

Provider Self-Reflection Tool

NATIONAL
COUNCIL
for **Mental
Wellbeing**

This self-reflection tool is designed to gauge youth-serving providers' level of comfort and use of specific approaches when having conversations about substance use with youth. The communication pathway within the **Getting Candid: Framing the Conversation Around Youth Substance Use Prevention Message Guide** contains five conversation stages: Establish trust, gather insights, frame communication, make the case and suggest action. Use this tool to assess proficiency in each stage. The resources and tips in the message guide and accompanying toolkit can support capacity building in lower scoring stages.

For each of the statements below, reflect on how often the statement is true for you on a **scale from “Never” to “Always.”**



ESTABLISH TRUST: Build rapport and establish trust with young people.

1. I consider the setting for the conversation and do what I can to create a safe space so youth feel comfortable being candid with me.

☐ NEVER

☐ RARELY

☐ SOMETIMES

☐ OFTEN

☐ ALWAYS

2. I do more listening than talking after I introduce the subject of substance use with youth.

☐ NEVER

☐ RARELY

☐ SOMETIMES

☐ OFTEN

☐ ALWAYS

3. I am comfortable being authentic and transparent with youth (e.g., sharing a personal story or experience about substance use, when appropriate).

☐ NEVER

☐ RARELY

☐ SOMETIMES

☐ OFTEN

☐ ALWAYS



GATHER INSIGHTS: Seek guidance and input from youth about what matters to them.

4. I use every engagement with a young person as an opportunity to learn more about them.

☐ NEVER

☐ RARELY

☐ SOMETIMES

☐ OFTEN

☐ ALWAYS



FRAME THE COMMUNICATION: Choose the frame for the conversation based on insights gathered.

5. I use what I know about youth to shape our conversations and the information I provide.

☐ NEVER

☐ RARELY

☐ SOMETIMES

☐ OFTEN

☐ ALWAYS

6. I adapt my approach based on the youth's receptivity and engagement in the conversation.

☐ NEVER

☐ RARELY

☐ SOMETIMES

☐ OFTEN

☐ ALWAYS



MAKE THE CASE: Share compelling reasons not to use drugs or alcohol.

7. I feel comfortable sharing reasons to avoid substance use that are likely to be relevant and convincing to the young people with whom I work.

☐ NEVER

☐ RARELY

☐ SOMETIMES

☐ OFTEN

☐ ALWAYS



SUGGEST ACTION: Suggest an action as a follow up based on the conversation.

8. I ask youth about ways they can avoid substance use and if they are open to specific suggestions I offer.

☐ NEVER

☐ RARELY

☐ SOMETIMES

☐ OFTEN

☐ ALWAYS

BUILDING CAPACITY AND COMFORT

Upon completing your reflection, look back at the stages where you scored *Never*, *Rarely* or *Sometimes*. Check out the [Youth Message Guide and toolkit](#) for resources to support future conversations and relationship building.

This project is supported by the Centers for Disease Control and Prevention (CDC) of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$2,000,000 with 100% funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS or the U.S. Government.