Brief Interventions to Reduce Alcohol and Other Drug Use

To facilitate motivation and entry into substance abuse treatment programs, an intervention model know as “brief intervention” is frequently employed. Substance abuse counselors may choose a brief intervention model to work with clients with mild to moderate substance use problems. There are six components of most brief intervention approaches, which use the acronym FRAMES:

- **F = FEEDBACK** regarding the person’s impairment or risk behavior
- **R = RESPONSIBILITY** for change is the person’s
- **A = ADVISE** on possibilities for change
- **M = MENU** of treatment and self help alternatives is offered to the person
- **E = EMPATHIC** and non-blaming style is used by the SA counselor
- **S = SELF-EFFICACY** or positive empowerment is facilitated in the person

For more information on brief interventions, including the FRAMES technique, see “Brief Interventions and Brief Therapies for Substance Abuse” available through the National Clearinghouse for Alcohol and Drug Information at [www.ncadi.samhsa.gov](http://www.ncadi.samhsa.gov)

For further information regarding this article or related issues, please contact Karen Kuehn Howell, Ph.D. at the Maternal Substance Abuse and Child Development Project, Emory University School of Medicine, Department of Psychiatry and Behavioral Sciences, 1256 Briarcliff Road, N.E., Suite 309W, Atlanta, Georgia, 30306. You can also phone us at 404-712-9829 or visit our website at [http://www.emory.edu/MSACD](http://www.emory.edu/MSACD)
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