

Motivational Interviewing Skills Role Play- Andrea



Role Play Exercise: Partner with one or two other participants to practice conducting a brief intervention using some of the motivational interviewing (MI) skills that you are learning.

For this situation:

- Person 1 will act as the practitioner who has administered the CRAFFT 2.1 and determined based on the score that the adolescent is at risk of experiencing substance-related problems. This person will practice providing a motivational brief intervention to the adolescent.
- Person 2 will act as an adolescent who is seeking help for some bothersome problems.
- Person 3 will act as an observer and rate the practitioner on the MI skills used.

Practitioners should consider using the BNI Adolescent Algorithm, screening tools, and pocket cards to help facilitate the brief motivational intervention conversation. Observers should use a Brief Intervention Observation Sheet (BIOS) to assess use of MI skills.

Adolescent (Andrea): You are a 14-year-old adolescent whose foster parent was diagnosed with cancer 3 months ago. When completing the CRAFFT, you mention that you have used marijuana 15 times in the past 12 months and answered YES to the RELAX question. You have not drank alcohol or used other drugs. If asked about your marijuana use, you might say, *"I don't smoke much, but I started using marijuana to help me fall asleep at night. I usually smoke a couple nights a week. I feel so stressed out and don't know what else to do. I can't sleep."* You have been feeling very "unhappy" inside lately. If asked to talk about your life, you might say, *"I don't really feel like talking about it. Things are rough at home ever since my mom's diagnosis. Everyone is too busy to pay attention to me and always going somewhere or going to an appointment."* You are reluctant and do not think you smoke marijuana a lot since you only smoke a few hits per night to relieve anxiety.

If Asked About Pros & Cons:

- **PROS:** It helps you escape and reduces the stress that you have to keep inside all week. After a long day at school and lots of bickering at home, *"I smoke my bowl a little before bed. I just need it to relax. When I smoke, I feel less angry and sad."*
- **CONS:** *"I cannot risk my mom finding out. She already has so much going on."* Also, you have needed to smoke more than you previously did to fall asleep and every night you've been starting to crave it. **If pressed for more cons:** You know that your older brother experienced problems in the past with heavy marijuana use, and you don't want to end up like him.

When Asked About Your Readiness: You think that your readiness is about 3 out of 10. It's not a 1 or a 2 because you don't want to disappoint your mother while she is sick, but you feel unmotivated to change a problem that does not appear out of control, especially because you are constantly tired from not sleeping well.

If the Practitioner Suggests a Plan/Next Steps: You feel like you can cut back whenever you want. However, you feel stressed and sad at the moment, and you're not sure stopping smoking marijuana at this point will help. **If pressed:** You agree that you are smoking marijuana to not feel as sad about your mom.