When might MET be helpful for me?

Sometimes when people use alcohol and/or other substances they experience unwanted consequences. For example, they sometimes have a hard time controlling the amount of time they spend consuming alcohol or substances. They may also struggle to control the quantity of alcohol and/or substances that they consume or may want to or try to reduce or quit using alcohol and/or other substances but aren’t successful at it. Additional signs/symptoms of alcohol and/or substance use disorders include:

- Spending a lot of time getting, using, or recovering from use of alcohol and/or substances
- Having cravings and urges to use alcohol and/or other substances
- Not doing what one should at home, work or school, because of alcohol and/or substance use
- Continuing to drink alcohol/use substances, even when it causes or worsens problems in social relationships
- Missing out on significant social, occupational, or recreational activities because of alcohol and/or substance use
- Continuing to use alcohol and/or other substances over and over, even when it is considered physically dangerous/hazardous or when it causes or worsens a medical or psychological condition
- Experiencing tolerance (i.e., needing more alcohol/other substances to get the desired effect)
- Experiencing withdrawal symptoms
**What is Motivational Enhancement Therapy?**

Motivational Enhancement Therapy (MET) is a more targeted, structured version of Motivational Interviewing (MI). MI is an evidence-based, Veteran-centered form of treatment used to elicit and strengthen motivation for change. Essentially, the MI approach is a conversation between you and your provider that will work to strengthen your motivation and commitment to change whatever behavior you have decided to work on in treatment. MET involves a brief assessment followed by a conversation with your provider aimed at helping you decide what changes, if any, you would like to make in your alcohol and/or other substance use.

**How does MET work?**

MET helps individuals explore their motivation for and ability to make changes in their substance use. This process has been shown to help individuals stay in treatment longer and follow-through with making the desired changes.

**Will MET work for me?**

MET may be helpful at many stages of treatment. It is particularly helpful early in treatment and when individuals are unsure about making a change. It may be used during the assessment process to help you determine your goals for treatment.

If you have concerns about your alcohol and/or substance use, or that of someone you care about, and are unsure about what (if any) treatment to pursue, MET might be a good first step. The majority of people with alcohol and/or substance use disorders can get better with treatment. Some medications, psychotherapies, and other methods (including active self-help involvement) can effectively treat people with alcohol and/or substance use disorders.

**How long does it take?**

MET generally consists of 2-4 individual sessions over a few months. Each session will be 45-90 minutes depending on the treatment session. The exact length of time is determined in collaboration with an individual’s therapist.

**What happens during treatment?**

After determining that MET is the right treatment for you, you and your therapist will spend part of a session completing a computerized assessment tool. You will be asked a number of questions about your alcohol and substance use.

For example, your provider will review any risk factors you have for alcohol and/or substance use disorders and any consequences you are experiencing or have experienced in the past. Together, you will review a personalized feedback report that is generated from the information you provide. You will then determine together what your treatment goals are.

**How do I find out more?**

MET is only one of many treatments available for alcohol and/or substance use disorders. Talk to your provider to see if MET is right for you.