



# Brief Intervention Tools (BITS)\*

## WHAT'S IN THIS ISSUE:

- **The Significance of BITS**
- **Types of BITS**
  - Who I Spend Time With
  - Decision Making
  - Overcoming Automatic Responses
  - Problem Solving
  - Thinking Traps
  - Overcoming Thinking Traps

Cognitive Behavioral Therapy (CBT) is an evidence-based practice that assists with creating new thinking. Many clients, however, cannot dedicate themselves to the lengthy CBT process. DPOs and JIOs can help clients by acting as change agents through the use of BITS in a short and intentional meeting to address negative behavior and promote positive decision-making.

### Who I Spend Time With

- **Dynamic Factor:** Friends, family, substance use disorder
- **Skill Development:** Recognizing healthy & unhealthy relationships, ending harmful friendships, resisting peer pressure
- **Program Referral:** Life skills program, family counseling, parenting class, substance use disorder treatment

### Decision Making

- **Dynamic Factor:** Thoughts & beliefs, coping skills, friends, substance use disorder, education/work, leisure
- **Skill Development:** Asking for help, managing conflict, identifying educational/work interest
- **Program Referral:** Thinking for a Change, group support, substance use disorder treatment, vocational program, recreational support

### Overcoming Automatic Responses

- **Dynamic Factor:** Coping skills, friends, family, substance use disorder, work/education
- **Skill Development:** Taking responsibility for actions, replacing harmful thoughts, controlling emotions, recognizing triggers
- **Program Referral:** Cognitive behavioral therapy, life skills program, domestic violence program



### Problem Solving

- **Dynamic Factor:** Coping skills, friends, substance use disorder, education/work, leisure
- **Skill Development:** Problem solving, setting boundaries, resolving conflicts, managing conflict & disappointment
- **Program Referral:** Cognitive behavioral treatment, group support, healthy recreational option

### Thinking Traps

- **Dynamic Factor:** Friends, family, substance use disorder, education/work
- **Skill Development:** Knowing the difference between positive & negative friend/family influence, coping with disappointment, knowing how to have healthy fun
- **Program Referral:** Cognitive behavioral program, occupational therapy, GED program

### Overcoming Thinking Traps

- **Dynamic Factor:** Friends, family, substance use disorder, education/work
- **Skill Development:** Meeting new & positive people, having the courage to begin something new, working hard & persevering
- **Program Referral:** Thinking for a Change, mental health program, substance use disorder treatment, vocational program

\*The Carey Group - To access BITS, [click here](#).

For additional information, [click here](#) to visit the Best Practices & Innovative Strategies Intranet Webpage.