

## MI SUMMARY WORKSHEET: Role Play 2

You are playing the role of an inpatient drug treatment program counselor who is coordinating after-care planning for a patient. This patient has relapsed twice soon after completing inpatient treatment. Talk with the person for about 10 minutes to understand more about what's going on. Take notes on the worksheet below to prepare to give an MI Summary when instructed to do so.

Prompt that you will be summarizing what person has told you:

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Summary of change talk that you heard:

(Note: When reading aloud, try to use "You" statements such as "You were concerned about..." or "You wanted..." or "It bothered you that..." )

Desires or wants for change: \_\_\_\_\_

Abilities to change: \_\_\_\_\_

Reasons for change: \_\_\_\_\_

    Benefits of change: \_\_\_\_\_

    Dislikes of not changing: \_\_\_\_\_

Commitments made: \_\_\_\_\_

Activation: \_\_\_\_\_

Steps Taken towards change: \_\_\_\_\_

Open-ended question to encourage more change talk:

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## Role Play Scenario 2: TRANSITION FROM INPATIENT TREATMENT

You are playing the role of a person who is finishing an inpatient drug treatment program next week. You have a lot of mixed feelings about making a commitment to enter a structured residential aftercare program. During the role play you will try to discuss as many of these mixed feelings as possible. Try to go back and forth about the pros and cons as you do the role play. Your partner in the role-play will be playing the role of an Aftercare Coordinator at the treatment program that you will be leaving from next week.

### Change Talk Related to Entering an Aftercare Program

- You are scared about going home because your partner still uses occasionally. You know this is a trigger for you and may cause a craving to use.
- The other patients in this program want you to go to a residential aftercare program – you don't want to disappoint them.
- You used to be in the military and know you can handle the structure of a program.
- You relapsed within 1 week after leaving treatment the last time – you didn't have an aftercare program.
- Your family has threatened to withdraw support if you move back home with your partner. You're scared that they may be serious and you're short on money.
- You want to make a fresh start in life and need to make a new path.
- You called two aftercare programs to find out what they were like.

### Thoughts and Feelings About NOT Entering an Aftercare Program

- You wouldn't be able to work the first month and you really need the money.
- You don't like the strict curfews and the feeling that you are not totally free.
- You feel strong now so you want to test yourself to see if you can really make it on your own.
- The aftercare programs require at least 6 month commitment – that's too long in your opinion.
- You really miss sleeping in your own bed and having your privacy.
- You don't like going somewhere without really knowing the place.
- You're feeling sick of all of the rules and afraid the frustration may trigger a relapse.

