

Leveraging SBIRT to Enhance Youth Tobacco Use Prevention Part II

To access closed captioning:

<https://www.streamtext.net/player?event=NationalCouncil>



National Behavioral Health Network
For Tobacco & Cancer Control

Wednesday, July 08, 2020, 2:00 PM EDT



Welcome!



Dana Lange
Project Manager of Practice Improvement,
National Council for Behavioral Health



Pam Pietruszewski, MA
Integrated Health Consultant,
National Council for Behavioral Health



Housekeeping

- Webinar is being recorded. All participants placed in “listen-only” mode.
- For audio access, participants can either dial into the conference line or listen through your computer speakers.
- Submit questions by typing them into the chatbox.
- To access closed captions, see chat box for link:
 - <https://www.streamtext.net/player?event=NationalCouncil>
- Presentation slides, handouts and recording will be posted here:
 - <https://www.bhthechange.org/resources/resource-type/archived-webinars/>



National Behavioral Health Network

For Tobacco & Cancer Control

- Jointly funded by CDC's *Office on Smoking & Health & Division of Cancer Prevention & Control*
- Provides resources and tools to help organizations reduce tobacco use and cancer among people with mental illness and addictions
- 1 of 8 CDC National Networks to eliminate cancer and tobacco disparities in priority populations

Visit www.BHtheChange.org and
Join Today!

Free Access to...

Toolkits, training opportunities, virtual communities and other resources

Webinars & Presentations

State Strategy Sessions

Communities of Practice



#BHtheChange





Part I: June 29

- Connections between youth vaping, trauma, mental health, social factors and cultural contexts
- Clinical and sySBIRT screening
- Systems level engagement strategies

Part II: July 08

- **Levels of SBIRT intervention**
- **Trauma-informed Motivational Interviewing**
- **Clinical and systems level coordination and support for long term cessation**



SBIRT: An evidence-based approach to the delivery of early intervention and treatment services



Screening: quickly assesses the severity of substance use and identifies the appropriate next steps

Brief Intervention: focuses on motivation toward changing behavior and increasing insight and awareness regarding substance use

Referral to Treatment: facilitates access to and coordinated care for patients that identified as needing more extensive treatment



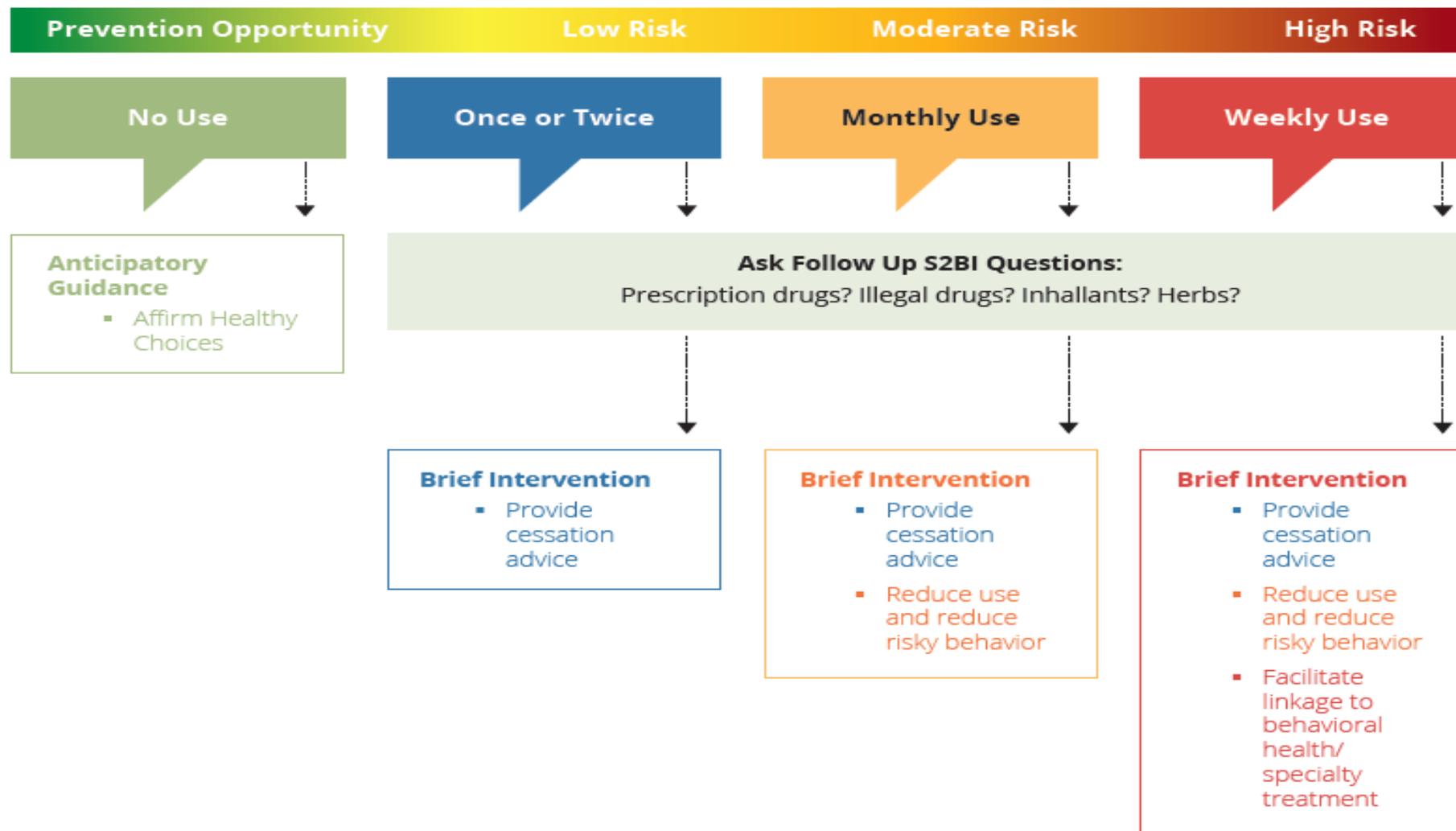
- **A time of increased risk** - for morbidity & mortality, substance use / misuse and onset of persistent psychiatric & nonpsychiatric medical conditions
- Vulnerable time for brain development & higher order functioning
- **And a time for opportunity** - adolescent brain preference for novelty, activity and positive risk-taking



In the past year, how many times have you used:
Tobacco? Alcohol? Marijuana?

Screening to Brief Intervention

Risk for Substance Use Disorder



From “Improving Adolescent Health: Facilitating Change for Excellence in SBIRT.” National Council for Behavioral Health & Conrad N. Hilton Foundation, 2019.



Harm Reduction Strategies

- Engage and support individual regardless of whether or not they are actively seeking recovery.
- Treat individual as the expert in their life and the leader in the process of reducing harm.
- Acknowledge the positive effects of reducing use.
- Remember that change is not linear.
- Support all pathways to recovery.



Harm Reduction Quick Guide:

www.abhmass.org



Our Actions Need to Match Their Readiness

Precontemplation

- Increase awareness & interest

Contemplation

- Risk vs reward, personal values & reasons

Preparation

- Increase commitment, create a plan

Action

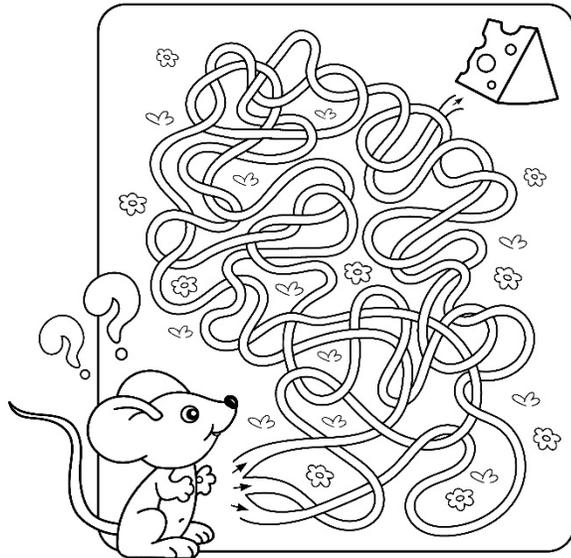
- Reward progress, flexible problem solving, refine plan

Maintenance

- Consolidate the change into lifestyle (harder now to not do it)

DiClemente, C.
2018

Some Principles of Motivation



1. Motivation is **fluid and non-linear**.
2. **Ambivalence** is normal to the change process.
3. **Pushing** too hard for will evoke resistance to change.
4. Evoking a person's **own change** talk will enhance behavior change.



“Motivational Interviewing appears to be a good fit with adolescents’ developmental need to exert their independence and make decisions for themselves, while it respects their heightened levels of psychological reactance and coincides with the development of their decision-making skills.”



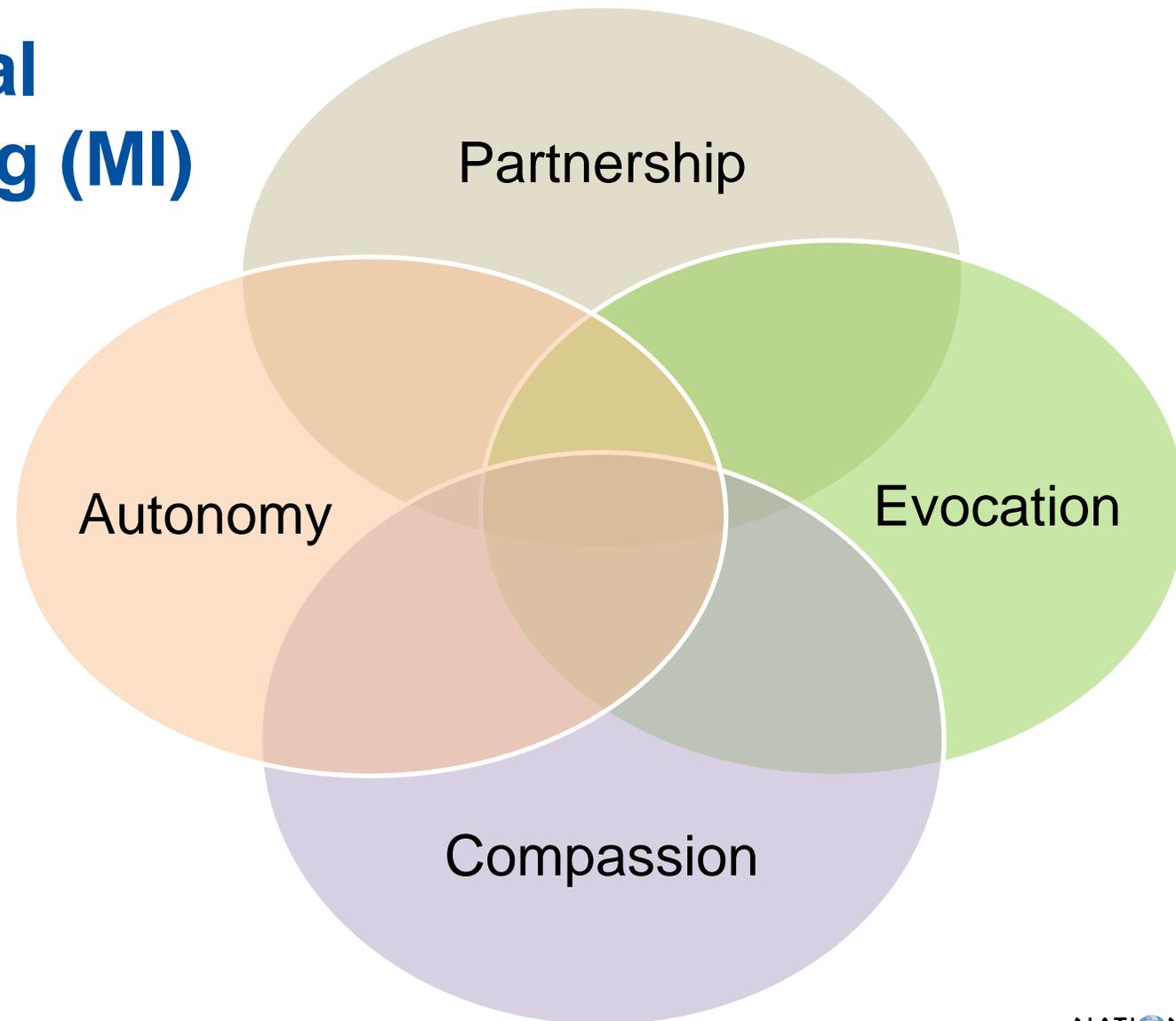
Motivational Interviewing for Adolescent
Substance Use:
A Review of the Literature
Barnett, et al. Addict Behav 2012



Motivational Interviewing (MI)

A **collaborative conversation** style for strengthening a person's own motivation and commitment to change.

*Miller & Rollnick,
2012*





Paradigm Shift



We change the question from:

“What is wrong with you?”

to

“What happened to you?”

“What do you need?”

What's Sitting in the Room from Trauma





Do not
judge my
story by
the
chapter
you
walked in
on



Trustworthiness ~ Transparency ~ Collaboration ~ Mutuality ~ Empowerment ~ Voice & Choice

- Many experiences of trauma involve a breach of **trust** of authority figures.
- We can repair trust by creating environments and relationships that feel **safe, respectful, positive**.
- Creating **collaborative, mutually respectful** relationships is critical to engagement, healing and recovery.
- The individual is the **expert** on their life.
- Whenever possible, **share** decision making and offer **choices**
- **Everyone** has a role to play in a trauma-informed organization.

Trauma Informed Brief Interventions



- Minimize noise, decrease clutter
- Be aware of tone, volume, energy level, proximity/space
- Ask what name they would like to be called, introduce yourself and your role
- Provide predictability and structure. Explain what you will be doing and establish shared expectations for the time together.



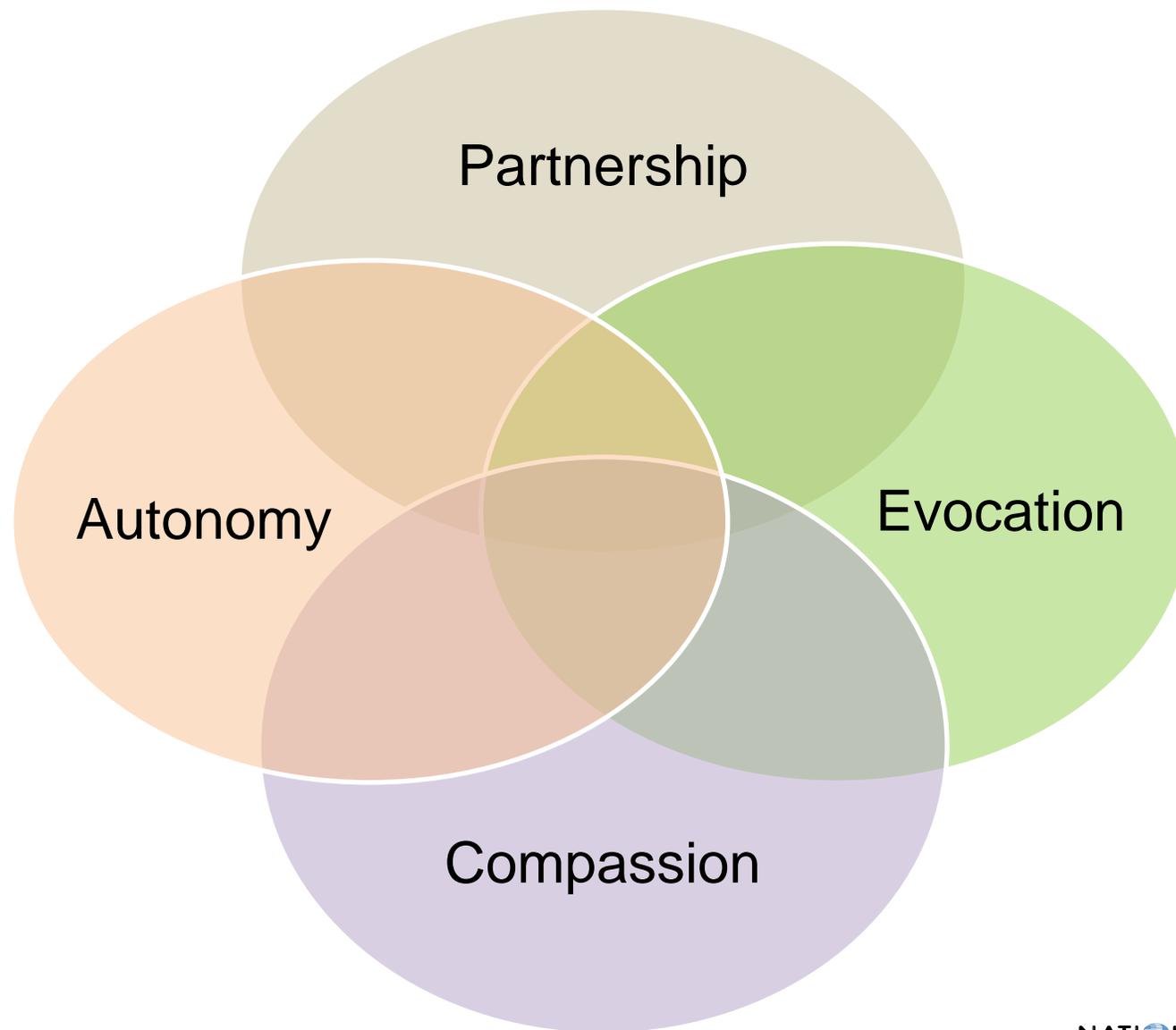
What is Your View?

Deficit	Competence
<input type="checkbox"/> Lacking insight, knowledge	✓ Capacity to change is within
<input type="checkbox"/> <u>Fix</u>	✓ <u>Ask</u>
<input type="checkbox"/> <u>Tell</u>	✓ <u>Listen</u>





MI Spirit





Poll #1

17 year old insists she needs to vape because nothing else helps her anxiety

Which response is the best example of MI Spirit?

- a. There is an epidemic of vaping right now and it's actually more dangerous than smoking.
- b. It's important to you to be able to manage your anxiety.
- c. I can help you with your anxiety.



Poll #2

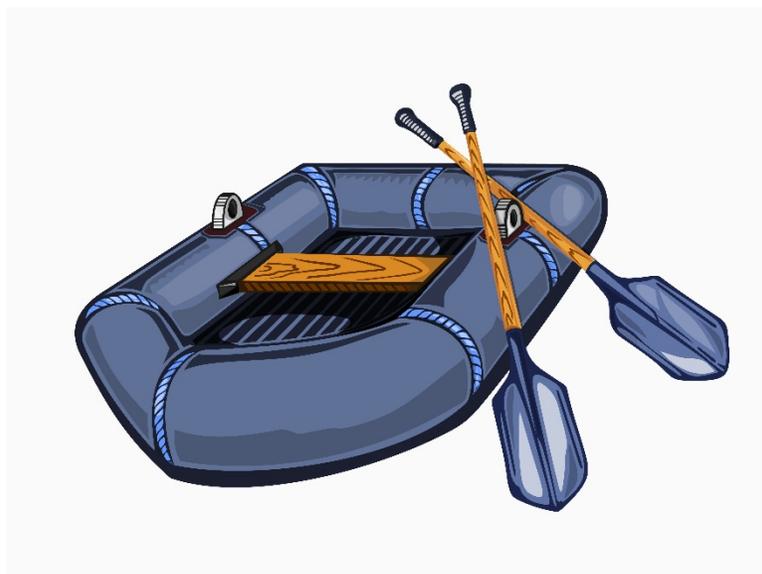
15 year old doesn't believe his e-cigarette use is harmful because when he plays basketball he isn't out of breath.

What is the most MI-consistent response?

- a. Would you like to discuss some ways to reduce your risk for future problems?
- b. What are some of the ways you have kept your use from becoming problematic or causing you health concerns?
- c. You may not be experiencing any negative impacts yet, but it's likely you will.



OARS: Listening Style that Motivates Change



- Open-Ended Inquiry
- Affirmations
- Reflections
- Summaries



Deanna

Deanna is a 16 year old female who recently moved in with her sister and her husband, after months of couch surfing.

She uses tobacco and drinks alcohol at moderate to high risk levels. She's afraid her sister will find out and kick her out of the house, but she doesn't want to stop using.

You've worked with Deanna for a few months and have established a steady relationship, though Deanna admits it's hard to truly trust anyone.



Brief Intervention using MI with Deanna

You: You have been very open with me during our conversations. (affirmation)

Deanna: Yeah, well you seem to understand me better than my own sister.

You: You're thinking about your relationship with her. (reflection)

Deanna: I'm worried she's going to kick me out when she finds out how much I'm using. Her husband doesn't like me and is looking for any reason to put me back on the street.

You: On one hand, you don't want to stop using and on the other hand, you want to be able to keep living there. (double sided reflection)

Deanna: Yeah, I literally have no where else to go.

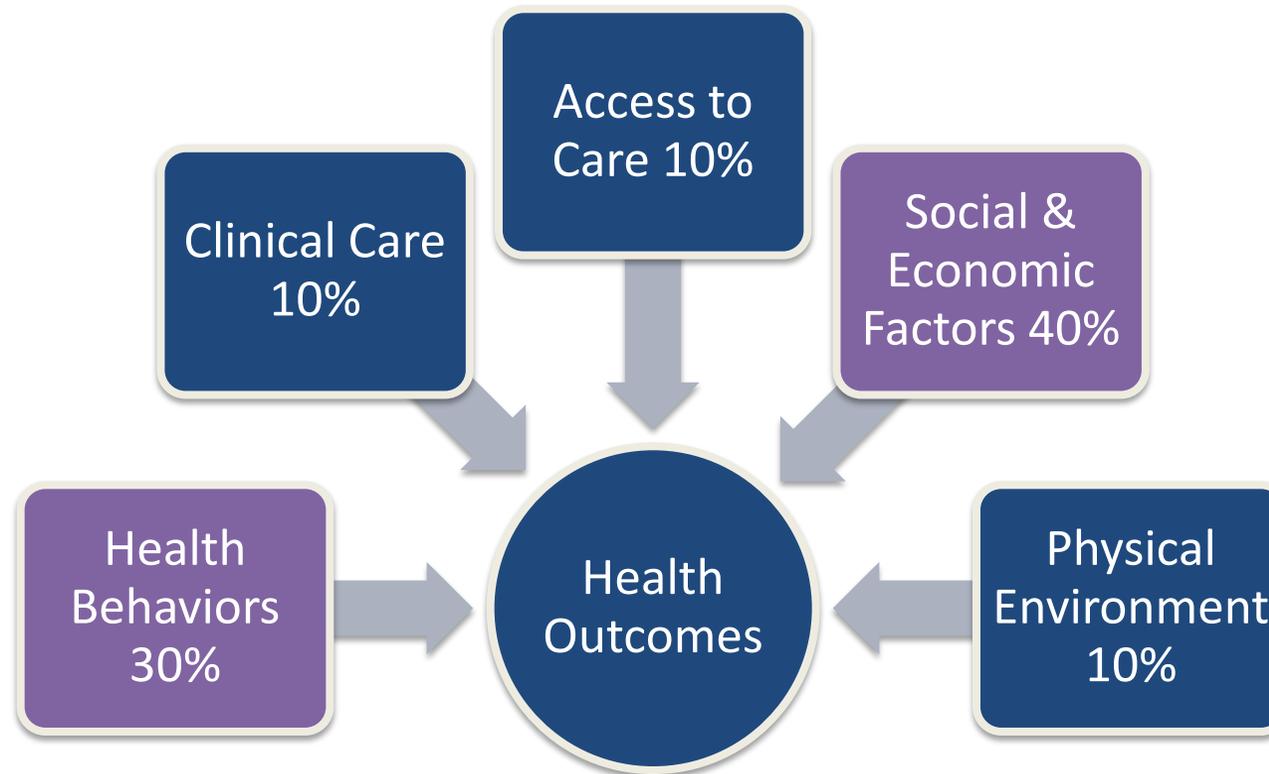
You: So you're trying to make it work with your sister. (reflection)

Deanna: She pisses me off sometimes... but I guess I wouldn't want a pain-in-the-ass kid living with me either.

You: How would you approach quitting or cutting back, if you decided to do it? (open-ended inquiry)

Use the chat box to share other MI consistent responses & ideas!

Determinants of Health





Infographic from the Conrad N. Hilton Foundation's
Youth Substance Use Prevention and Early Intervention Strategic Initiative
https://sbirt.webs.com/Hilton_Foundation_Youth_Substance_Use_Prevention_Infographic.pdf



Protective Factors for Adolescent Substance Use

- **Interpersonal skills** that help to integrate feelings, thinking & actions to achieve goals
- **Resiliency** as capacity for adapting to change & stressful events in healthy & flexible ways
- Involvement from **trusted adults** (parents, mentors, teachers, coaches, family member)
- **Recognition** for positive behavior from parents, teachers, peers & community members
- **Culturally representative** leadership in the community
- Opportunities for **positive social involvement** (faith-based resources, recreation space, youth councils)

Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, & Health. Washington, DC: HHS, Nov 2016.

<https://addiction.surgeongeneral.gov/sites/default/files/surgeon-generals-report.pdf>

Risks & Protective Factors. SAMHSA

<https://www.samhsa.gov/sites/default/files/20190718-samhsa-risk-protective-factors.pdf>



Systems Level Examples for Supporting Youth Tobacco Cessation & Recovery

SBIRT champions improved sustainability for SBIRT by defining roles & responsibilities of staff, training & supervision expectations, standardized screening & documentation).

School-based health center hosted **celebration for students** participating in peer recovery support. School board invited - and was won over.

Space created for **cultural & social exchanges** among staff & clients so acknowledgement & appreciation of differences is normalized.

Value statements developed for investing in prevention & early intervention of youth vaping (stakeholder WIIFM's).



Chat box discussion:

What ideas or successes have you had for building protective factors toward youth tobacco cessation?



Improving Adolescent Health: Facilitating Change for Excellence in SBIRT <https://www.ysbirt.org/>

Adverse Childhood Experiences (ACE's) & Adolescent Health <https://www.cdc.gov/violenceprevention/acestudy/>

Frameworks Institute: Adolescent Substance Use <http://www.frameworksinstitute.org/adolescent-substance-use.html>



Comments and Questions?





Thank you for joining us!

Please be sure to complete the brief post-webinar evaluation.



National Behavioral Health Network
For Tobacco & Cancer Control

Visit BHtheChange.org and Join Today!