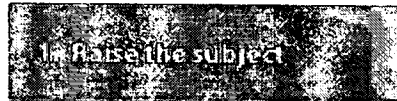


Brief Negotiated Interview (BNI) Algorithm

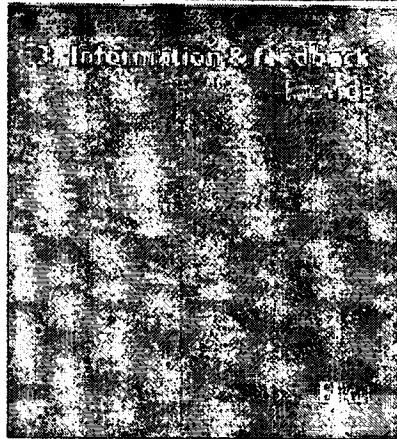


Is it OK if we discuss the health & wellness questionnaire you completed?



Help me understand the good things about using [X]. What are some of the negatives?

So, on the one hand [PROS], and on the other hand [CONS].



I have some information on low-risk guidelines for drinking and drug use, would you mind if I shared them with you?

We know that ...

- drinking 4 or more (Women) / 5 or more (Men) drinks in a few hours.
- drinking more than 7 (Women) / 14 (Men) drinks in a week, and/or
- using illicit drugs of any kind

... can put you at risk for social or legal problems, as well as fitness and injury. It can also cause health problems like [insert medical information].

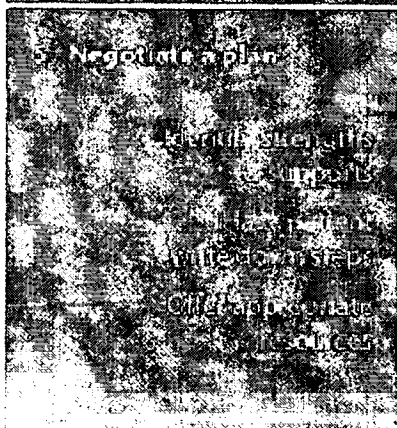
What do you think about that?



On a scale from 1-10, with 1 being not ready at all and 10 being completely ready, how ready are you to change your [X] use?

You marked _____. That means you're _____% ready to make a change!

Why did you choose that number and not a lower one like a 1 or 2?



What are some steps you can take to reduce your risk?

What will help you to reduce the things you don't like about using [X]?

What supports do you have for making this change?

How can you use those supports/resources to help you now?

Why don't we write down your Prescription for Change?

This is what I heard you say ...

I have some additional resources that people sometimes find helpful. Would you like to hear about them?

- Primary care, outpatient counseling, mental health treatment

Readiness Ruler

1 = Not ready at all
10 = Ready right now

