USING BRIEF INTERVENTIONS TO INITIATE CONVERSATIONS ABOUT TOBACCO USE

Brief interventions (BI) are short, structured conversations designed to reduce substance-related harms **without requiring abstinence** as the starting point.

A ASK

Engage and assess without interrogation.

- Ask everyone about their relationship with tobacco.
- Use a trauma-informed delivery to avoid coercion.
- Keep questions open-ended and nonjudgmental.

"Can I ask you some questions about nicotine/tobacco?"
"What nicotine products do you use, if any?"
"When do you find yourself reaching for your cigarettes?"

A ADVISE

Offer information, not moral pressure.

- Center autonomy. Advise is offered, not imposed.
- Use short, statements that spark curiosity or interest.
- Emphasize that any positive change counts.

"The biggest harm is from smoking. Are you interested in hearing about safer ways to access nicotine?"
"You don't have to quit today. Cutting down or switching to a safer alternative counts as a step toward less risk."

A ACT

Support their next step immediately.

- Collaboratively identify one realistic next step.
- Normalize ambivalence. Mixed feelings are normal and acceptable.

"What would you like to try between today and your next visit?"
"How can I support you in following through with your goal of [restate participant goal]?"

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