

How to use the RFU Package

Context

- 1) Before using this resource consider the consumer's stages of change and ability to engage with the material. A [Motivational Interviewing](#) communication style will be useful throughout. Whilst this resource can be used at any Stage of Change, you need to consider the tasks of that stage beforehand. Similarly the consumer's mental state or other crisis may impact on when and how you use the resource.
- 2) Bear in mind that the RFU Questionnaire will only reflect what the consumer is thinking at the time they answer the questions and has to be interpreted from this perspective. The RFU may yield different results over a period of time.
- 3) Be mindful of explaining why you are using this questionnaire and importantly how results could be used. This includes some discussion around confidentiality and risk.

Using the Questionnaire

- 1) Ask the consumer which substance they would like to consider when answering the questions. There no reason why a number of questionnaires can't be done over time for different substances however workers should consider the capacity of the consumer to separate the substances from each other if multiple drugs are involved.
- 2) Consider the consumers literacy skills and if necessary check that they understand the question.
- 3) It may be necessary to slow the process down or take a break if a consumer is particularly anxious and therefore prone to rushing through the questionnaire.
- 4) Remember that the score represents the views of the consumer at that time and therefore should be seen as indicative rather than "proof of reasons for use".

Feeding back the graph results

- 1) Before feeding back results the worker needs to consider the best timing and frame of mind of the consumer. Obviously in the case where cognition is compromised due to psychosis or intoxication it may be better to delay feedback.
- 2) Let the consumer have a look at the graph then explain the meaning of the 5 domains. The domain definitions can be found on the website. The worker will need to ascertain the consumers understanding of these domains before discussing the graph.
- 3) There are 3 basic questions that can be asked in relationship to the graphed results.
Some Questions for You and your Case Manager to Consider
Do you think your chart accurately represents your drug use? Do you think this chart would look different 6 or 12 months from now? Do you think there are things you can do to change your reasons for use?
- 4) Depending on the consumers response to this question the worker can then offer the menu of interventions for the domain that the consumer is interested in

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pursuing. N.B. this does not necessarily relate to the highest scoring domain although this is often the case.

- 5) The consumer may wish to do further RFUs of other substances before looking at possible interventions. They may also decide that now isn't the best time for them to address any of the issues raised. It is important to hold the information gained for future reference if this occurs. Consumers may well need space between doing the RFU and considering the next step.