



# Brief Interventions for Mental Health Workers



Thursday April 29<sup>th</sup> 2021, 2.30 – 3.30  
Albury Adult MHS - Community Mental Health



**Brief Interventions (BI's) for substance use concerns can be opportunistically provided in less than 5 minutes. BI's are usually seen as early intervention rather than treatment - when well-delivered, using motivational strategies, BI's can have a significant, long-term, positive impact on a person's use of substances. The principles underlying a BI are useful when working with a person on any change process. Mental health workers are well-placed to provide BIs with people experiencing co-occurring substance use concerns.**

## **Learning Outcomes:**

At the end of this interactive, 1-hour, session participants will be able to:

- Discuss BIs as part of a Screening, Brief Intervention & Referral to Treatment (SBIRT) pathway
- Describe those situations where BIs may be useful and where contra-indicated
- Use 'FRAMES' to describe the key components of a Brief Intervention
- Introduce a discussion around substance use into a mental health consultation
- Evoke from clients their views and wisdom around changing their substance use
- Assess and work with a client's sense of self-efficacy around changing their substance use

## **Registration:**

- RSVP to [gary.croton@awh.org.au](mailto:gary.croton@awh.org.au)

**Facilitator: Gary Croton**



Gary is a mental health-substance use nurse who has specialised in dual diagnosis capacity building since 1998. His current role is the [Victorian Dual Diagnosis Initiative](#), Clinical Nurse Consultant, for Hume-Border region, auspiced by Albury Wodonga Health. Gary is responsible for a range of dual diagnosis-related publications and [tools](#) to assist services and workers in working effectively with people experiencing co-occurring mental health-substance use concerns.

Gary is the creator and administrator of the [Dual Diagnosis Australia & New Zealand website](#). He has been the recipient of several awards including the State Nursing Excellence Award for Mental Health and Drugs Nursing and a Victorian Travelling Fellowship investigating integrated treatment of mental health-substance use in the UK, USA & NZ. Gary is a member of the [Motivational Interviewing Network of Trainers](#).