



Northwest (HHS Region 10)

ATTC Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



Northwest ATTC presents:

Brief Interventions for Cannabis Use Disorders: The Check-Up Model

Denise Walker, PhD
University of Washington



Today's Presenter

Denise Walker, PhD

- Director, Innovative Programs Research Group
- Research Associate Professor, University of Washington
- Licensed clinical psychologist
- Research expertise:
 - Interventions for marijuana disorders
 - Teen Marijuana Check-Up



Brief Interventions for Cannabis Use Disorders: The Check-Up Model

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Research Associate Professor, School of Social Work

Director, Innovative Programs Research Group

NIDA R01DA040650-01



Overview

- Why are brief interventions important?
- Review the Check-Up Model
- Describe a 2-session Motivational Enhancement Therapy intervention (Teen Marijuana Check-Up)





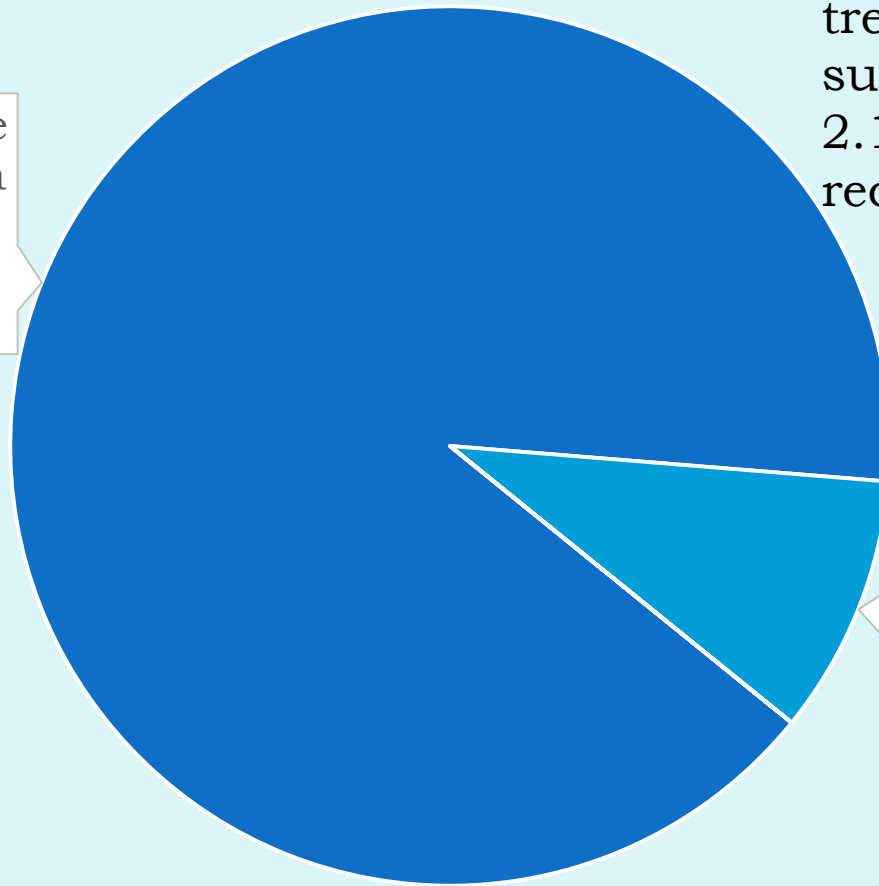


Substance Abuse Treatment Need in U.S.

NSDUH 2016

19.9 million persons aged 18 or older needed treatment for a substance use problem.
2.1 million persons received treatment

Did Not Receive Treatment for a Substance Use Problem
89%

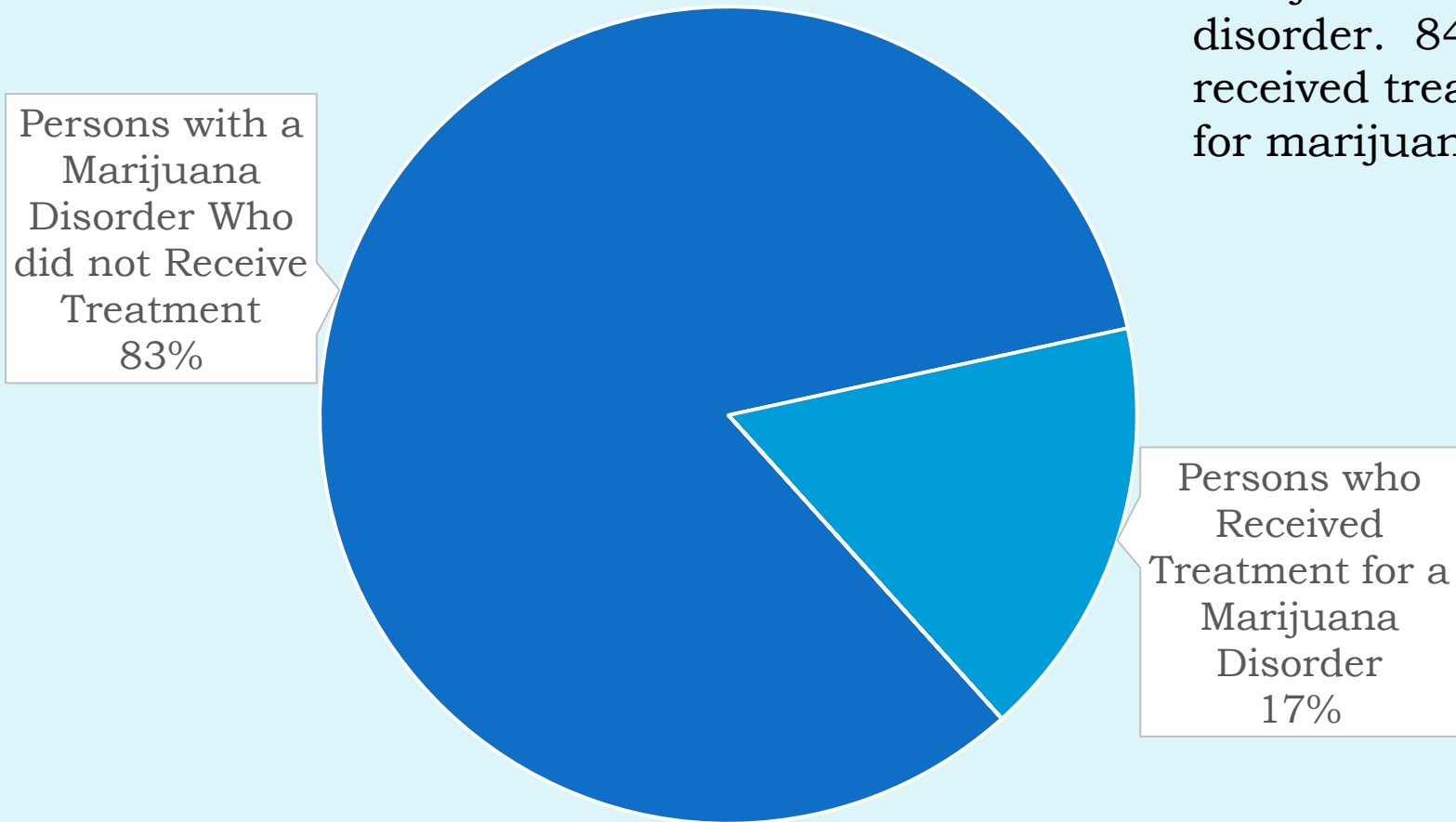


Received Treatment
11%



Marijuana Treatment Need in U.S. NSDUH, 2013

4.2 million persons met criteria for a marijuana disorder. 845,000 received treatment for marijuana



Why don't they seek treatment?

Dependent

Addict

Stoner

Alcoholic

Druggie



How do I find a provider?
How much does it cost?

Will they make me
sit in a group,
holding hands,
singing Kumbaya?

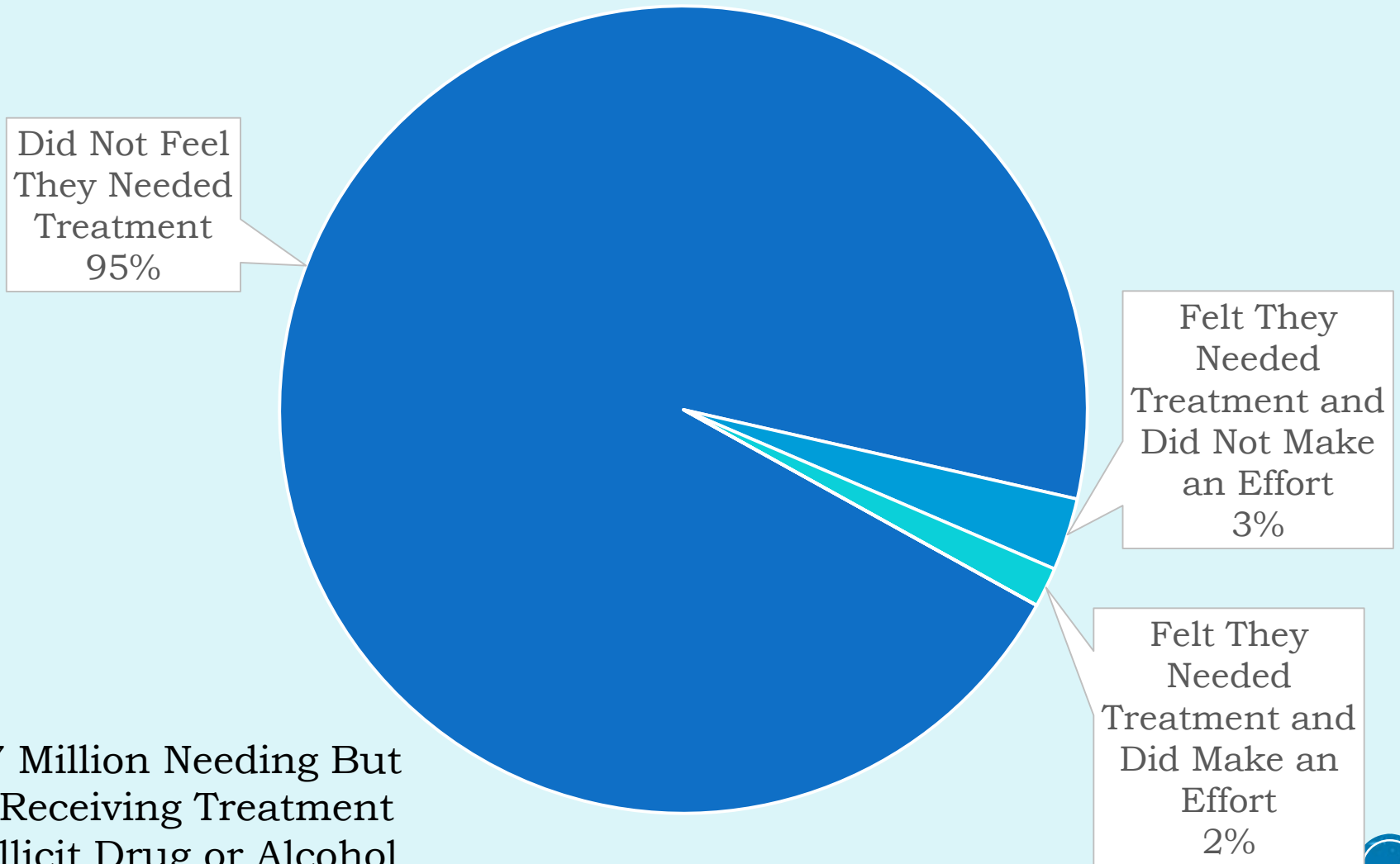
What will I
do for
childcare?

How long
is tx?



Perceived Need for Treatment

NSDUH, 2016



17.7 Million Needing But Not Receiving Treatment for Illicit Drug or Alcohol Use





**REHAB
IS FOR
QUITTERS**



The Challenge:

- This suggests the need to develop and market interventions that:
 - Reach more people
 - Increase motivation for change
 - Encourage treatment entry when appropriate



Early Intervention

- Primary Care
 - Screening, Brief Intervention, Referral and Treatment (SBIRT)
- Family-Based
 - Johnson Institute Intervention
 - Community Reinforcement and Family Training
 - Unilateral Family Therapy
 - Al-Anon

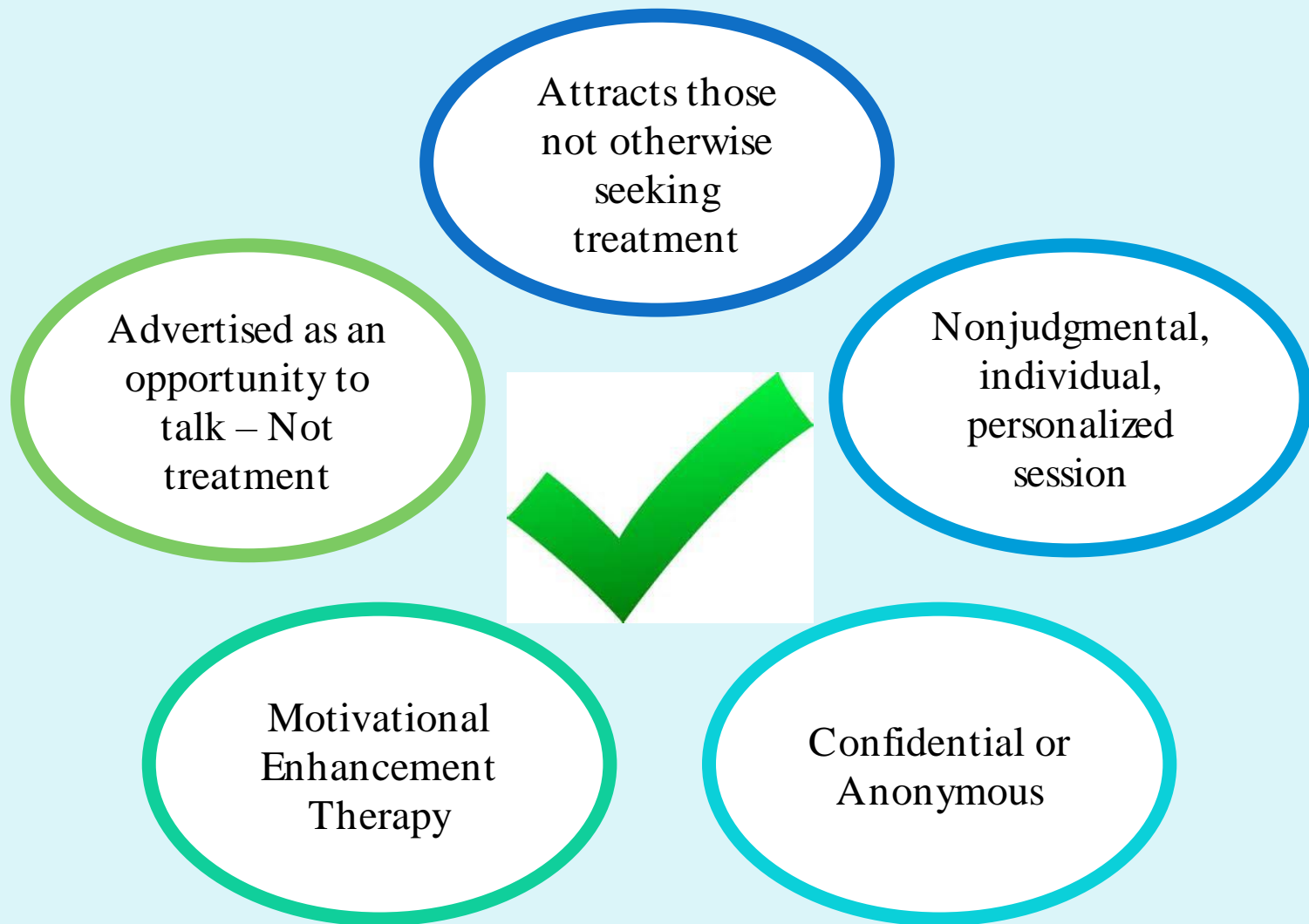


Prompting Self-Referral: Check-Up Model

- Focused on individuals who are contemplating the effects of risky behavior but are not self-initiating change nor seeking treatment
- Designed to enhance commitment to change
- Advertisement strategy
- Assessment of behavior and risk factors
- A variant of Motivational Enhancement Therapy (MET) – Typically 1-4 sessions



The Check-Up Model



Motivational Enhancement Therapy (MET)

Length

1-4 Sessions

Delivery

In-Person, Phone, Computer

Style

Motivational Interviewing

Content

Review of **Personal Feedback Report**, which includes:

- Normative Data
- Summaries of
 - Recent patterns of behavior
 - Consequences
 - Risk Factors
 - Personal Goals

Principles

To facilitate a candid exploration of his/her substance use or behavior, including:

- Costs & Benefits
- Comparison with others
- The impact on goals and relationships



Check-Up Applications

- Risky Drinking -[Drinker's Check-Up](#)
 - In-Person
 - Computerized
 - Web-based
- Marijuana Use
 - Adults – [Marijuana Check-Up](#)
 - Adolescents – [Teen Marijuana Check-Up](#)
- Substance Abuse with Soldiers – [Warrior Check-Up](#)
- Perpetrators of Domestic Violence – [Men's Check-Up](#)
- HIV Risk Behavior – [Sex Check](#)
- PTSD with Soldiers– [Stress Check](#)



Adult Marijuana Check-Up

**Stephens, Roffman, Fearer, Williams, & Burke,
2007**





Questions About Your Pot Use?

call

THE MARIJUANA CHECK UP
(206) 616-3457

www.marijuanacheckup.com

For adults who have questions.

Not a treatment program.

Free and Confidential.

Research at the UW School of Social Work



Your Marijuana Use Got You Thinking?



The Marijuana Check Up

206-616-3457

www.marijuanacheckup.com

We address concerns & questions.

No pressure to change.

Free & Confidential.



Marijuana Check-Up Study

- Attract self-referral
- Randomized clinical trial (n = 188)
- Aimed at reducing marijuana use in ambivalent users
- Marijuana abusing and/or dependent adult sample



Outcomes

- Participants marijuana use patterns resembled treatment-seeking participants in earlier studies
 - Reported fewer problems
 - Met fewer dependence criteria
 - Lower in stages of change
- Check-up attracted many who were abusing (89.4%) or dependent (64%) on marijuana
- Likely would not have sought “treatment”
- MET reduced days of use relative to control conditions at 7 week follow-up
- Differences were not evident at 6 months; marginally significant at 12 month follow-up



Teen Marijuana Check-Up



In-School
MET
Intervention

No Pressure,
No Judgment

Individual
Sessions

**Erase
Barriers**

Computerized
Assessment

Not Treatment

Brief

No Parental
Consent
Required



Recruitment Approaches

- Classroom presentations
- Information tables
- Referrals from school staff
- Self-referral- posters and flyers on campus
- Friends and Family



Does it work?

- 4 trials conducted
- Adolescents will volunteer to participate in a marijuana intervention (700+ teens over 4 trials)
- Can attract a heavy using sample
- Treatment naive
- High levels of:
 - Marijuana abuse and dependence
 - Clinical severity – samples look similar to tx studies
- MET reduces marijuana use more than Education or a Delayed control condition
- Engagement in abstinence based tx was low



What does it look like?

- Teen Marijuana Check-Up - example
- Assessment
- 2 Intervention Sessions
 - Motivational Interviewing (MI)
 - MI + Personalized Feedback



Met Session 1

Engaging



Rapport Building, Understanding Use

- *I was wondering if you could begin by telling me what got you interested in talking about your marijuana use?*
- *Today, I'd like to learn from you in your own words what your experiences have been like using marijuana. It's often different for different people and I'm curious how marijuana fits into your life.*

Therapist: What got you interested in talking about your marijuana use?	Open Ended Question
Student: I was trying to quit last month because of football, but I couldn't. And then I heard about this project and was interested. I am curious about how people stop and I want to learn more information about marijuana	
T: It was a combination of curiosity and worry	Reflection
S: Yeah, I chose this because I'm worried about school and basketball season starting now and need to do something about it	
T: You are a thoughtful person and you really care about your performance in sports and school	Reflection/affirmation
S: I'm just so off when I smoke and I can't play right and my grades go down. I can't concentrate	
T: You're really wanting to be sharper and you get frustrated that marijuana is getting in the way	Reflection
S: It seems so obvious. You can tell, "he's way off" and that's the reason why and yet I'm still smoking.	



MET Session 1

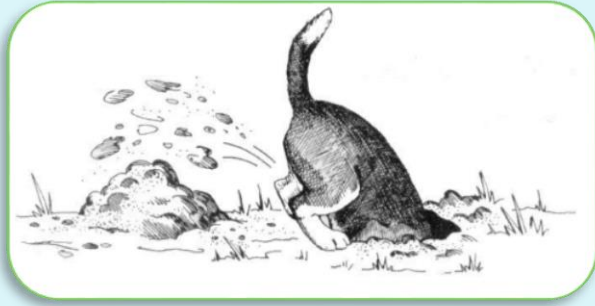
Engaging

- I'm curious how you started using marijuana and what has changed since you started?
- Tell me about some of the things you get from using.
- How about the other side? What aspects of marijuana don't you like?
- I'm curious how you started using marijuana and what has changed since you started?



Met Session 1

Digging for Change Talk



Directive probing for motivation/change talk

- **Develop Discrepancies** – *“You’ve mentioned that school is really important to you and you’re a good student and that you were really disappointed with your grades last semester. I’m curious what you think about that”*
- **Reflect Ambivalence** – *“You enjoy the effect weed has on you of making you feel more comfortable, not as anxious in social settings. And at the same time, you’ve noticed feeling more like you “need” weed these days and that doesn’t feel great to you. Tell me more about that.”*



MET Session 1

Exploring Values

- What is important to the client?
- Connect what the client values with marijuana use

*I feel so guilty when I
lie to my parents*

*You want to be an
honest person and pot
is getting in the way*

*I want to set a good
example for my little
brother*

*Your brother is
important to you*



MET Session 1

Looking Back

What has changed since you started using regularly?



MET Session 1

Envisioning the Future

- **How do you see your life next year if you continue to use marijuana every day?**
- **Right now you feel comfortable with your marijuana use. What might be warning signs that you might want to make a change?**



MET Session 1

Enhance Self-Efficacy

- **Evocative Questions**
 - “How has it gone when you’ve tried to quit in the past?”
 - “Has there ever been a time when you’ve taken a break? How did that go?”
 - “You’re clear that when you’re a mom, you don’t want to smoke. I know that’s far in the future, but how will that change happen?”
- **Affirmations**
 - “You have a lot of experience with what works and doesn’t when you’ve tried changing in the past.”
 - “You’ve really been thoughtful about how you want to limit your use.”
- **Social Support**
 - “Who will you look to for support when you make this change?”
 - “How will they respond and how will they help?”



MET Session 2

- 1) Rapport building**
- 2) Reflections on last session**
- 3) Review the personalized feedback report (PFR)**



Your Feedback Report

All answers are personalized based on the participant's responses



Teen Check-Up

10/28/11

University of Washington
School of Social Work
Innovative Programs Research Group

ID: 1002

Only identified with a random number



Here's what we learned about your marijuana use...

- You first tried marijuana when you were **12 years old**.
- **1.4%** of 12 year olds have smoked marijuana.



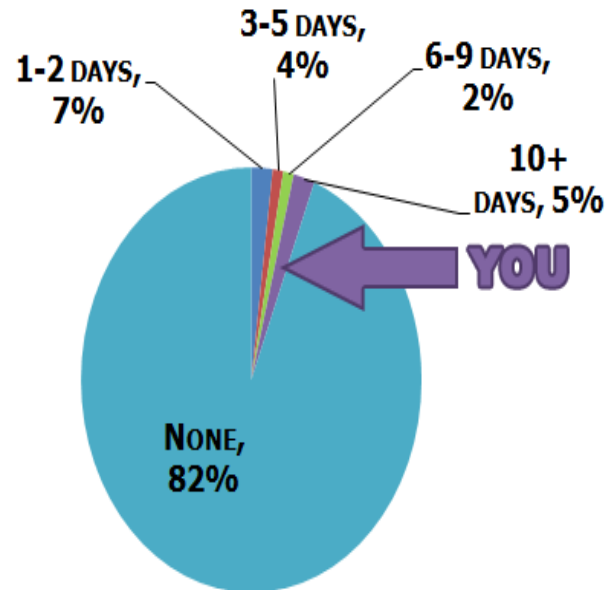
12 year olds

- You started smoking regularly (3 or more days per week) when you were **14 years old**.



During the past 60 days...

- On average, **you used marijuana on 15 days per month.**
- Here's how often other King County students your age used marijuana in the last 30 days:



During the past 60 days...



On average, you used marijuana:

- **5 or more days** a week before school.
- **5 or more days** a week while at school.

Money spent \$\$\$...

- In a typical month, you spend about **\$40.00** on marijuana.
- That's about **\$480.00 a year**. With that money, you could buy...

372
iTunes Songs

or

119
Frappuccinos

or

109
Lunches

or

44
Movie Tickets

or

7
Pairs of Shoes



Marijuana use can lead to consequences.

These are the consequences that you experienced recently.













	<p>1. You kept using marijuana even though it kept you from meeting your responsibilities at:</p> <ul style="list-style-type: none">• Home (like doing chores or coming home on time) ▲• School (like going to classes, doing homework or studying for tests) ▲• Work (like doing a good job or arriving on time) ▲
	<p>2. You used marijuana where it made the situation unsafe or dangerous for you, like when:</p> <ul style="list-style-type: none">• You were driving a car or using a machine ▲• You were in a situation here you might have been forced into sex or hurt ▲
	<p>3. You had problems with the law because of your marijuana use.</p>
	<p>4. You kept using even after you knew it was causing problems between you and the people around you.</p>
<p>You reported 4 of 4 types of consequences.</p>	

Regular marijuana use can lead to a more serious pattern of use.



The consequences below are red flags that marijuana use may become a habit.



	1. You used marijuana in larger amounts, more often, or for a longer time than you meant to.
	2. You were unable to cut down or stop using marijuana.
	3. You spent a lot of time either getting marijuana, using marijuana, feeling the effects of marijuana, or waiting for the effects to wear off.
	4. Your use of marijuana caused you to give up, reduce, or have problems at important activities at work, school, home or social events.
	5. You kept using marijuana even after you knew it was causing you problems with: <ul style="list-style-type: none">• your health (breathing, coughing) • your emotions (feeling less motivated, depressed, or anxious) • your memory or concentration 
	6. You needed more marijuana to get the same high or found that the same amount did not get you as high as it used to.
	7. <ul style="list-style-type: none">• You had withdrawal problems from marijuana (like being irritable, anxious, having trouble sitting still or sleeping). • You continued to use to avoid or stop withdrawal problems. 

You reported 5 of 7 red flags.

Your risk of a serious pattern of use is:



Here's what we learned about your alcohol use...



During the past 60 days...

- On average, you drank alcohol on 8 days per month.
- The most alcohol you used in 1 day was 8 drinks.
- You have gotten drunk or had 5 or more drinks on 10 days.



We asked if you were using any other drugs.

Here's what you told us:



During the past 60 days...

- You used cocaine on 1 day.
- You used opioids on 5 days.
- You used inhalants on 3 days.
- You used sedatives on 25 days.



Next, let's explore who's important to you and who you can count on for help or support...



Person's Name or Initials	Does this person know you smoke marijuana?	How does (or would) this person feel about your marijuana use?





Here are your 5 most important goals...

Use this scale to rate how marijuana affects your goals:

Very Negatively 1	Negatively 2	Not Positively or Negatively 3	Positively 4	Very Positively 5
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My Goals	My marijuana use affects this goal:	<u>Reducing</u> my marijuana use would affect this goal:
1) trying to improve my grades		
2) trying to avoid conflict with my grades		
3) trying to improve my athletic skills		
4) trying to develop and maintain close relationships		
5) trying to get into college		



Summary

- Treatment only captures a small minority of those who are using heavily and problematically
- Alternatives need to be available to promote self-referral to interventions
- The Check-Up Model is a viable method for reaching clinical populations who aren't seeking treatment
- Attracts voluntary participation
- Promotes behavior change –
 - Reductions in use and
 - Associated problems
 - Effects are small to moderate
- Successful adaptations for phone-based Check-Ups
- These interventions are not widely available



Motivational Enhancement Therapy

- Versatile
- Most widely studied intervention for marijuana disorders
- Check-Up
- Pre-treatment
- Brief treatment – stand alone
- Combination treatment – MET/CBT/Contingency Management
- Aftercare
- Adults & Adolescents



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Contact

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Teen Marijuana Check-Up
Resources

- <https://depts.washington.edu/iprg/TMCU%20Implementation.html>



Surveys

**Look for our surveys in your
inbox!**

**We'll send two short surveys:
one now, and
one in a month.**



We greatly appreciate your feedback! Every survey we receive helps us to improve and develop our programming.

Surveys

For live event attendees:

Get a

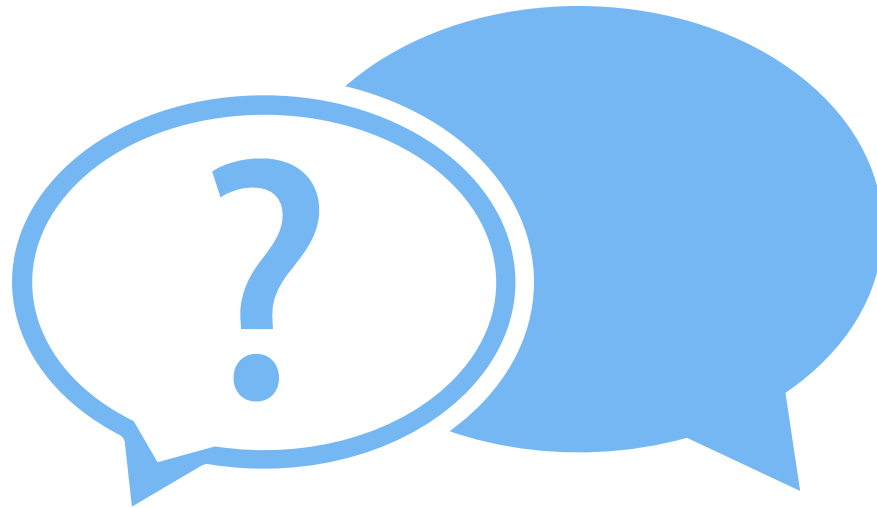
\$5 gift card

when you complete
each of our two
surveys!



Q&A

**Questions? Please type them in
the chat box!**



Upcoming Events

Join us for our next webinar!

Trauma, Addiction, Recovery, and the Opioid Epidemic

John Fitzgerald, PhD & Mark Girard, PhD
February 27, 2019, 12-1pm



gracias cảm ơn bạn धन्यवाद 고맙습니다
شكرا جزيلًا salamat благодарю вас 谢谢
Dziękuję Ci **Thank** ευχαριστώ
quyana tack **you!** አመሰግናለሁ
धन्यवाद danke asante grazie
hík'wu? merci הודת obrigado ขอบคุณ
ありがとうございました спасиби mahalo