

Instructions for using these cards:

Instructions for suggested use:

- . The cards have two states, light text and dark text.
- . Place all cards, or a tailored selection of cards, in a space where both worker and client can easily reach them. It is important to place all the cards in the same state (all light text or all dark text).
- . Client and worker talk over the cards. Should the client identify a card/word that provokes a story or begins a dialogue, the worker or client can turn over the card to the opposite state.
- . Client and worker explore the provoked narrative.
- . In performing a brief intervention or motivational interview the worker can use the highlighted state of the cards that have been turned over to explore client motivation.

Introduction The strength of the DEN Possibility cards lies in their flexibility of use. Practitioners carrying out brief interventions and motivational engagement sessions can use this ‘Brief Intervention’ set to aid their practice.

The design of these cards allows workers to choose their preferred Brief Intervention Framework eg. ABC or 5A’s. The cards are also portable and compact enough to allow clients to capture photographically their discussions with a phone or tablet.

Brief interventions often utilise motivational interviewing skills to acknowledge and explore a client’s goals and actions. The Possibility cards can help

clients clarify their goals, explore possible ambivalence, and assist in developing nexts steps or goals.

Successful brief interventions value the autonomy of the client. These cards assist in examining affirmations and offering reflection and summary in a structured and respectful manner. The game element of the cards allows for a more creative interaction and so provides a vehicle for eliciting ‘change talk’ from the client.

The Possibility cards can create a personalised session, helping to build the relationship between client and worker to help facilitate discussions that examine and unpack client motivations and formulate a package of assistance.

Outcomes Star

Outcomes Star Outcomes Star Practitioners that use the Outcomes Star framework with their clients can use the Possibility cards to frame discussions and help assign numerical values to the steps on the 'ladder of change.'

Motivational Interviewing Brief interventions can sometimes utilise motivational interviewing to acknowledge and explore a client's goals and actions. In addition to helping to structure a brief intervention these cards can be used to help clients clarify their goals, explore possible ambivalence, and help organise client reasoning in a way to support action.

Successful motivational interviews value autonomy and respect for the client. These cards can assist in examining affirmations and offering reflection and summary in a structured and respectful manner.

Conclusion Best-practice and evidence-based brief interventions and motivational interviews highlight that success comes from a personalised and systematic approach.

DEN hopes that these cards will help client and worker build their relationship and aid in examining barriers to cessation and promote lifestyle change.

Side effects of pharmacological interventions.

Side effects of pharmacological interventions.

Relaxation.

Relaxation.

Enjoyment.

Enjoyment.

Stress.

Stress.

Managing moods.

Managing moods.

Physical addiction.

Physical addiction.

Withdrawal.

Withdrawal.

Cravings.

Cravings.

**Lack of
recognition of
harm done.**

**Lack of
recognition of
harm done.**

**Behavioural
habit.**

**Behavioural
habit.**

Mental health benefits.

**Mental health
benefits.**

**Manage
symptoms.**

**Manage
symptoms.**

**Manage
side-effects
of medication.**

**Manage
side-effects
of medication.**

Weight management.

Weight management.

**Competing
needs.**

Competing
needs.

**Fatalistic
beliefs.**

**Fatalistic
beliefs.**

**Other
substance
use.**

**Other
substance
use.**

Prevent relapse.

Prevent relapse.

**Autonomy /
Power over life.**

**Autonomy /
Power over life.**

**Low confidence
— too hard.**

**Low confidence
— too hard.**

**Enhanced
concentration.**

**Enhanced
concentration.**

Companionship.

Companionship.

**Low knowledge
of individual
risk.**

**Low knowledge
of individual
risk.**

Low motivation.

Low motivation.

**Failed past
attempts to
reduce or stop.**

Failed past
attempts to
reduce or stop.

**Positive image
of drug use.**

**Positive image
of drug use.**

Acceptance of use in community.

**Acceptance
of use in
community.**

**Lack of social
support to
reduce use or
stop.**

**Lack of social
support to
reduce use or
stop.**

Social activity.

Social activity.

**Lack of
professional
support to
reduce use.**

**Lack of
professional
support to
reduce use.**

**Access to
resources
to reduce
use or stop.**

**Access to
resources
to reduce
use or stop.**

**Boredom and/or
limited day-to-
day structure.**

**Boredom and/or
limited day-to-
day structure.**

Concerns regarding treatment and services.

Concerns
regarding
treatment and
services.

**Lack of control
over exposure
to drug use.**

**Lack of control
over exposure
to drug use.**

Cultural norms.

Cultural norms.

Socio-economic factors.

Socio-economic factors.

Sources:

— RACGP *Supporting smoking cessation: a guide for health professionals.*

— Health Promotion Agency *ABC Alcohol for Pregnancy – A guide for health professionals.*

— The Royal New Zealand College of General Practitioners *Implementing the ABC Approach in Primary Care.*

— BMJ *Perceived barriers to smoking cessation in selected vulnerable groups: a systematic review of qualitative and quantitative literature.*

— Queensland Alcohol and Other Drug Treatment Service *Delivery Framework.*

— PsyCheck *Screening Tool User's Guide.*

— State Government Victoria *The Adult AOD Screening and Assessment Instrument: Clinician Guide.*

— Northern Territory Government *Brief Intervention and Motivational Interviewing Tool.*

— Tricia Nagel & Carolyn Griffin; Carolyn Griffin *Yarning about mental health.*

— Triangle Consulting Social Enterprise Limited *Outcomes Star.*

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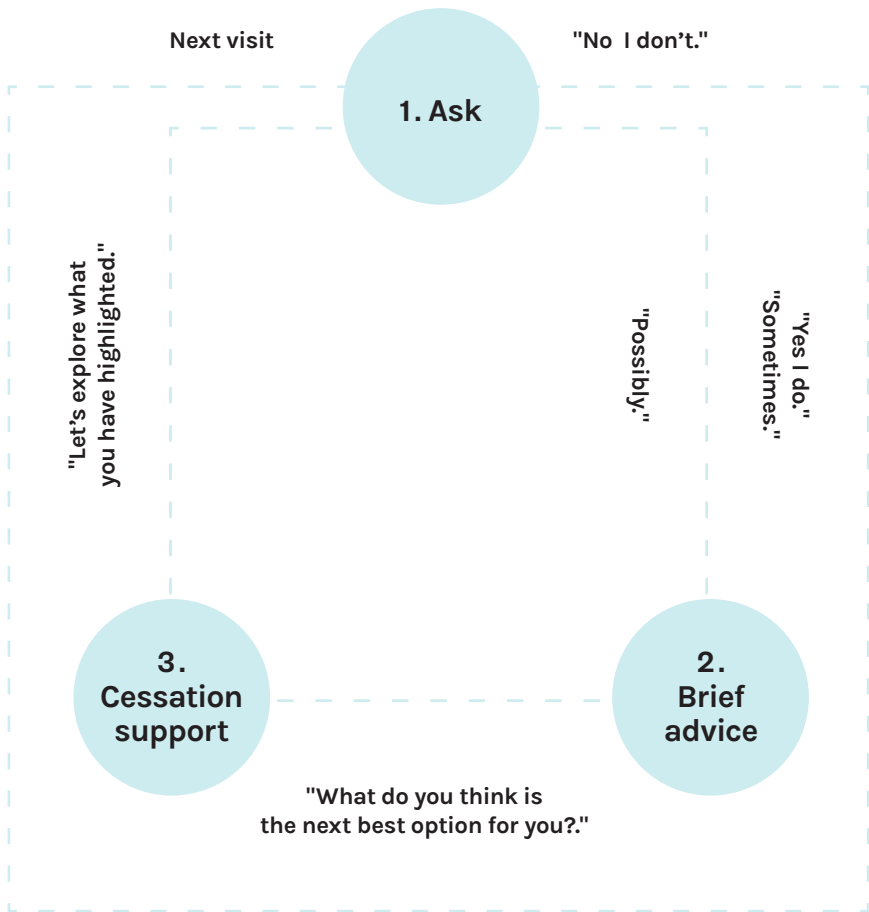
**ABC and the
Possibility Pack.**

**ABC and the
Possibility Pack.**



'ABC' is a simple memory aid that incorporates the key steps for screening and advising on drug use and its treatment. 'A' is for asking. 'B' is for giving brief advice to stop. 'C' is for cessation treatment and/or referral which should be offered to all people who have an interest in reducing harm, or reducing use or stopping use.

Here is a suggestion for incorporating the Possibility Pack with the ABC approach:



5 A's and the Possibility Pack.

5 A's and the Possibility Pack.



The **5 A's approach** is a brief, goal directed way to more effectively address alcohol, tobacco and other drug use with clients; with the goal of meeting the person's needs in terms of readiness to reduce harm, reduce use and/or stop use. The 5 A's are: **Ask, Advise, Assess, Assist, Arrange.**

Here is a suggestion for incorporating the Possibility Pack with the 5A approach:

