

BRIEF INTERVENTIONS

FRAMES Model

FEEDBACK:

Ask permission to provide personalised, non-judgmental feedback on substance use/screening result.

RESPONSIBILITY:

Highlight the person's control over their choices.

ADVICE:

Offer clear, specific advice tailored to their situation in small doses.

MENU:

Present a variety of options for making changes.

EMPATHY:

Use a warm, understanding, and reflective approach.

SELF-EFFICACY:

Encourage confidence and promote optimism about change.

FLAGS Model

FEEDBACK:

Ask permission to provide personalised, non-judgmental feedback on substance use/screening result.

LISTEN:

Actively listen without interrupting to understand the person's perspective.

ADVICE:

Give clear, specific, tailored, and empathetic advice in small doses.

GOAL SETTING:

Collaboratively set specific, measurable, achievable goals.

STRATEGIES:

Help develop realistic strategies for achieving goals.

FLO Model

FEEDBACK:

As permission to share observations or information in a non-judgmental way.

LISTEN:

Listen empathetically to understand the person's feelings and experiences.

OPTIONS:

Explore and discuss possible next steps together.

The 5 As Model

ASK:

Inquire about substance use in a non-judgmental manner.

ASSESS:

Evaluate readiness to change and identify barriers.

ADVISE:

Provide personalised advice about risks and harm reduction.

ASSIST:

Offer support and resources to help them make changes.

ARRANGE:

Schedule follow-up appointments to review progress.

1. Miller WR, Sanchez VC. Motivating young adults for treatment and lifestyle change. In: Howard GS, Nathan PE, editors. Alcohol use and misuse by young adults. Notre Dame, IN, US: University of Notre Dame Press; 1994. p. 55-81.

2. Babor TF, Higgins-Biddle JC. Brief intervention for hazardous and harmful drinking: A manual for use in primary care. Geneva: World Health Organization; 2001.

3. Higgins-Biddle J HD, Cates-Wessel K,.. Screening and Brief Interventions (SBI) for Unhealthy Alcohol Use: A Step-By-Step Implementation Guide for Trauma Centers [cited 2024 3 May]. Available from: <https://www.councilepa.org/assets/Documents/SBIRT/CDC-ScreeningandBriefInterventions.pdf>.