



SafERteens Therapy Session Materials

TECHNOLOGY NUMBER: 7307



Technology ID

7307

Category

Software

Content

Software & Content

Further information

Tina Suntres

tsuntres@umich.edu

OVERVIEW

This brief intervention uses motivational interviewing techniques to reduce youth violence behavior in a respectful, non-confrontational, and non-judgmental manner.

- Educational content how to screen patients and conduct the brief intervention to reduce youth violence
- Implementation support, including the online screening questions and the clinical therapy decision support tools that your staff can use in real time with youth
- Resource brochures that can be adapted for your clinical setting
- Download contains: intervention slides, fidelity manual, and additional handouts

Innovation Partnerships Tech

Marketing Team

IPInventions@umich.edu

View online



INNOVATION

Saferteens is an evidence-based brief intervention designed to target youth violence. As part of the single session 30-minute intervention, participants are guided to explore their goals and values, how risky behaviors could affect their goals, and positive ways to resolve conflict.

Previous studies led by our team with teens recruited from the emergency department have found that patients who receive the Saferteens program are less likely to report involvement in violence and violence-related consequences at follow-up.

This brief intervention uses motivational interviewing techniques to change behavior in a respectful, non-confrontational, and non-judgmental manner. This one-on-one counseling approach emphasizes individual choice and responsibility and differentiates between future goals/values and current behavior. This method of therapy allows for increased problem recognition, motivation, self-efficacy for change, and tools for anger management and conflict resolution.

OTHER

Additional Details on the intervention can be found at the [SafERteens](#) website.

While content is free, users/sites/organizations MUST receive training to utilize this intervention as it requires motivational interviewing skills to be effectively practiced. Training encompasses approximately 4 days worth of material delivered by a facilitator containing information on the intervention, effective use, motivational interviewing, testing trainee's fidelity. This training can be scheduled as virtual or in-person sessions. (Asynchronous training is not yet available at this time.)

Please fill out the questionnaire using the "order now" button at the top right of the website and someone from our SafERteens Team will contact you about pricing and scheduling of the training.