

Northwest ATTC Region 10
 Addiction Technology Transfer Center Network
 Addressing Substance Abuse and Mental Health

Motivational Interviewing In Individual Service Planning for Youth with SUD

Janis Crawford, PhD, LPC, ACS
 spiritlifewisdom@Hotmail.com

NorthwestAddiction Technology Transfer Center

ADAI | ALCOHOL & DRUG ABUSE INSTITUTE | W

The ATTC Network

Ten Regional Centers

ATTC Network Coordinating Office
 University of Missouri-Kansas City

Region 1: Northwest ATTC (State of Washington)
 Region 2: Pacific Southwest ATTC (California)
 Region 3: Mountain Plains ATTC (Colorado)
 Region 4: Great Lakes ATTC (University of Michigan)
 Region 5: Midwest & Canadian ATTC (Illinois)
 Region 6: Northeast ATTC (New York)
 Region 7: New England ATTC (Massachusetts)
 Region 8: South Florida ATTC (Florida)
 Region 9: Southeast ATTC (University of South Florida)
 Region 10: Northwest & Canadian ATTC (British Columbia)

American Samoa, Commonwealth of the Northern Mariana Islands, Federated States of Micronesia, Guam, Republic of the Marshall Islands, Republic of Palau, Hawaii, U.S. Virgin Islands, French Polynesia

ADAI | ALCOHOL & DRUG ABUSE INSTITUTE | W

The use of affirming language inspires hope and advances recovery.

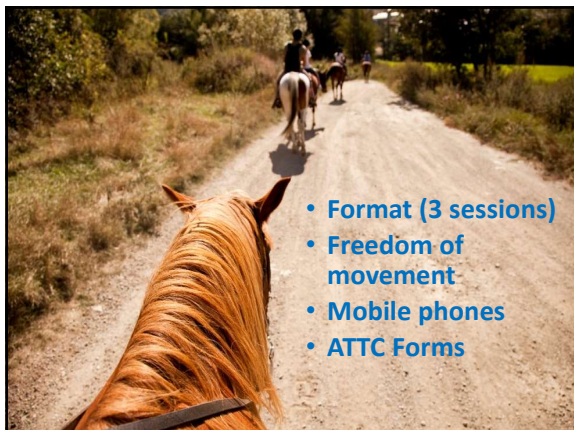
LANGUAGE MATTERS.

Words have power.

PEOPLE FIRST.

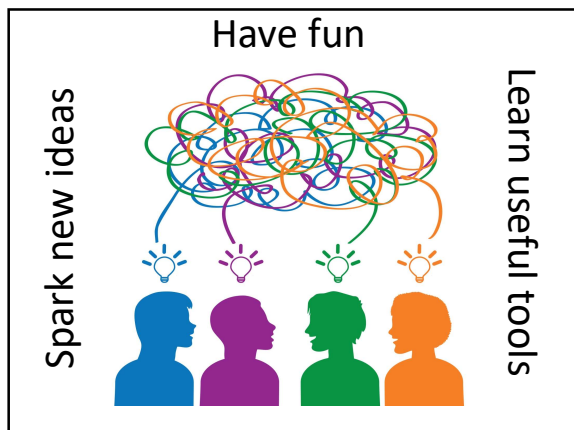
The ATTC Network uses affirming language to promote the promises of recovery by advancing evidence-based and culturally informed practices.

ADAI | ALCOHOL & DRUG ABUSE INSTITUTE | W

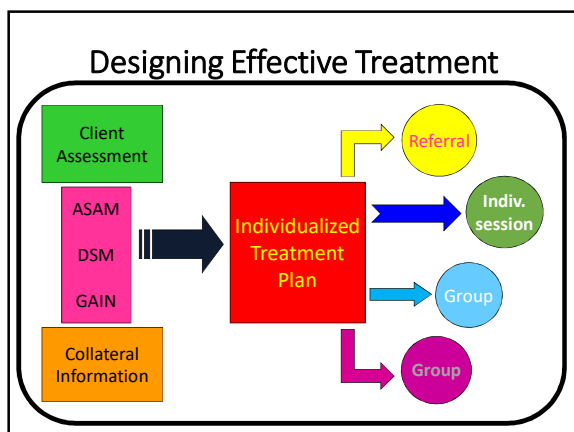


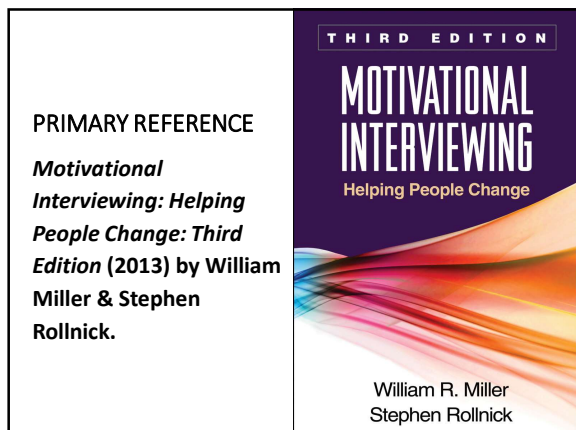






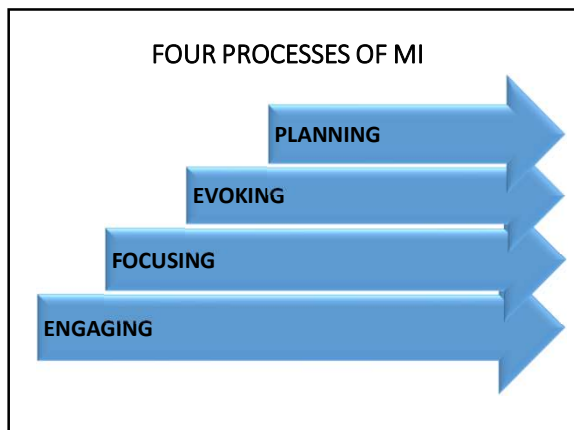
- ### Course Objectives
1. This course will briefly review MI principles and skills.
 2. Several different ways to apply MI skills to assessment and treatment planning will be presented with a focus on youth.
 3. Guidelines for service planning will be reviewed and ways to use MI to meet the requirements will be demonstrated.
 4. There will also be discussion of ways to meet these requirements while working with youth.
 5. Participants will have practice at construction of a service plan which is MI-consistent.
 6. Examples of documentation using MI terminology with youth will be reviewed.





“Motivational Interviewing is a collaborative, goal-oriented style of communication with particular attention to the language of change. It is designed to strengthen personal motivation for and commitment to a specific goal by eliciting and exploring the person’s own reasons for change within an atmosphere of acceptance and compassion.”





MI in a Nutshell

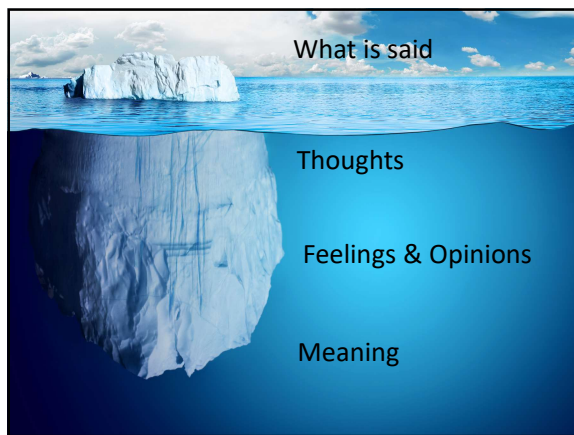
<p>SPIRIT Partnership Acceptance Compassion Evocation</p>	<p>PROCESSES Engaging Focusing Evoking Planning</p>
<p>CHANGE TALK Desire Ability Reason Need Commitment Activation Taking Steps</p>	<p>CORE SKILLS Open-ended questions Affirmations Reflections Summaries Elicit – Provide – Elicit</p>

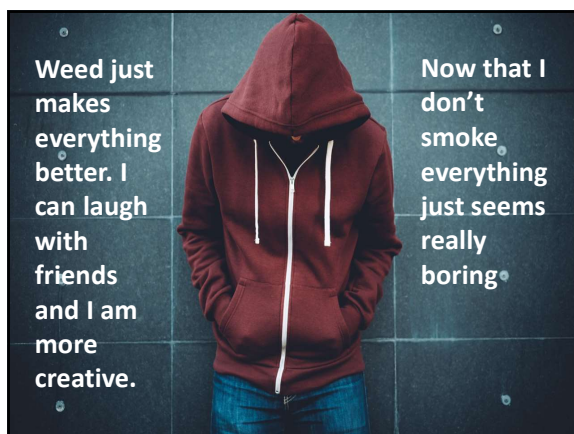
Complex reflections

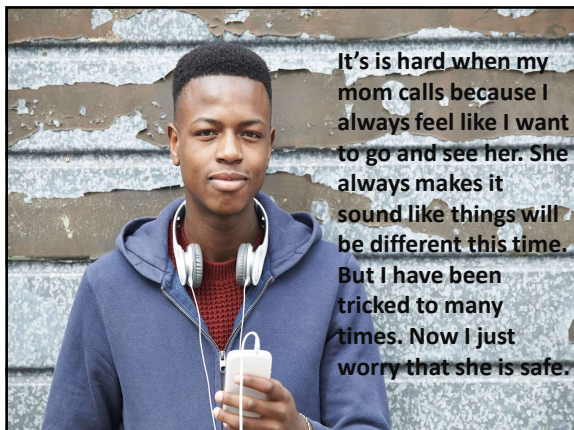
<p>Paraphrase</p>	<ul style="list-style-type: none">• Restatement that infers meaning• Continues the paragraph
<p>Reflection of feeling</p>	<ul style="list-style-type: none">• Adds an affective component• Refers to implied feeling

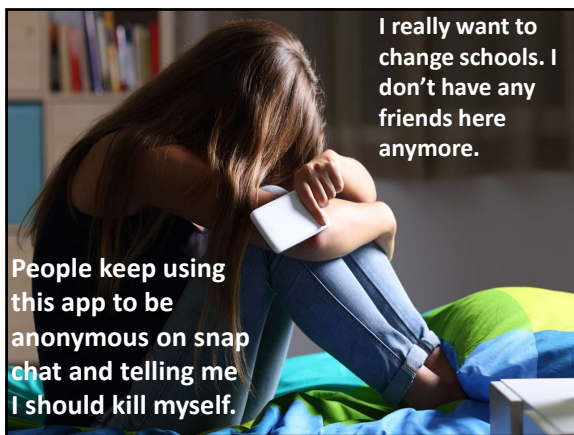
Complex reflections

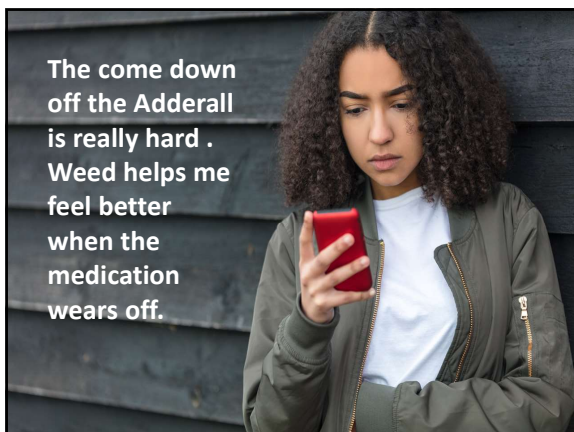
- Double-sided** • Acknowledges both sides of ambivalence
- Amplified** • Pushes on absolute statements
- Metaphor** • Provides a model for understanding







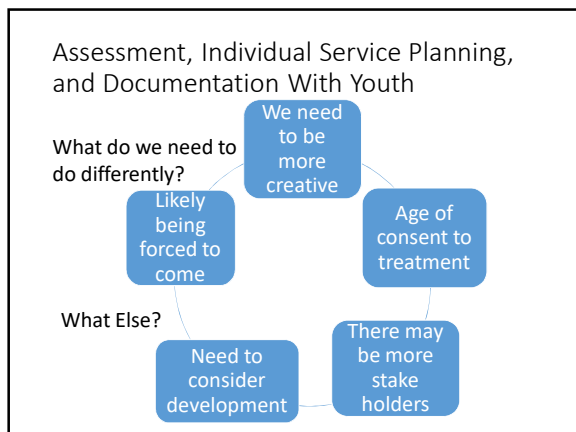




Layers of treatment planning

- Client's goals
- Parents , partners, probation officers, & others close to the client
- Assessment results
- ASAM
- Contract requirements
- County & State requirements
- Accreditation standards
- MATRS

What else influences the treatment planning process?



MI and Assessment

- Studies have shown using MI can enhance client outcomes when used as a precursor to treatment.
- There is no specific MI style of assessment
- Using MI effectively is a very efficient information gathering method
- Many assessment formats can be modified to use MI skills
- Many in the MI community are ambivalent about assessment, feeling it is a barrier to client care.

ATTC | northwest@altoneetwork.org | http://altoneetwork.org/northwest | phone: 206-685-4419 | ADAI | MEMBERS & DRUG POLICE SERVICES | W

MI and Assessment

- MI can be used as a precursor to assessment
 - Example: Take ten minutes prior to assessment and use MI skills to establish engagement. Use MI after assessment to check-in about client experience.
- MI can be used when you feel discord during the assessment.
 - Example: Your client starts giving one word answers; stop the assessment and use MI to get back on track.
- You can also try to use MI throughout the assessment.
 - Example: Make sure you maintain a 2:1 ratio or better of questions to reflections.

 northwest@attnetwork.org | <http://attnetwork.org/northwest> | phone: 206.685.4410  

VIDEO

➡ *Motivational Interviewing: Helping People Change, DVD Set, 2013*

- Interview 3: The Confused Artist: Formulation and Planning

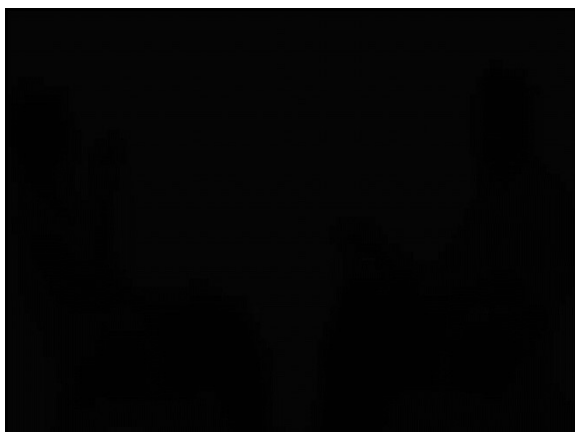
➡ Pay attention to assessment criteria





VIDEO
➡ *Motivational Interviewing: Helping People Change*, DVD Set, 2013

- Interview 4: The Confused Artist: Eliciting Client Strengths
- Characteristics of Successful Changers handout



Values Card Sort Exercise

Instructions:

- Get into groups of two: Counselor and Client
- Using Values Card Deck
 - Counselor: Have the client sort the cards into three piles (Very Important, Important and not important)
 - Counselor: Once the client is finished have them go through the Very Important pile and list their three to five most core values
 - Counselor: Elicit from the client the reasons they chose the five Values
- Once you are done switch roles
- Clients remember your core values

Top of the Mountain

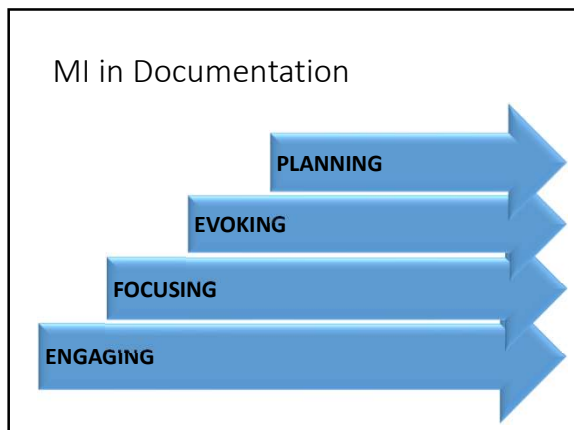
- When we live life true to our values it is like being at the top of your mountain
- Most people seeking our services have gotten off route
- It is helpful to know where the top is when we are determining the best route



Top of The Mountain Exercise

Instructions

- Find a different partner
 - Get out a Top of the Mountain worksheet
 - Use one of the Core Values identified in the last exercise and place it at the top of the mountain
 - Counselor: Use MI skills to help client develop a list of ways to get to the value (Climbing Routes)
 - Counselor: List barriers which stand in the way of getting on the routes (Valley)

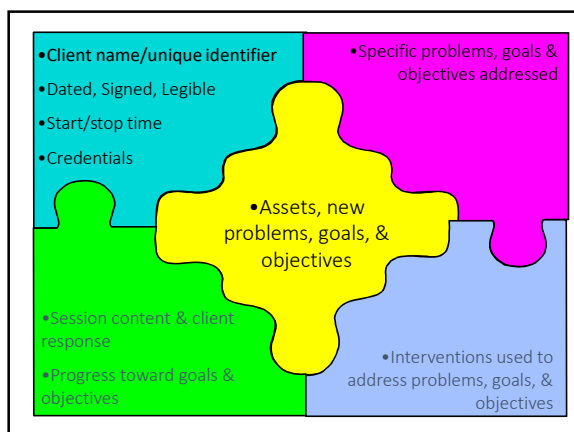


MI Progress Note Sample

Data: This appointment occurred on March 15, 2019 at 11 am. John arrived on time and we met one on one in office for 45 mins. The focus of the session was on cravings. While checking in John stated “I drank three days this week. I have been having really bad cravings” John said he wanted to work on managing his cravings. John said he had heard about some medication that might help and that other group members had talked about urge surfing. John requested more information about urge surfing. Discussed the skill and practiced in session.

Assessment: John requested information in session which suggests a high degree of engagement and little to no discord in therapeutic relationship. John requested the cravings focus for the session. He also stated that he knew of two options for cravings management. Cravings is part of Johns Dimension 5 ISP.

Plan: John will attempt to use the urge surfing exercise in the next week. John will also ask his medication provider about medications for cravings. Will meet with John next on March 22, 2019 at 11 am.



Evaluations

Thank you for sharing your feedback on our programming with us!

We use this information to improve our services and to share information with SAMHSA about our work.

Please complete the Evaluation Form and the 30-Day Follow Up Consent Form.

Evaluations

Get a **\$5 gift card** when you complete the 30-day Follow Up!



You will receive an email 30 days from the end of this training with the Follow Up survey link.

Visit Us Online

<http://attcnetwork.org/northwest>

Upcoming trainings
Resources
Links on key topics
Contact Information