Current Advances in Science & Effective Interventions

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Trajectory of AM use during the teen years

Key factors of influence

- Peer Approval
- Adult Use
- Best Friend Use
- Sibling use
- Advertising
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

Pros and cons of use

Effects on the brain

Rulers

Not at all Willing

Sort of Willing

Totally Willing

Not at all Confident

Sort of Confident

Totally Confident

Your Brain on THC

Adapted from: http://brain.on.epicentral.org/2013/abibliography/4554054/brain.png
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

Open-ended Questions
Affirm
Reflect
Summarize
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”

- Speaker's Words
- Heard Words
The Process of Communication (Thomas Gordon)

- Being a size 6
  - Speaker's Words
  - Heard Words
  - Speaker's Meaning
  - Speaker's Meaning

- Being age 6
Three Places a Communication Can Go Wrong

Speaker

Words

Meaning

 Listener

Words

Meaning

1

2

3
The Function of Reflection

Speaker

Words

1

Meaning

Listener

Words

2

Meaning

3

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...”
What Does MI Look Like