

# Brief Risk Reduction Interview and Intervention Model (BRRIM) Evaluation

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## BACKGROUND

### What is BRRIM?

The Riverside County Department of Mental Health - Substance Abuse Program developed the Individual Prevention Service (IPS) program to increase access to prevention services appropriate for individuals at high risk and to provide the Brief Risk Reduction Interview and Intervention Model (BRRIM).



BRRIM is the innovative prevention process designed to screen and educate individuals at high risk for alcohol and other drug (AOD) problems. Trained Prevention Specialists use BRRIM to serve individuals ages 12-80 who are referred to County services. Prior to IPS, no prevention program existed to meet the needs of individuals experiencing substance abuse problems who had not yet reached a level of severity where diagnosis and/or treatment was indicated. In short, individuals had to get worse - become fully involved in substance abuse and/or addiction before receiving services.

### Key Objectives

- 1) To identify individuals who are exhibiting early signs of substance abuse and other problem behaviors associated with substance abuse
- 2) To address risk factors and increase protective factors unique to the individual
- 3) To reduce first-time substance abuse and/or to delay onset of substance abuse
- 4) To reduce the length of time the signs and symptoms of use continue and/or to reduce the severity of substance abuse
- 5) To increase access to prevention services and involvement and support for family members and significant others impacted by AOD problems

### Core Components

Component	Description
Referral	Participants are referred by courts, law enforcement, schools, EAP/SAP programs, employers, physicians, social services, or self-ref.
BRRIM Interview	A trained Prevention Specialist facilitates a 90 minute asset-based interview which involves the development of a PSA.
Prevention Services Agreement (PSA)	The PSA outlines what the individual, family, and staff are willing to do and includes a timeline, suggested number of meetings, and tasks. It is signed by all parties and copies are provided to participants and their families.
Education/Brief Intervention (2-10 meetings)	Participants receive information, skill building support, and assistance with linkages to community resources in meetings following the BRRIM interview.
Family Involvement (1-3 meetings)	Families and significant others are encouraged to be allies in the prevention process through education and may request their own sessions with the Prevention Specialist.
Referral to Diagnostic Assessment	When the Prevention Specialist believes the data shows a need for a diagnostic assessment or that education is not reducing harmful behaviors, participants are referred for diagnostic assessment.

## EVALUATION DESIGN

The evaluation consists of both process and outcome components, measuring the implementation and corresponding outputs/outcomes associated with the six BRRIM core activities. The process evaluation is designed to track the extent to which proposed activities took place, and the outcome evaluation measures changes in knowledge, skills and behaviors resulting from participation in BRRIM. The evaluation addresses three overarching questions:

1. To what extent does the program achieve its objectives?
2. What challenges/barriers are encountered and how are they overcome?
3. What are the lessons learned/recommendations for replication of BRRIM in other counties?

## DATA COLLECTION METHODS

### Document Review

- ▶ Comprehensive review of BRRIM documents and logic model consultation

### Appreciative Inquiry

- ▶ Peak experience stories shared by staff about implementing BRRIM and group discussion of themes

### BRRIM Observations

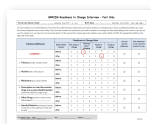
- ▶ Unobtrusive observations of BRRIM sessions, staff meetings, and case study trainings

### Participant Tracking Tool

- ▶ Includes demographics, referral sources, number and length of sessions, PSAs, and family involvement

### Readiness to Change Interview

- ▶ Retrospective tool used to determine changes in readiness to quit or reduce harmful substances or related behaviors before after BRRIM



### Pre-Post BRRIM Participant Survey

- ▶ Measures pre-post changes in protective factors (self-efficacy, locus of control, resiliency), decision-making capacity, confidence to change, knowledge of resources, frequency of use, and satisfaction with PSA

### Three Month Follow-up Interviews

- ▶ Focuses on longer-term outcomes such as reduced frequency of use and degree of substance abuse issues three months following participation in BRRIM

### Participant Focus Groups

- ▶ Conducted with adult participants to develop a more informed understanding of how and why BRRIM works and identify any unexpected outcomes

### Staff Key Informant Interviews

- ▶ Captures staff perceptions about the process, participants' outcomes, lessons learned, and recommendations

### Comparison Analysis

- ▶ Outcomes of participants who are later admitted into substance abuse treatment programs are compared with non-participants enrolled in the same programs

## FINDINGS

Data collection for this evaluation is currently in progress and will continue throughout the year. Preliminary findings are presented below for two of the ten BRRIM data collection methods.

### Increased Readiness to Change (n=129)

Immediately following BRRIM, participants indicated statistically significant increases in their levels of readiness to change harmful behaviors related to substance abuse.

Substance/Behavior	Before or After BRRIM	Average Readiness	% Ready or Trying to Change After BRRIM
Alcohol	Before	4.6	81%
	After	5.8	
Marijuana	Before	4.8	86%
	After	6.4	
Related Behaviors	Before	4.4	88%
	After	6.5	



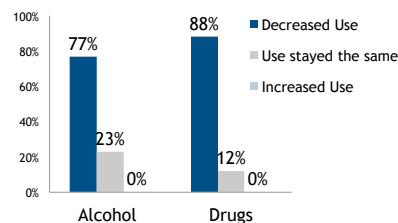
### Increased Protective Factors (n=22)

**Over 90%** of the participants reported that during the three months following their BRRIM session they have:

- Had a **better outlook** on their future
- Been **motivated to improve** their situation
- Felt like they **have the support they need** to make positive changes in their lives
- Made **healthier decisions** for themselves
- Experienced **fewer problems** as a result of alcohol and/or drugs
- **Used the information** they received from the Prevention Specialist

### Decreased Alcohol and Drug Use (n=22)

Three months after participating in BRRIM, 77% of the interviewees said their alcohol use decreased and 88% said their drug use decreased.



## ADDITIONAL OUTCOMES

Selected quotes from participants about the most important change or outcome that resulted from their participation in BRRIM are provided below.

- "Staying clean has been cool...and I am able to concentrate better at school."
- "I have been more positive with my thinking and decisions."
- "Self-awareness on how much and how often I drank."
- "I think what is most important is that I realize that we all can use support and that I don't have to do things alone."
- "My life in general has improved...even my daughter is talking to me."

## EVALUATION REFLECTIONS

Below are some of the factors that have helped make the BRRIM evaluation a success.

**Mindful Planning:** BRRIM and EvalCorp staff worked together to identify priority data needs for a variety of stakeholder groups before moving forward with the evaluation. This process helped the team develop a meaningful evaluation and increase buy-in among key stakeholders.

**Appreciative Inquiry:** Because evaluation can be anxiety provoking and seem burdensome to already busy staff, starting with a strength-based Appreciative Inquiry approach to what evaluation is and how findings can be used was key for building support and positive beliefs about evaluation among BRRIM staff.

**Capacity Building Approach:** Intentionally embedding learning opportunities within the evaluation process has helped BRRIM staff increase their evaluation knowledge and skills, while strengthening the quality of the evaluation.

**Ongoing Evaluation Discussions:** Regular discussions about evaluation activities at monthly staff meetings have provided an opportunity for BRRIM staff to share any evaluation challenges as they arise.

## ACKNOWLEDGEMENTS

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