



# ***Current Advances in Science & Effective Interventions***

---

**Elizabeth J. D'Amico, Ph.D.**

**Senior Behavioral Scientist • RAND Corporation**

***hosted by***

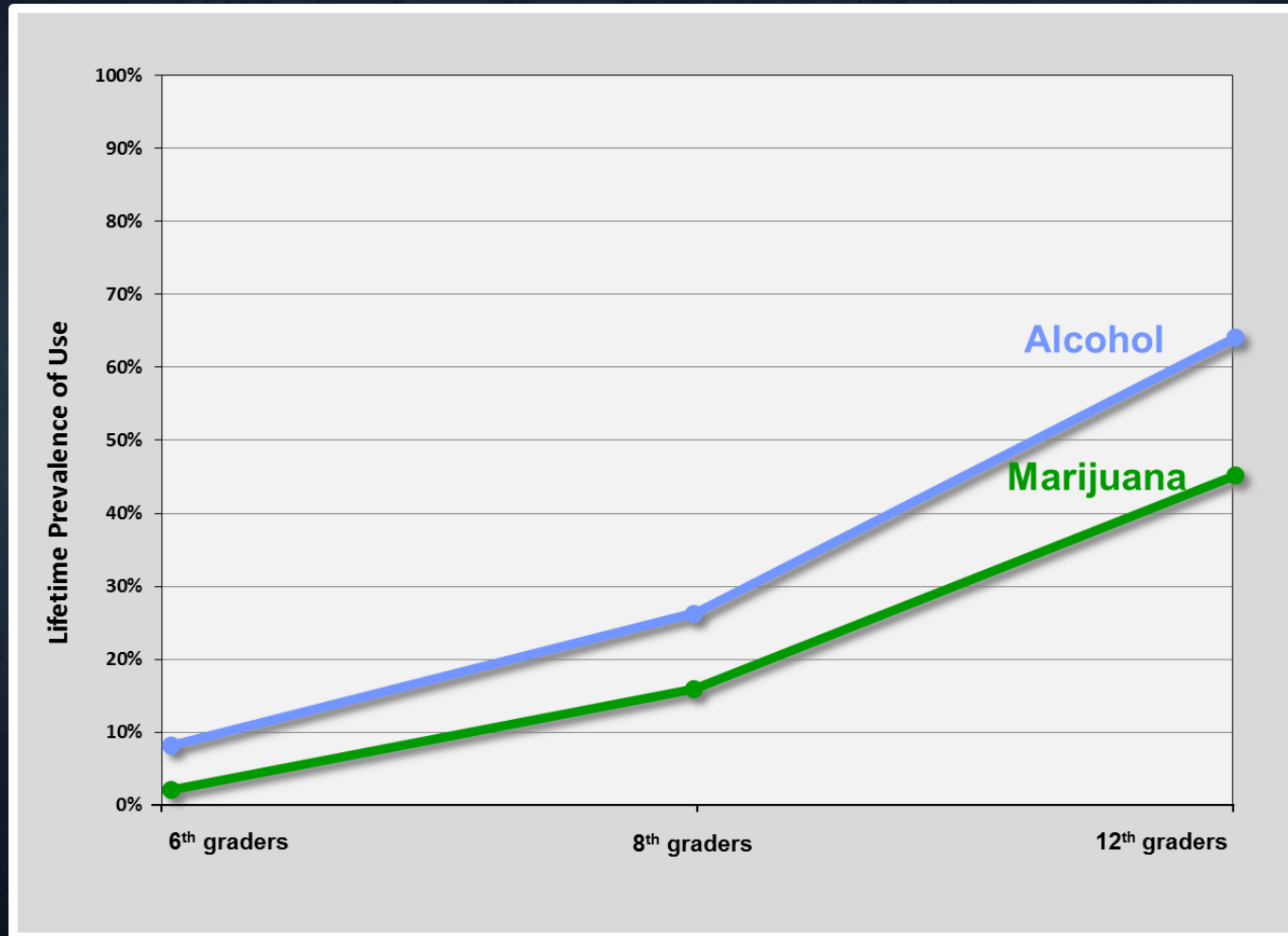
**County of Los Angeles Department of Public Health,  
Substance Abuse Prevention and Control Program**

***with***

**UCLA Integrated Substance Abuse Programs, and the  
Pacific Southwest Addiction Technology Transfer Center**

**July 29, 2016**

# Trajectory of AM use during the teen years



# Key factors of influence

Peer Approval



Sibling use



Best Friend Use



Adult Use



Advertising

An advertisement for Golden Meds, featuring various cannabis products and prices. The ad includes a logo with a cannabis leaf, a list of products and prices, and contact information.

**Golden Meds**  
Monte's Dispensary

We are prepared to help you with doctor recommendations, choosing a caregiver who suits your needs, and providing you with a comfortable place to ask questions, discussing what is best for you.

**1/4 \$50.00**  
Ear Wax \$20.00  
Bubble Hash \$15.00  
Top Shelf \$160.00  
Cedar 1gram Jar \$200.00

Refer a friend and you'll get \$5 off!

**OPEN 7 DAYS A WEEK - 9:00 am - 9:00 pm**  
1600 W. Erie Street, Denver, CO 80239  
goldenmeds76@yahoo.com  
**303.307.4645**

# What are strategies to help youth make healthier choices?

## Norms

Less than 1 out of 10 kids do use



Over 9 out of 10 kids don't use

## Rulers

Not at all Willing

Sort of Willing

Totally Willing



Not at all Confident

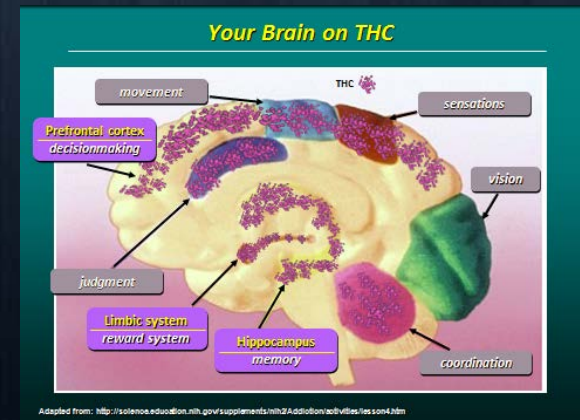
Sort of Confident

Totally Confident

## Pros and cons of use



## Effects on the brain



# Motivational Interviewing: A Definition

Motivational interviewing is a **person-centered, directive method of communication** for enhancing intrinsic motivation to change by exploring and resolving ambivalence.

# Why use MI with adolescents



# Why Use MI with Adolescents?

- Developmentally appropriate
- Helps teen feel comfortable
- Adolescents are always being told what do and being judged—MI lets them take the driver's seat
- Gives teen a chance to think and act independently

# The Spirit of Motivational Interviewing

- Partnership
- Acceptance
- Compassion
- Evocation





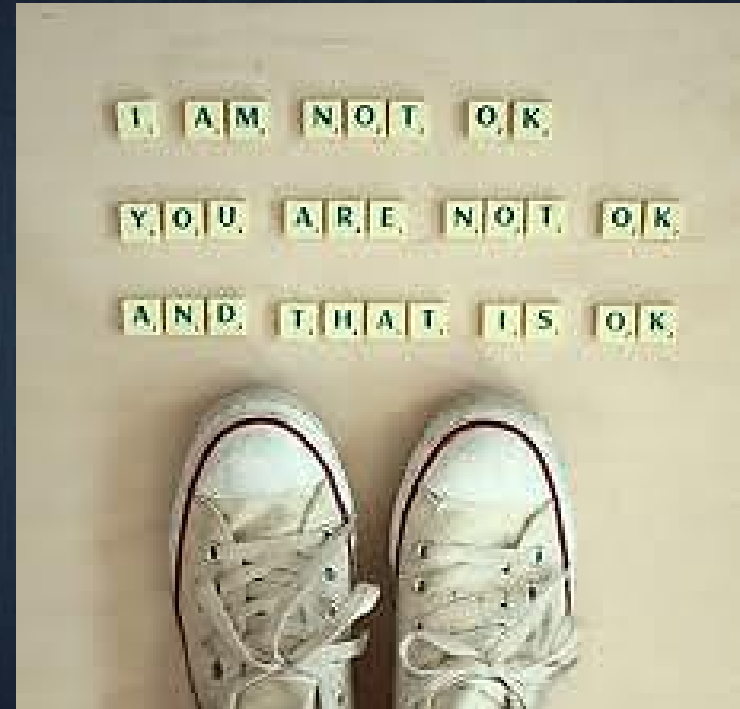
# Partnership

- Active Collaboration
- Share Power
- Exploration more than persuasion
- See the world through the client's eyes rather than pushing one's view onto the client



# Acceptance

- Absolute worth
- Accurate empathy
- Autonomy support
- Affirmation



**Acceptance frees people to change**  
**Judgment can paralyze**

# Autonomy Support

- Overt recognition of the client's right and capacity for self-direction



# Compassion

- Differentiates MI from sales
- Heart in the right place
- Priority to actively promoting client's welfare



# Evocation

- People already have within them much of what is needed
- Focus on & understand person's strengths
- They already have motivations and resources within
- Understanding the client's perspective and wisdom



# Getting Moving: OARS

**O**pen-ended Questions

**A**ffirm

**R**eflect

**S**ummarize

# Closed-ended Questions

- Have a short answer (like Yes/No)
  - Did you have problems this week with your asthma?
- Ask for specific information
  - What is your address?
- Might be multiple choice
  - What do you plan to do: Quit, cut down, or keep on smoking?
- They limit the client's answer options

# Open-ended Questions

- Open the door, encourage the client to talk
- Do not invite a short answer
- Leave broad latitude for how to respond



# Affirmations

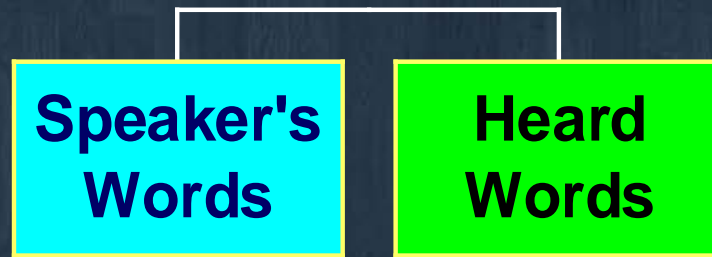
- Emphasize a strength
- Notice and appreciate a positive action
- Should be genuine
- Express positive regard and caring
- Strengthen therapeutic relationship

# Affirmations may include:

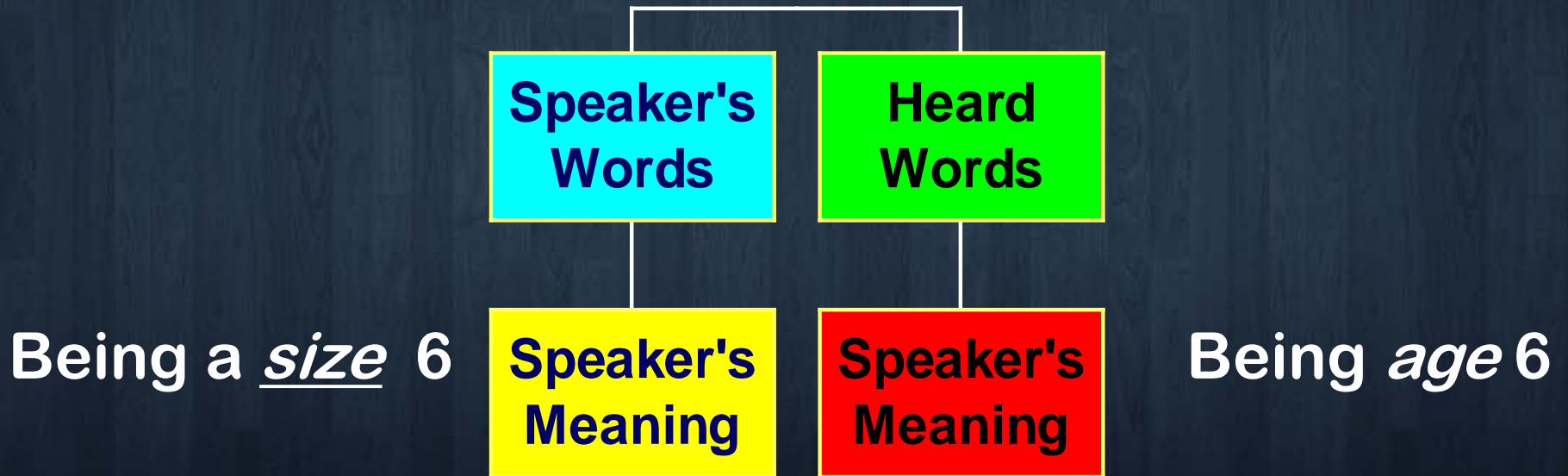
- Commenting positively on an attribute
  - *“You’re a strong person, a real survivor.”*
- A statement of appreciation
  - *“I appreciate your openness and honesty today.”*
- Catch the person doing something right
  - *“Thanks for coming in today!”*
- A compliment
  - *“I like the way you said that.”*
- An expression of hope, caring, or support
  - *“I hope this weekend goes well for you!”*

# The Process of Communication (Thomas Gordon)

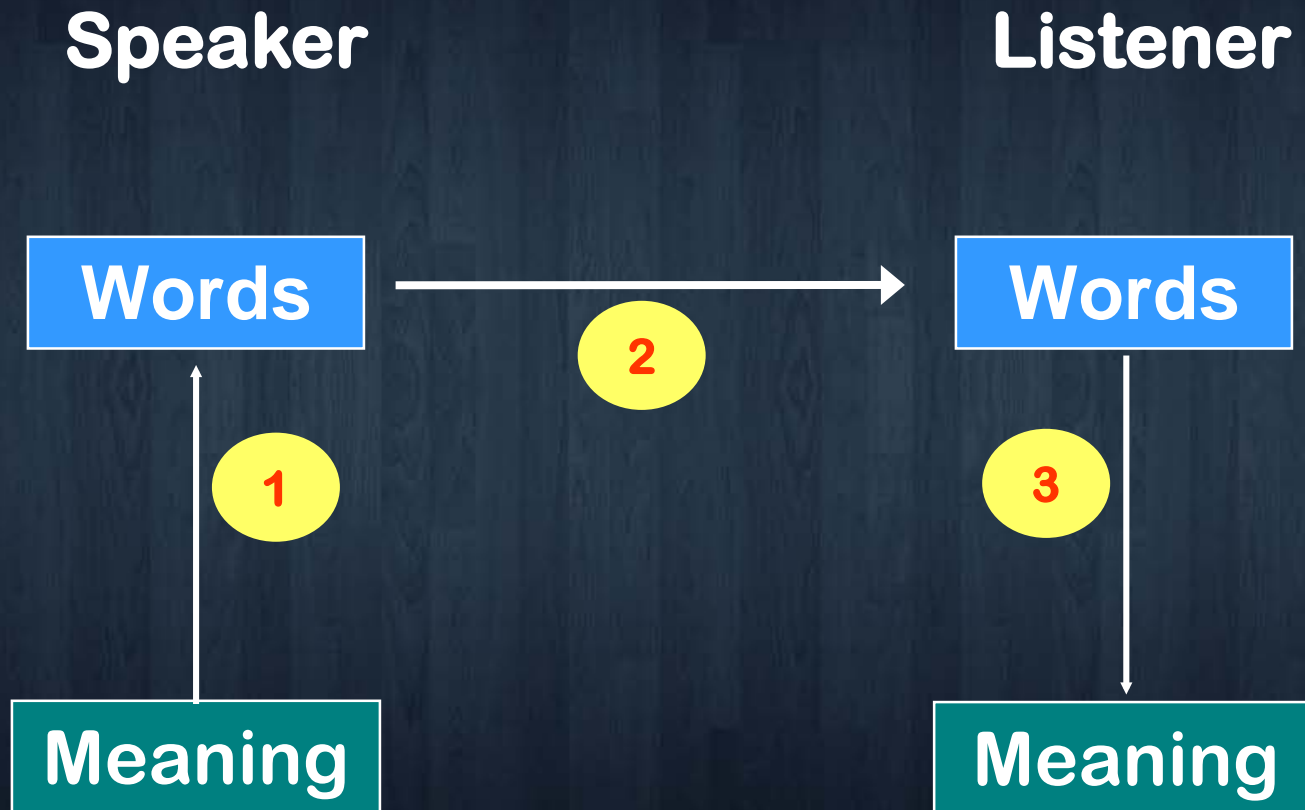
*“Being 6 again”*



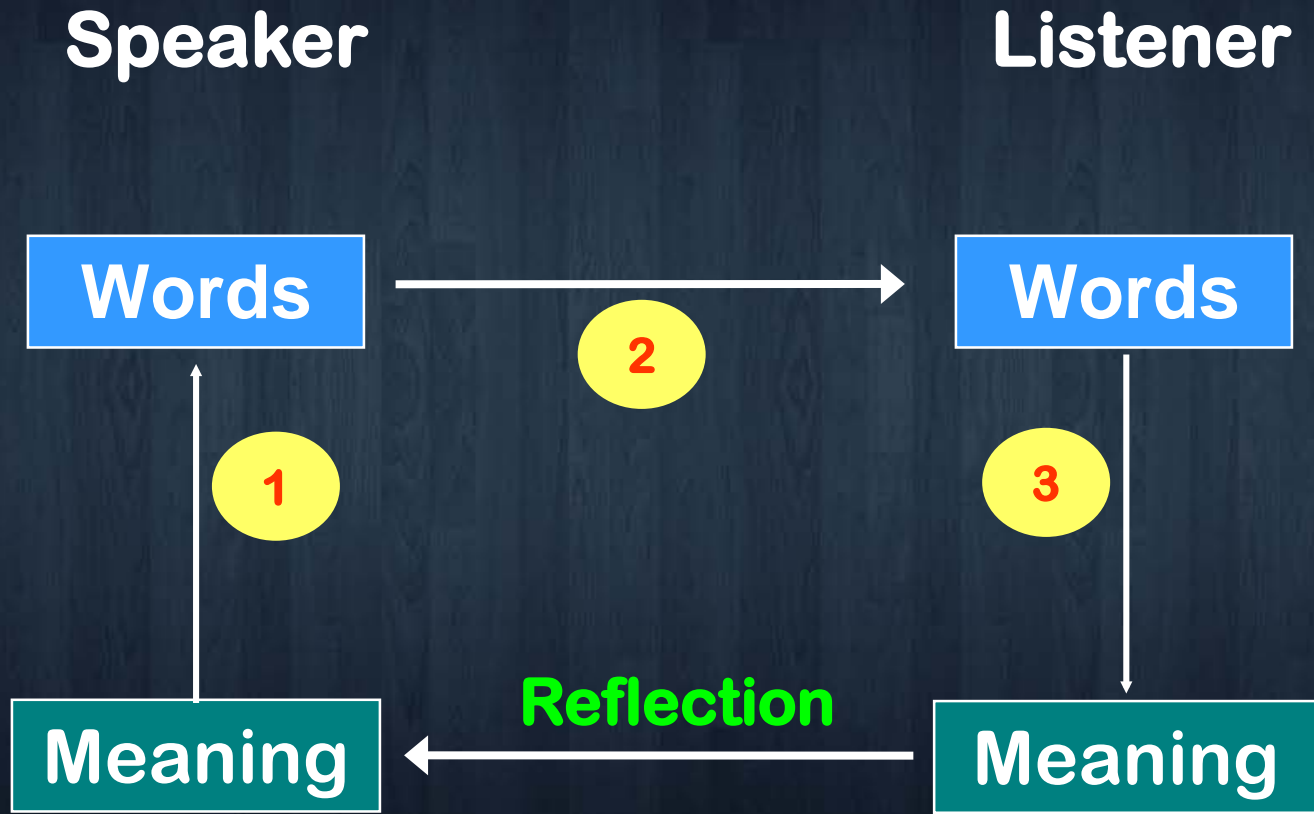
# The Process of Communication (Thomas Gordon)



# Three Places a Communication Can Go Wrong



# The Function of Reflection



*“No, I’d like to be size 6 again.”*

*“You’d like to be age 6 again.”*



# Reflections

- Are statements rather than questions
- Make a guess about the client's meaning (rather than asking)
- Yield more information and better understanding
- Often a question can be turned into a reflection



# Forming Reflections

- A reflection states an hypothesis, makes a guess about what the person means
- Form a *statement*, not a question
  - Think of your question: Do you mean that you...?
  - Cut the question words, ~~Do you mean that you...?~~
  - Inflect your voice *down* at the end
- There's no penalty for missing
- In general, a reflection should not be longer than the client's statement



# Summaries can:

- *Collect material that has been offered*
  - *“So far you’ve expressed concern about your children, getting a job, and finding a safer place to live.”*
- *Link something just said with something discussed earlier*
  - *“That sounds a bit like what you told me about that lonely feeling you get.”*
- *Draw together what has happened and transition to a new task*
  - *“Before I ask you the questions I mentioned earlier, let me summarize what you’ve told me so far, and see if I’ve missed anything important. You came in because you were feeling really sick, and it scared you...”*

# Pulling It All Together

What Does MI Look Like



# Resources



THE SCIENCE  
BEHIND DRUG ABUSE

[teens.drugabuse.gov](https://teens.drugabuse.gov)

**Simmersion** TRAINING  
Immersive Simulations CENTER

<https://training.simmersion.com/Launch/Free/3f9f4dde-c68c-44d3-a143-041e6604aaf5>



[www.monitoringthefuture.org/new.html](http://www.monitoringthefuture.org/new.html)



[groupmiforteens.org](http://groupmiforteens.org)

DO YOUR RESEARCH,  
GET THE FACTS,  
JUST THINK TWICE.



[www.justthinktwice.com](http://www.justthinktwice.com)



[www.thecoolspot.gov](http://www.thecoolspot.gov)



[www.rand.org/health](http://www.rand.org/health)

