

# 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.

**November 16 & 17**  
**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](mailto:capley@acoe.org)