FRAMES
A Brief Intervention to Counsel Adolescents
About Reducing or Quitting their Drug and Alcohol Use

F: Give the adolescent FEEDBACK on your level of concern.

R: Emphasize that the RESPONSIBILITY for change lies with the adolescent.

A: Give clear, frank ADVICE on how to make changes in behavior.

M: Offer a MENU of different options for making changes.

E: Express EMPATHY throughout your encounters.

S: Promote the adolescent's feelings of SELF-EFFICACY (optimism) to make needed changes.