

Integrating Motivational Interviewing into Practice: Working with Youth



Healthy Teen Network
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Facilitators



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Healthy Teen Network

MAKING A DIFFERENCE IN THE LIVES
OF TEENS AND YOUNG FAMILIES

- ✓ Networking & information sharing
- ✓ Research & evaluation
- ✓ Capacity-building assistance
- ✓ Policy & advocacy

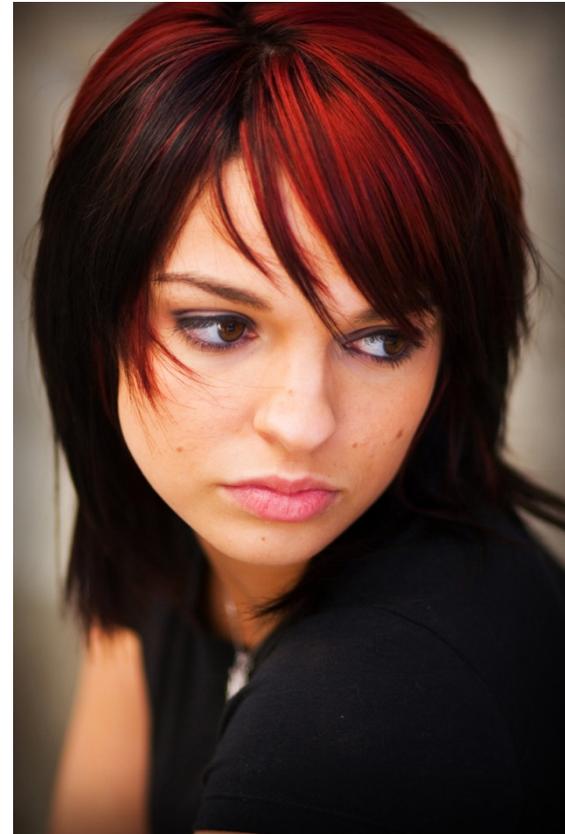


National membership organization focused on adolescent sexual & reproductive health

Audience Participation



- Organization
- What behaviors have the teens you work with said they want to change?



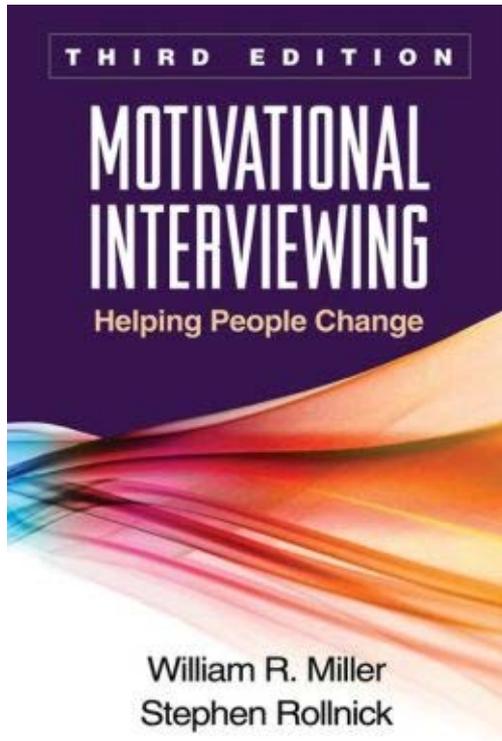
At the conclusion of this 90 minute webinar, you will be able to:

- Define motivational interviewing (MI);
- Identify at least two (2) guiding principles of MI;
- Incorporate at least one (1) of the OARS skills into their interactions with adolescents, particularly related to their sexual health and parenting behaviors; and,
- Explain how MI can be used to enhance interactions with adolescents, particularly related to their sexual health and parenting behaviors.



Increasing motivation to change behavior

OVERVIEW OF MOTIVATIONAL INTERVIEWING



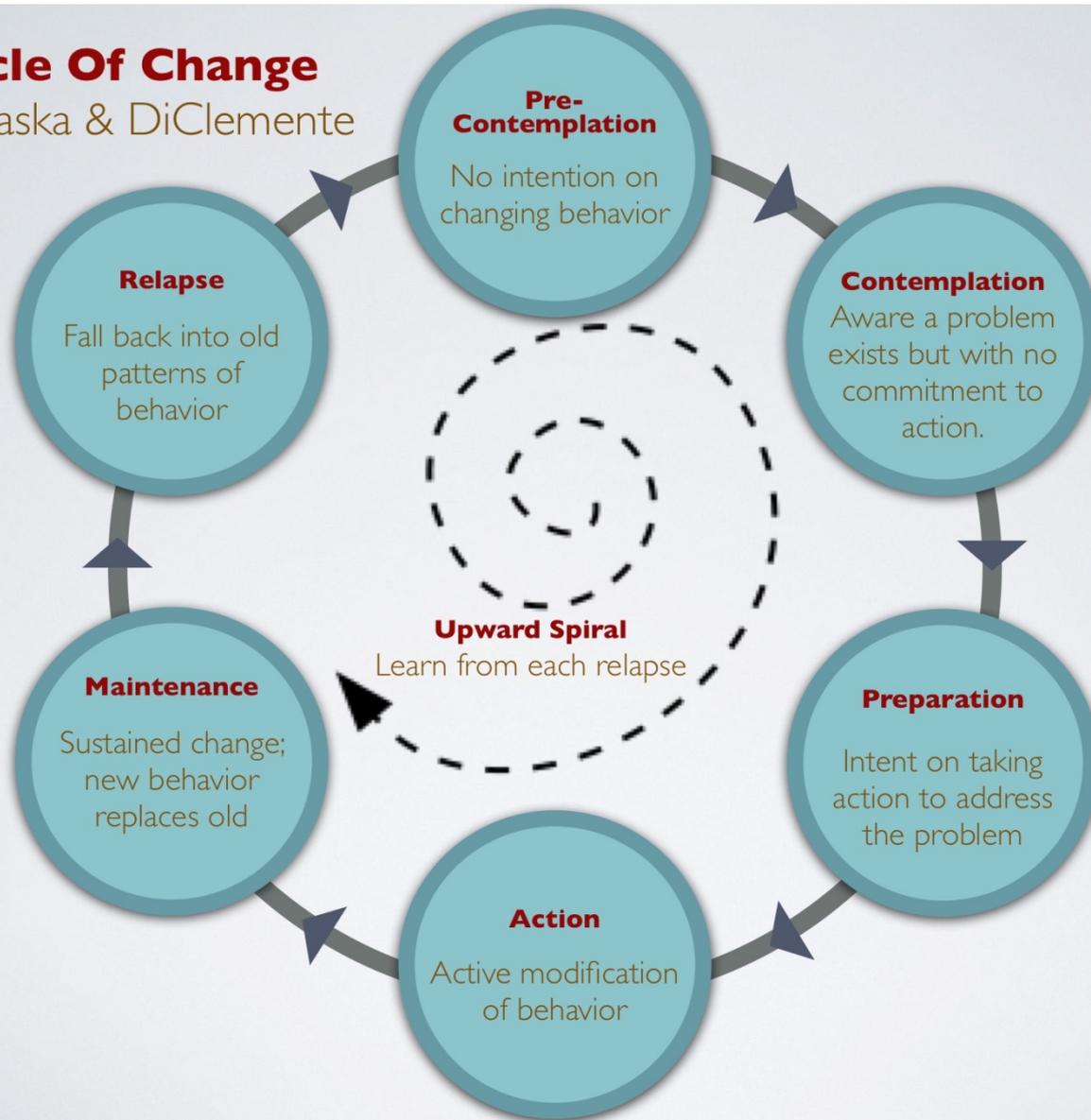
“Motivational interviewing is a collaborative conversation style for strengthening a person’s own motivation and commitment to change.” (p.12)

Miller W. R. & Rollnick, S. (2013). Motivational Interviewing: Helping People Change, 3rd Ed. New York, NY: The Guilford Press.

- Flexibility
- Person-oriented
- Goal-oriented
- Realistic
- Fidelity
- Minimal resources

Cycle Of Change

Prochaska & DiClemente



http://socialworktech.com/wp-content/uploads/2012/01/prochaska_diclementi_cycle-of-change.jpg



A young dad, a senior in high school, has the goal of being the first person in his family to graduate high school. However, he has not come to school for more than three consecutive days since his son was born three months ago.

To make matters worse, he is not turning in his assignments and has failed his last two chemistry tests. When asked about his attendance by his guidance counselor, he says he knows he needs to do better, but it's too much to ask of him to do "stupid history projects" and study for tests when he has "real life homework assignments," like caring for his son.

His guidance counselor asks him if he is aware that attendance is a graduation requirement and he replies, "yes."

The young dad in this situation is most likely in which stage of change?

- Precontemplation
- Contemplation
- Preparation
- Action
- Maintenance

Change Talk

- Statements that indicate a desire or need to change a behavior.
- “I want to stop texting while driving.”
- “I need to save money to buy a new car.”

Sustain Talk

- Statements that indicate a lack of desire to change a behavior.
- “I am going to keep texting while driving...”
- “I am going to keep spending my money before I even get paid!”

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“simultaneous and contradictory attitudes or feelings...toward an object, person, or action” such as changing one’s behavior”

(Merriam-Webster. (n.d.). Ambivalence. Retrieved on July 13, 2014 from <http://www.merriam-webster.com/dictionary/ambivalence.>)

Which of the following statements would be most like MI- a guiding style of communication?

1. Lots of young dads are juggling fatherhood and school. What makes you so special?
2. I have faith in you and hope that you make the decision to stay in school.
3. Tell me more about the things that get in your way of coming to school every day and completing your assignments.
4. Can you please explain to me how you have enough time to play video games, but not enough time to complete your assignments?
5. It's your future, not mine.

THE SPIRIT OF MOTIVATIONAL INTERVIEWING



- **Roll with resistance**
- **Express empathy**
- **Develop discrepancy**
- **Support self-efficacy**

Example Scenario:

A young mother expresses concern that her pre-school aged daughter has had several cavities already. When you ask her about the beverages she gives her daughter, Nadia, she tells you that her daughter will only drink apple juice and chocolate milk.

Then, she tells you that she was angry that the dentist told her to switch to water immediately if she doesn't want her daughter's teeth "full of holes." The young mother said that she won't switch because her daughter, Nadia, "will have a fit."

Which of the following is **NOT** an example of REDS?

1. It sounds like you are concerned about your daughter's oral health.
2. It can be difficult to hear that you need to change the types of drinks you give your daughter.
3. What I am hearing is that you are worried that Nadia has had five cavities already and that you don't want to give her water because she will be unhappy.
4. I agree with your dentist. Besides, how do you know Nadia won't like water?
5. It sounds like you are not interested in switching Nadia's drink to water.

- **Open-ended questions**
- **Affirmations**
- **Reflections**
- **Summaries**

- Tell me about any changes since your last visit.
- What prompted you to start smoking again? (O)
- So it sounds like you are feeling out-of-place when you are around people who are smoking. (R)
- It sounds like you know you shouldn't smoke while pregnant and you feel weird not smoking when with others who do smoke. (S)
- It sounds like its more important to you to fit it with the people smoking around you than it is to avoid smoking for the health of your developing baby. (R)

- You do want to protect your baby. (S)
- What are some things you could consider doing that would protect your baby and make you feel more comfortable around people who are smoking? (O)
- Those are great ideas! (A)
- It sounds like you have several options to consider. (S)
- It fairly common for people to have difficulty trying to stop smoking. (A)
- Wonderful! I'm glad we had the chance to talk about your smoking today. It sounds like you have a solid plan to stop smoking. (A, S)

Kevin has an on-and-off-again girlfriend. The relationship is very “hot and cold” and often stressful. He loves her and wants to be with her, but he’s feeling anxious and it’s making it hard to concentrate at school.

1. “What would your relationship with her look like if you talked to her about not being romantically involved?”
2. “You’ve said the relationship stresses you out but you love her.”
3. “School is more important than a girlfriend. You should be focused on school right now anyway.”

Lauren tells you that she's not using contraception consistently. She's expressed that having a child right now would be really hard. She's also talked about wanting to have at least two kids at some point.

1. "Do you know how hard it will be having kids?"
2. "How would having a child change your life right now?"
3. "On the one hand you want to have a family, but starting your family now would be hard."

Jenn has been breastfeeding her son on-and-off since he was born. She says she likes the connection it gives them and it's cheaper than formula. She feels self-conscious pumping at work.

1. "What are some things that might make you more comfortable pumping at work?"
2. "Breastfeeding is the healthiest and cheapest choice. You should make it a priority."
3. "That's great you've been trying. It can be hard to pump when you're not at home."



CONSIDERATIONS FOR INTEGRATING MOTIVATIONAL INTERVIEWING INTO PRACTICE

- Lundahl, B.W., Kunz, C. Brownell, C., Tollefson, D. and Burke, B. L. (2010). A Meta-Analysis of Motivational Interviewing: Twenty-Five Years of Empirical Studies. *Research on social Work Practice, 20*(2), pages 137-160.

<https://www.miclab.org/sites/default/files/images/Lundahl2010%20Meta-analysis.pdf>

- Add it to programs including evidence-based interventions (with approved adaptation request)
- Embrace the Spirit of Motivational interviewing
- Increase use and proficiency of REDS and OARS
- Listen intently for change talk and sustain talk
- Provide performance improvement feedback to colleagues (with their permission)
- Practice components of MI
- Accept that MI skills are a lifelong learning endeavor



CROSS-CONVERSATION WITH COLLEAGUES



Your Total Health, Our Total Commitment

New Mexico GRADS



Graduation
Reality
And
Dual-Role
Skills



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Serving the expectant and parenting teens and their families in Grant and Hidalgo Counties of rural New Mexico through the GRADS program.



- TeensRISE!(**R**espect **I**nspire **S**elf **E**mpower) is a teen pregnancy prevention project operated out of Planned Parenthood of Greater Orlando Inc. The project implements the evidence based program, ***The Safer Sex Intervention***.
- The Safer Sex Intervention is an individualized sexual health intervention designed to empower and inform girls ages 15-19 to make better decisions about sex. It offers an opportunity for young women to speak privately and confidentially with a health educator trained in motivational interviewing over a six month period. This clinic based intervention gives participants easy access to clinic services, such as STIs screening and contraceptives. Topics covered include STIs, birth control, healthy relationships, and condom usage.

www.teensrise.org

Ebony Section, Program Manager

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How can you integrate MI into your practice?

What challenges do you anticipate?

What are strategies you've used to overcome some of these challenges?

- <http://www.williamrmiller.net/>
- <http://casaa.unm.edu/wrmiller.html>
<http://www.motivationalinterview.org/>
- <http://www.motivationalinterviewing.org/>



<https://www.surveymonkey.com/s/DN3Y6GR>

Thank you!

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