

# SESSION STRUCTURE

## PART B: SOURCES OF DRIVE

### Check In

#### Goals

- Build the relationship
- Prepare for the session by checking for crises (“clearing the fog”)
- Assess recent youth behavior

#### Activities

- Ask how the caregiver is doing
- Ask what has transpired since last contact
- Ask about progress of youth

### Review

#### Goals

- Ensure assignment was completed
- Check for learning retention

#### Activity

- Review what the caregiver learned about the youth’s perception of their stages of change

### Intervention

#### Goals

- Find the possible “hook” - the main driver of youth’s behavior - by examining 3 key drivers
- Understand adolescent brain development impact on youth motivation

#### Activities

- Identify caregiver’s drivers and examples
- Identify possible youth drivers and examples
- Describe how adolescent brain development may be impacting youth’s motivation

### Assignment

#### Goal

- To better understand youth drivers

#### Activity

- Keep a log of youth motivation and impact of drivers

**DURATION**  
**30-40 MINUTES**

**Check-in: 4 Minutes**

**Review: 5 Minutes**

**Intervention: 20-30  
Minutes**

**Assignment: 1 Minute**

Note: it may take 2 or more sessions to cover the material depending on family circumstances