

2022

# MI/Brief Interventions for Students about Cannabis

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**August 9, 2022, 10:00am-5:00pm CST, Virtual**

Presenter: Dr. Jason Kilmer, University of Washington

In the early 1990s, Dr. Alan Marlatt developed the Brief Alcohol Screening and Intervention for College Students (BASICS) program – a one-on-one, motivational interviewing-based brief intervention that utilizes personalized graphic feedback to prompt consideration of change and review harm reduction strategies when relevant to the student. 30 years later, BASICS continues to be an intervention rated with “higher effectiveness” for reducing alcohol use, consequences, or both.

For cannabis, there are fewer evidence-based prevention and intervention efforts shown to impact use and consequences; however, Dr. Christine Lee published the individualized College Health for Alcohol and Marijuana Project (iCHAMP) as an extension of BASICS (Lee, et al., 2013). Using BASICS sessions as a model, facilitators trained in Motivational Interviewing reviewed personalized feedback with students addressing cannabis use. Results indicated reductions in time spent high, amount used, and even consequences endorsed by students.

In this workshop, we will review the basic principles and strategies related to motivational interviewing needed to facilitate an iCHAMP session, will review the scientific information relevant to cannabis for use during feedback sessions with students, and will consider possible “hooks” that could result in contemplation of or commitment to change. Strategies for lower-risk cannabis use will be discussed, as will steps needed for implementation of the iCHAMP intervention.

Lee, C.M., Kilmer, J.R., Neighbors, C., Atkins, D.C., Zheng, C., Walker, D.D., & Larimer, M.E. (2013). Indicated prevention for college student marijuana use: A randomized controlled trial. *Journal of Consulting and Clinical Psychology*, 81, 702-709.