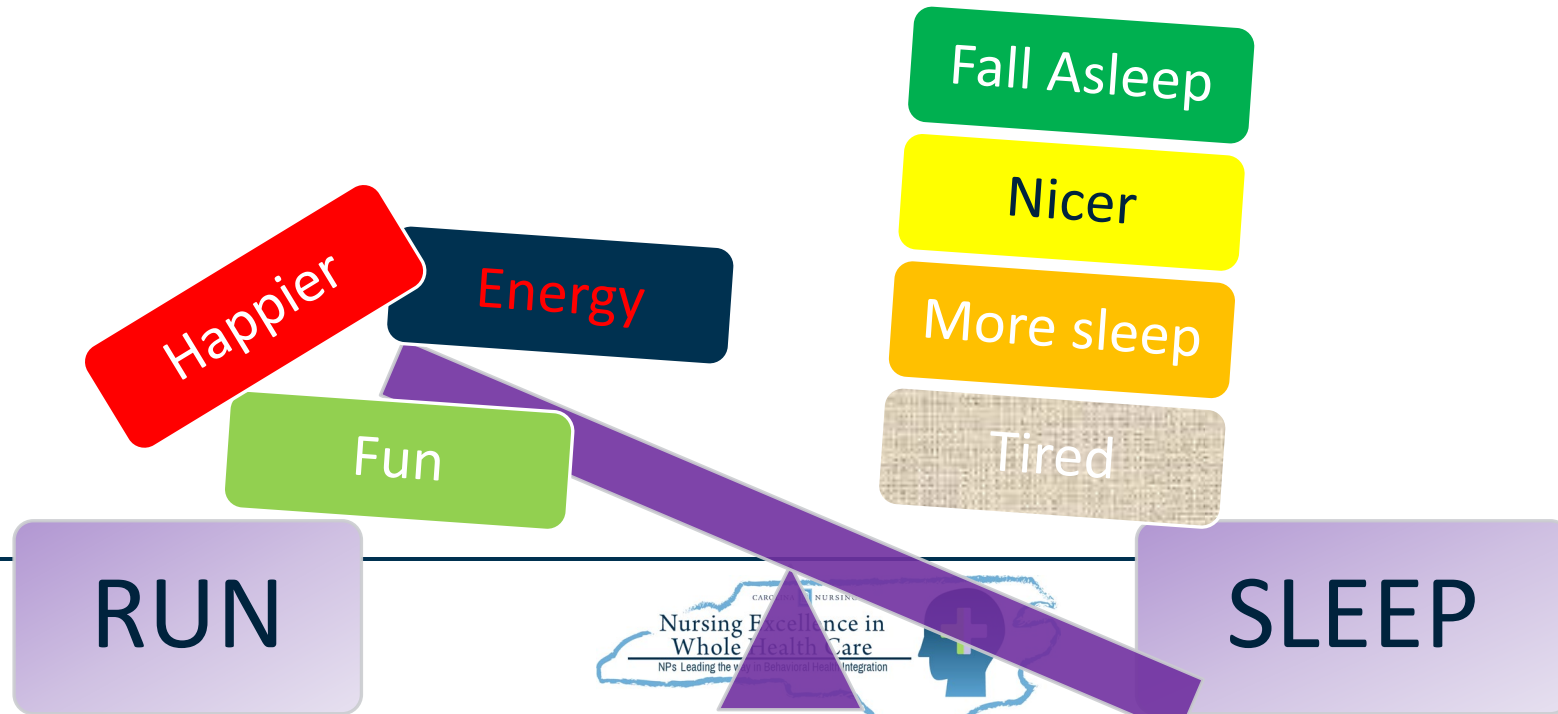
Ambivalence



Ambivalence



Ambivalence



Collaborative Mindset with Patient



What is the matter with you?!

vs.

- What matters to you?



Set the Stage

Feedback re: screening

Open ended questions

Affirmations

Reflective listening

Summaries



**Discover the patient's goal and
why it's important**

Set the Stage


Feedback re: screening

Open ended questions

Affirmations/Validate

Reflective listening

Summaries



**Discover why the behavior is
happening and does the patient
want to change it**

Practice

Groups of 2-3

Alphabetical order by first name for patient role

Patient wants to cut back on drinking or smoking

Discover why it's important to the pt and do they want to change

2 min each

Rulers – Help Develop Discrepancy

How important?

How confident?

How ready?

1 2 3 4 5 6 7 8 9 10

Why X and not X-2??

What would it take to get to X+2??

Practice

How important?

How confident?

How ready?

Why X and not X-2???

What would it take to get to X+2???