

Brief Interventions Can Stop or Turn Around Alcohol and Other Drug Use

What is Brief Intervention?



Brief Intervention is a technique developed to address adolescent substance abuse. This process targets adolescents who are mild to moderate users who are receptive to self-guided behavior change strategies. Brief Intervention is a counseling-type intervention consisting of 2-4 sessions for adolescents who use alcohol and other drugs and—

- ✓ Experience relatively few problems with their use
- ✓ Have low levels of dependence
- ✓ Have a short history of use
- ✓ Are unsure or ambivalent about changing their use

This method of intervention combines several aspects of therapy including: **motivational interviewing**, **cognitive-behavior therapy**, and the **stages-of-change model**. It is intended to aid the adolescent in taking a more active role and responsibility for him or herself. Brief Intervention is a low-cost alternative to disease-oriented treatment approaches. This training is designed for professionals or paraprofessionals involved in schools, juvenile justice programs, and mental and primary healthcare who are seeking new and effective models for intervention with alcohol and other drug-involved youth.

Why Brief Interventions ?

- ✓ The gap between treatment need and treatment availability is significantly increasing for adolescents
- ✓ There is a tightening of treatment eligibility criteria taking place
- ✓ Brief interventions have been shown to be as effective as stand-alone therapies
- ✓ Brief interventions make developmental sense, given that many drug-using youth are not “career” drug abusers
- ✓ Developmentally, young people are likely to be receptive to self-guided behavior change strategies, a cornerstone of brief interventions



To learn how **Brief Interventions** can benefit your community, participate in the 6th Annual White Bison Wellbriety Movement Conference from October 27-29, 2006 in Denver, Colorado.

Is Your Community Ready to Make a Change?

What is the Community Readiness Model?

Excerpted from the **Community Readiness Model Handbook**
By Barbara A. Plested, Ruth W. Edwards and Pamela Jumper-Thurman



The Community Readiness Model—

- ✓ Is a model for community change that integrates a community's culture, resources, and *level of readiness* to more effectively address an issue.
- ✓ Allows communities to define issues and strategies in their own contexts.
- ✓ Builds cooperation among systems and individuals.
- ✓ Increases community capacity for prevention and intervention.
- ✓ Encourages and enhances community investment in an issue.
- ✓ Can be applied in any community (geographic, issue-based, organizational, etc.).
- ✓ Can be used to address a wide range of issues.
- ✓ Is a guide to the complex process of community change.



What Does “Readiness” Mean?

Readiness is the degree to which a community is prepared to take action on an issue.

Readiness...

- ✓ Is very issue-specific.
- ✓ Is measurable.
- ✓ Is measurable across multiple dimensions.
- ✓ May vary across dimensions.
- ✓ May vary across different segments of a community.
- ✓ Can be increased successfully.
- ✓ Is essential knowledge for the development of strategies and interventions.



Why Use the Community Readiness Model?

- ✓ It conserves valuable resources (time, money, etc.) by guiding the selection of strategies that are most likely to be successful.

- ✓ It is an efficient, inexpensive, and easy-to-use tool.
- ✓ It promotes community ownership of the issue.
- ✓ Because of strong community ownership, it helps to ensure that strategies are culturally congruent and sustainable.
- ✓ It encourages the use of *local* experts and resources instead of reliance on outside experts and resources.
- ✓ The process of community change can be complex and challenging, but the model breaks down the process into a series of manageable steps.
- ✓ It creates a community vision for healthy change.



What Should NOT be Expected from the Model?

- ✓ The model can't make people do things they don't believe in.
- ✓ Although the model is a useful diagnostic tool, it doesn't prescribe the details of exactly what to do to meet your goals. The model defines types of strategies appropriate to each stage of readiness. Each community must then determine specific strategies consistent with their community's culture and level of readiness for each dimension.



Matching an intervention to a community's level of readiness is absolutely essential for success. Interventions must be challenging enough to move a community forward in its level of readiness. However, efforts that are too ambitious are likely to fail because community members will not be ready or able to respond. To maximize chances for success, the Community Readiness Model offers tools to measure readiness and to develop stage-appropriate strategies.



To learn how the **Community Readiness Model** can benefit your community, participate in the 6th Annual White Bison Wellbriety Movement Conference from October 27-29, 2006 in Denver, Colorado.