Brief Intervention (BI) Training

For Substance-Using Adolescents

Sponsored by the Alameda County Office of Education Tobacco Use Prevention Education Program (TUPE)

No-Cost Training
Open to TUPE Bay Area Partnering Counties

Training Description:
This training is to build skills of counselors and other adults working with adolescents. BI is a short-term counseling style of intervention that consists of 2 to 4 sessions aimed at adolescents who use tobacco, marijuana, alcohol and/or other drugs. This approach uses Motivational Interviewing, Cognitive Behavior Therapy, and the Stages of Change Model to meet the needs of adolescents.

Learning Objectives:
● Examine the roles and attitudes of counselors and other adults who interact with teens.
● Learn how to teach adolescents how to take a more active and reflective role in decisions about their own behavior.
● Identify strategies to support an adolescent-driven plan to make decisions they see as beneficial.
● Increase knowledge about drug and alcohol use among teens.
● Utilize Motivational Interviewing to empower rather than enforce.

September 22 & 23
2-Part Session Training
Session 1: 8:30am-12:00pm
Session 2: 8:30am-12:00pm

Target Audience:
School Administrators (Deans, AP/VPs, etc.), Educators, Support Staff, Counselors, Nurses, Social Workers, and Community Based Partners

Sign up! Registration Link
Questions? Please contact Cecilia Apley at capley@acoe.org