

**Brief Intervention and Brief Therapy:
Enhancing Treatment with the Non-Dependent User**

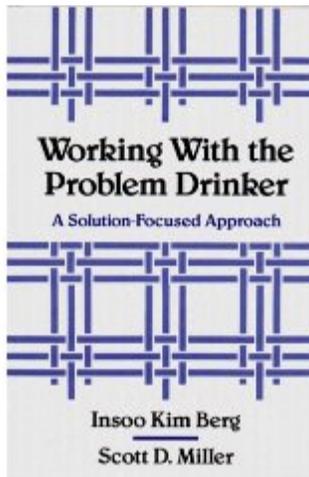
**Live CHAMPS/CCGC/SBIRT CO Webcast, 08/20/08
Presented by Anjali Nandi and Tracey Ayers**

Webcast Follow-Up from Tracey Ayers
Response to Question Regarding Assessment Posed During the Live Event

When a client comes into the office, a pre-test is given to assess how severe the symptoms are and if the client is at the appropriate level of care. You can use whatever kind of inventory you wish to. The questionnaire we use is the OQ-45.2 for adults and the Y-OQ for adolescents. (<http://www.oqmeasures.com/site/>). These same assessments are given at what we believe to be the end of treatment and we use the data as a point of feedback for the client.

In addition to getting quantitative data, we conduct a first session interview that includes the questions below. We are also listening for what stage of change the client is in (pre-contemplative, contemplative, etc.) and then match our feedback according to that stage of change. Essentially, we are assessing for customership matched with the severity of the problem they are describing. Then we make suggestions based on both of those variables and "contract" towards a goal.

For more information on conducting a first session assessment/interview, a good reference would be Insoo Kim Berg and Scott Miller's book:



Working with the Problem Drinker.

