

# SBI with Adolescents: Comorbid Substance Use and Mental Health



Developed in collaboration with NORC at the University of Chicago, this new simulation develops learners' ability to identify and support adolescents at risk for multiple behavioral health issues, including substance use, depression, and suicidal ideation.



## Learning Objectives

- ✔ **Identify best practices** for triaging adolescents with co-occurring substance use and mental health concerns.
- ✔ **Apply the Brief Negotiated Interview model** when conducting brief interventions.
- ✔ **Apply motivational interviewing methods** to reinforce change talk in brief interventions and manage a challenging patient encounter.



## Meet Zoey

Zoey is a 16-year-old who came to your clinic because of a persistent cough. As part of the intake process she completed several screeners that indicate likely moderate depression, risky opioid use, and low suicide risk. Talk with Zoey and try to address these issues together in a brief intervention.



### Practice-Based & Interactive.

Each role-play scenario models a real-life patient encounter, providing hands-on practice engaging with virtual patients powered by artificial intelligence.



### Self-Paced and Scalable.

Our self-directed simulation practice is available on demand, can be accessed on mobile devices, and does not require a facilitator.



### Measurable.

As each learner navigates the simulated patient encounter, the care interaction is tracked to provide a personalized completion report with tailored feedback for improvement.



### Research Proven.

Empirical studies show that Kognito simulations result in statistically significant improvements in knowledge, skills, attitudes, and behavior.

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