

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.