Interviewing Teens About Their Own Substance Abuse

Milwaukee teens report increases in their motivation to reduce or stop their substance abuse.

**Description:** The Reducing Youth Substance Abuse through Brief Motivational Interviewing in Schools project team trained social services staff in Milwaukee area high schools to conduct Brief Motivational Interviewing (BrMI), an evidence-based approach designed to increase willingness to engage in counseling and reduce or stop their substance use.

**Relevance:** It’s difficult for high schools to provide in-school counseling for teens at risk for substance abuse and related high-risk behaviors.

**Partnerships:** Given preliminary results, Aurora Health Care, Aurora Behavioral Health Services and Aurora Psychiatric Hospital have embarked on a continuation of this study to determine if these findings can be replicated and extended.

**Results:** School social services staff, students and parents formed a project team to adapt the BrMI model for a school setting and developed training and materials. Teens at two Milwaukee area suburban high schools enrolled in the study and they were provided four sessions of BrMI delivered by a BrMI-trained social services staff member from the high schools. Baseline and end-of-treatment data were collected from all students.

Students and BrMI-trained staff found the BrMI acceptable and useful and students showed a statistical trend of increased motivation to reduce or stop their substance use. They found the personalized feedback reports to be helpful and reported knowing more about substance abuse treatment resources.

**Adolescents have the highest rates of new cases of drug and alcohol addiction.**

**REDDUCING YOUTH SUBSTANCE ABUSE THROUGH BRIEF MOTIVATIONAL INTERVIEWING IN SCHOOLS**

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**Award:** $66,972 over three years and two months