

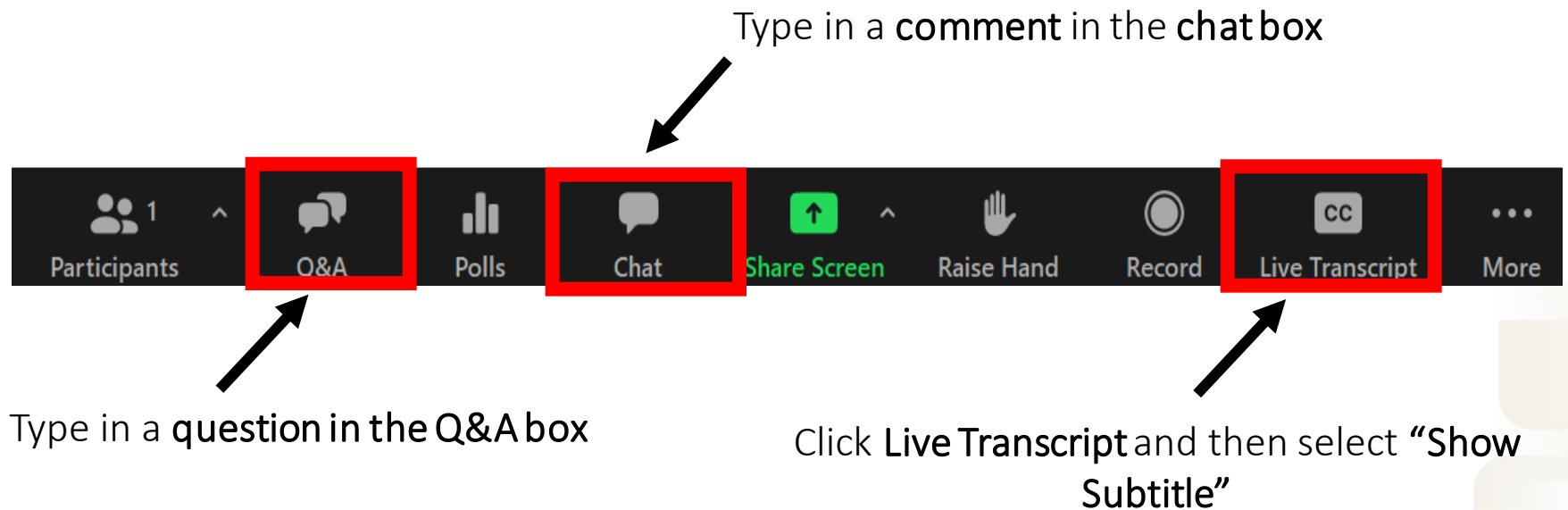
Unlocking Opportunities with Motivational Interviewing in Integrated Care Settings

Tuesday, January 18, 2022
2-3pm ET

CENTER OF EXCELLENCE for Integrated Health Solutions

Funded by Substance Abuse and Mental Health Services Administration and operated by the National Council for Mental Wellbeing

Questions, Comments & Closed Captioning



Disclaimer

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Poll #1: What best describes your role?

- Clinician
- Administrator
- Policy Maker
- Payer
- Other (specify in chat box)

Poll #2: What best describes your organization? (check all that apply)

- Primary Care Provider
- Mental Health Provider
- Substance Use Disorder Provider
- Other (specify in chat box)

Poll #3: Where is your organization in the process of integration?

- Learning/Exploring
- Beginning Implementation
- Advanced/Full Implementation
- Ongoing Quality Improvement
- Other (specify in chat box)

Objectives

After this webinar, participants will be able to:

- **Understand** stages of change for individuals, including those living with mental health and substance use challenges, and the significance of readiness alignment.
- **Acknowledge** and identify key components of motivational interviewing spirit for person-centered care within the context of integrated health.
- **Reflect** on strategies for enhancing patient engagement as a core relational process, grounded within an integrated care framework.

Introductions

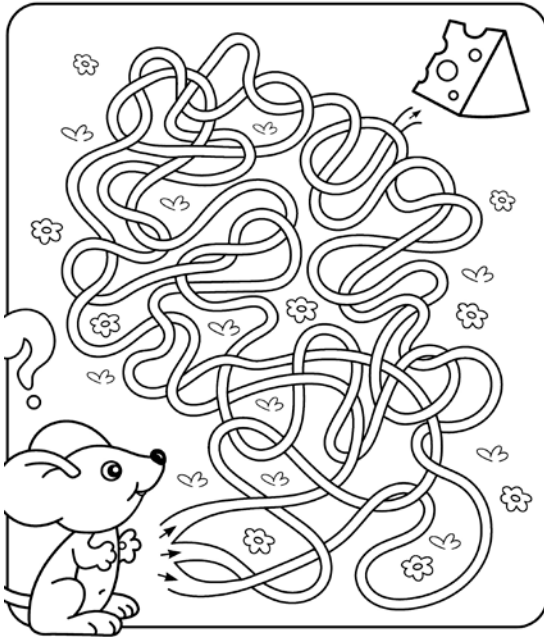


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Clinical Research &
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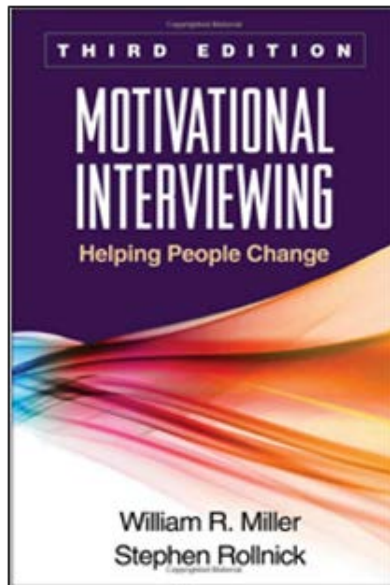
Principles of Motivation



1. Motivation is fluid.
2. Ambivalence is normal to the change process.
3. Pushing too hard will evoke resistance to change.
4. Evoking person's own change talk will enhance readiness for change.

Motivational Interviewing

Motivational interviewing (MI) is a **collaborative conversation** style for strengthening a person's own motivation and commitment to change.



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Wrestling vs. Dancing



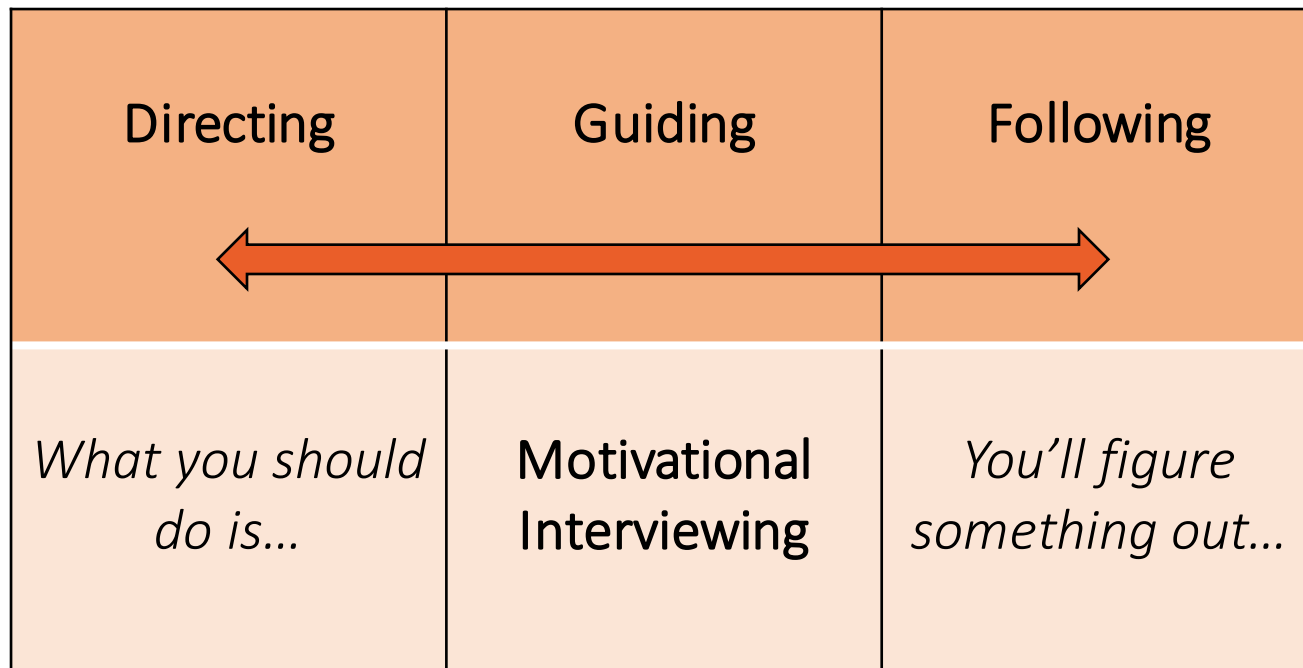
The Motivational Interviewing (MI) Shift

From feeling responsible for changing
another person's behavior...
to supporting them in thinking and talking about
their own reasons and means for change.

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Continuum of Therapeutic Styles

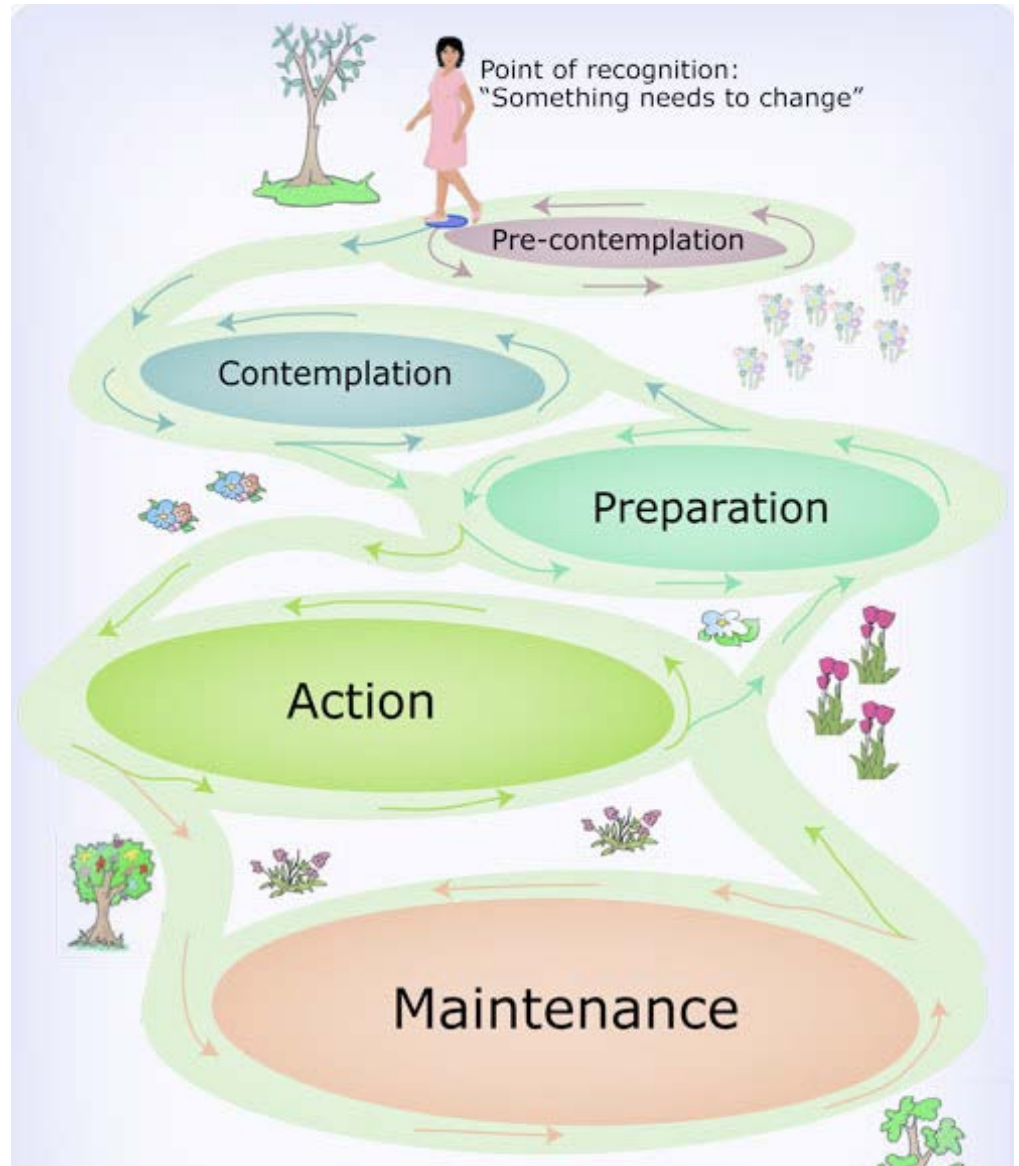


Process of Motivational Interviewing

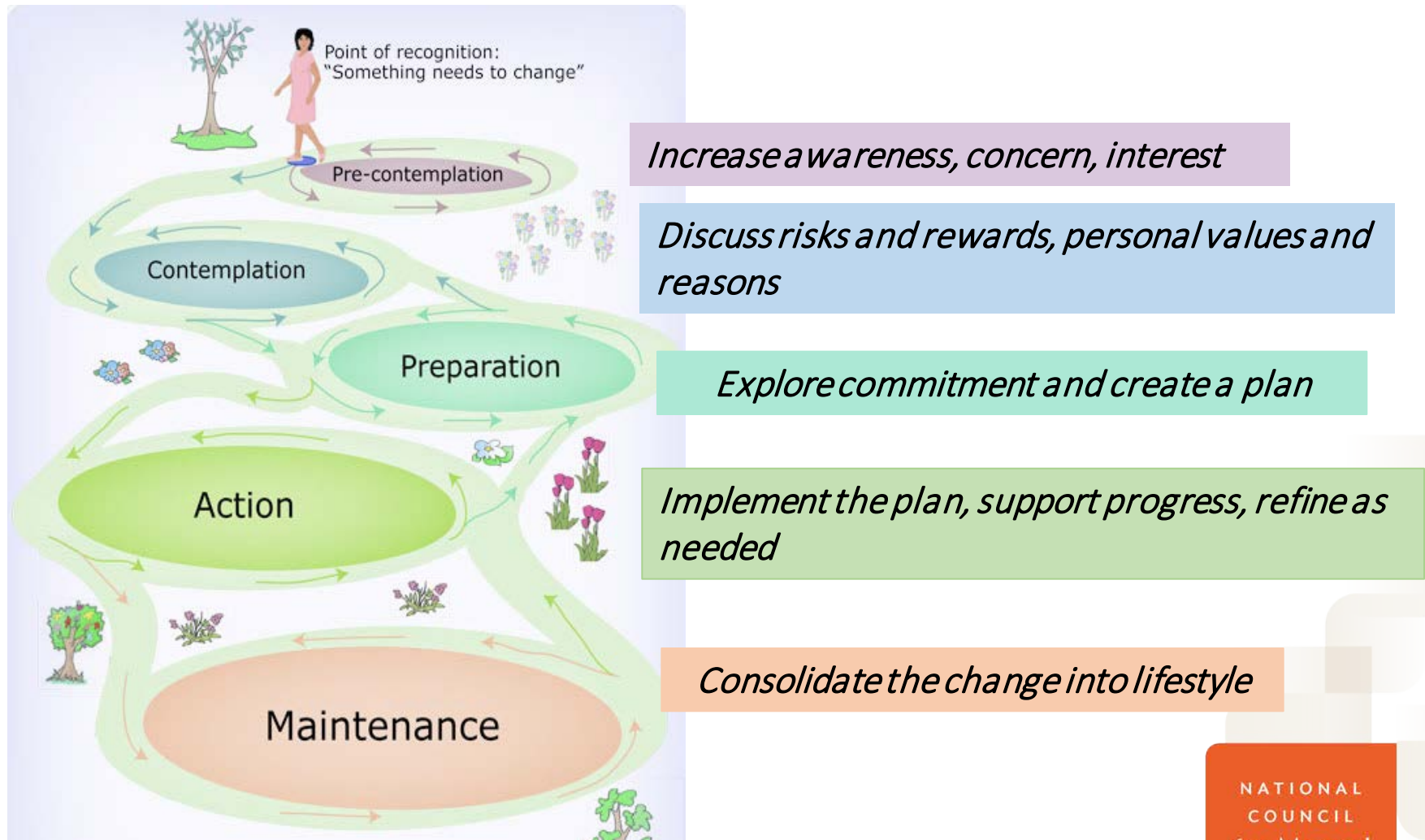


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Stages of Change



Our Actions Need to Match Their Readiness



The Spirit of MI



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Empathy & Experience

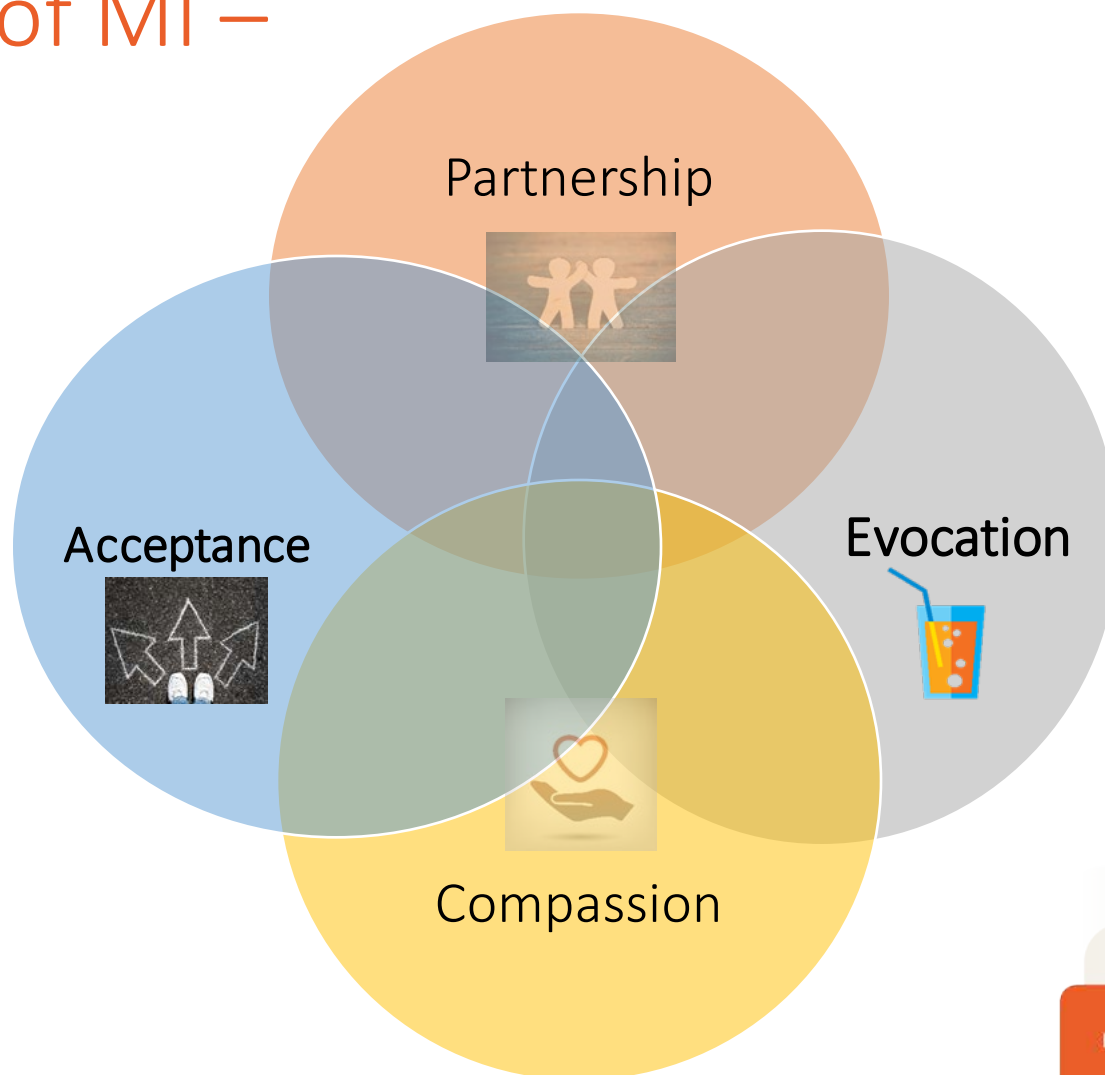
"IN ORDER TO EMPATHIZE WITH
SOMEONE'S EXPERIENCE YOU MUST
BE WILLING TO BELIEVE THEM AS
THEY SEE IT AND NOT HOW YOU
IMAGINE THEIR EXPERIENCE TO BE"

-BRENÉ BROWN

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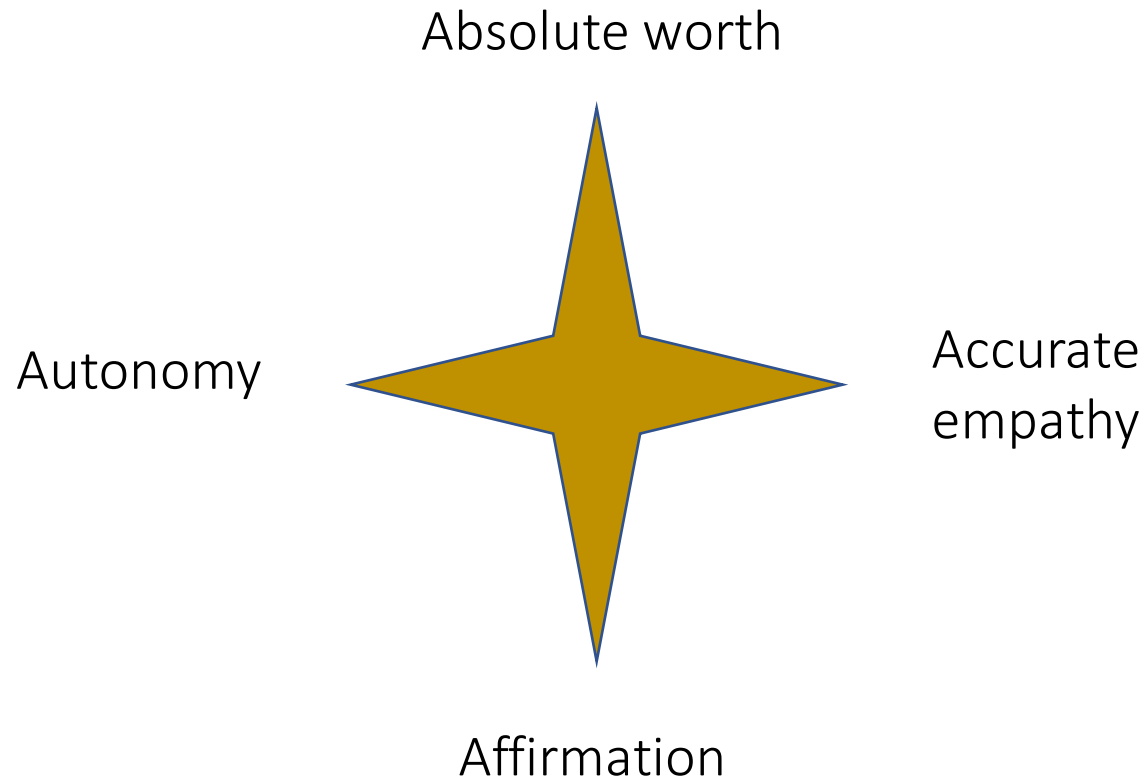


The Spirit of MI – Continued



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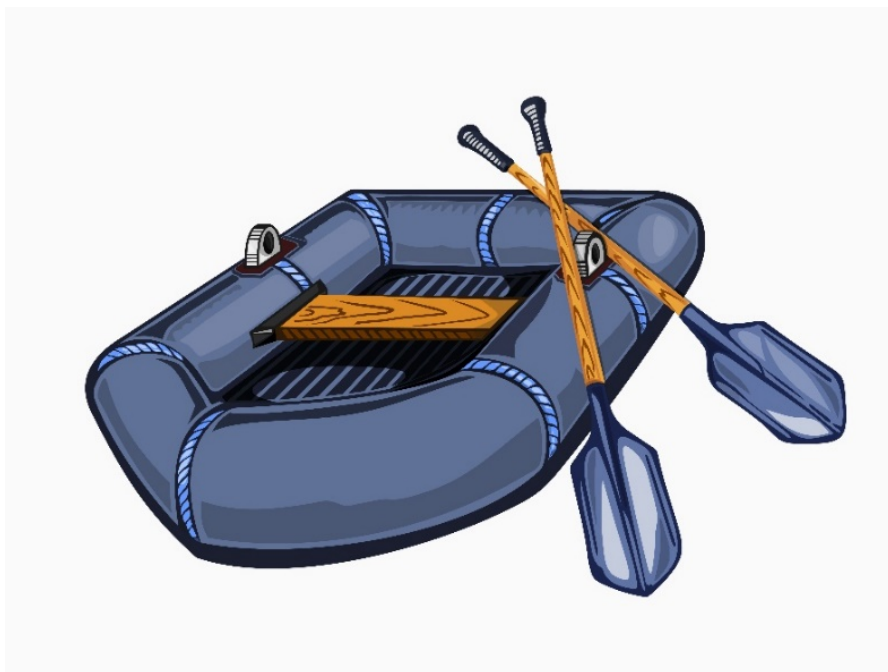
Acceptance



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OARS: Listening Style that Motivates Change



Open-Ended
Inquiry

Affirmations

Reflections

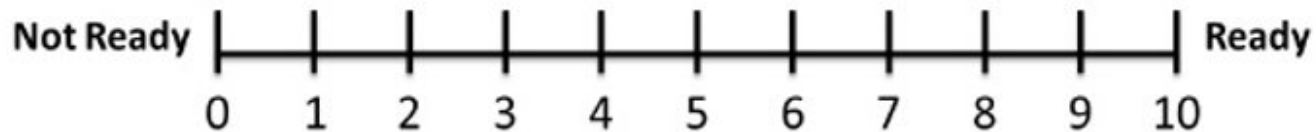
Summaries

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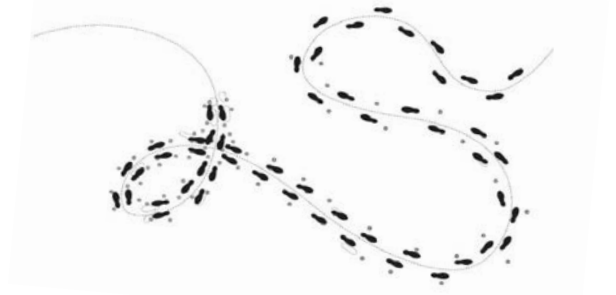
Readiness Rulers

On a scale of 0 to 10, *how important is it for you* to do X?

On a scale of 0 to 10, *how confident are you* that you can do X?



The Dance of MI



1. More curious, less clever.
2. The more skilled you are at listening, the faster is your progress.
3. Am I listening to understand the other person's perspective?
4. Am I actively evoking the other person's motivations for change?
5. Sprinkle it in and pay attention to the impact.

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Tools & Resources

- [Center of Excellence for Integrated Health Solutions – Resource Home Page](#)
- **National Council for Mental Wellbeing Training & Consulting**
 - [National Council for Mental Wellbeing – Motivational Interviewing: Consulting & Training](#)
 - [Introductory/Refresher Virtual Motivational Interviewing Training - March 8th](#)
 - [Intermediate Motivational Interviewing Training – February 8th](#)
 - [Workforce Development Motivational Interviewing Training](#)
- [Motivational Interviewing Flyer – National Council for Mental Wellbeing](#)
- **National Council for Mental Wellbeing – BH365 Blog Posts**
 - [Motivational Interviewing](#)
 - [Gliding Toward Change with Motivational Interviewing](#)
 - [Shall We Dance? Find Your Rhythm with Motivational Interviewing](#)
- **Motivational Interviewing Webinar Sessions & Slides**
 - [Applying Motivational Interviewing Principles with People with Serious Mental Illness during Crisis Situations](#)
 - [Motivational Interviewing for Better Health Outcomes](#)
 - [Creating Shared Goals with Motivational Interviewing](#)

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References & Additional Resources

- DiClemente, CC., Corno, CM., Graydon, MM., et al. Motivational interviewing, enhancement and brief interventions over the last decade: A review of reviews of efficacy and effectiveness. Psychol Addic Behav. 2017 Dec;31(8):862-887. [doi: 10.1037/adb0000318](https://doi.org/10.1037/adb0000318)
- Miller, W.R. and Rollnick, S., Motivational Interviewing, Third Edition, 2013. The Guilford Press.
- MI and Beyond webinars:
<https://www.stephenrollnick.com/motivational-interviewing-and-beyond-live-webinars/>
- National Council MI Training:
<https://thenationalcouncil.org/motivationalinterviewing>

Upcoming CoE Events:

CoE Office Hour: Motivational Interviewing in Integrated Care Settings

[Register for the office hour](#) on Thursday, January 20, 2-3pm ET

CoE Office Hour: Resources for Advancing Oral Health Coordination and Integration

[Register for the office hour](#) on Tuesday, January 25, 3-4pm ET

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Thank You

Questions?

Email integration@thenationalcouncil.org

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