

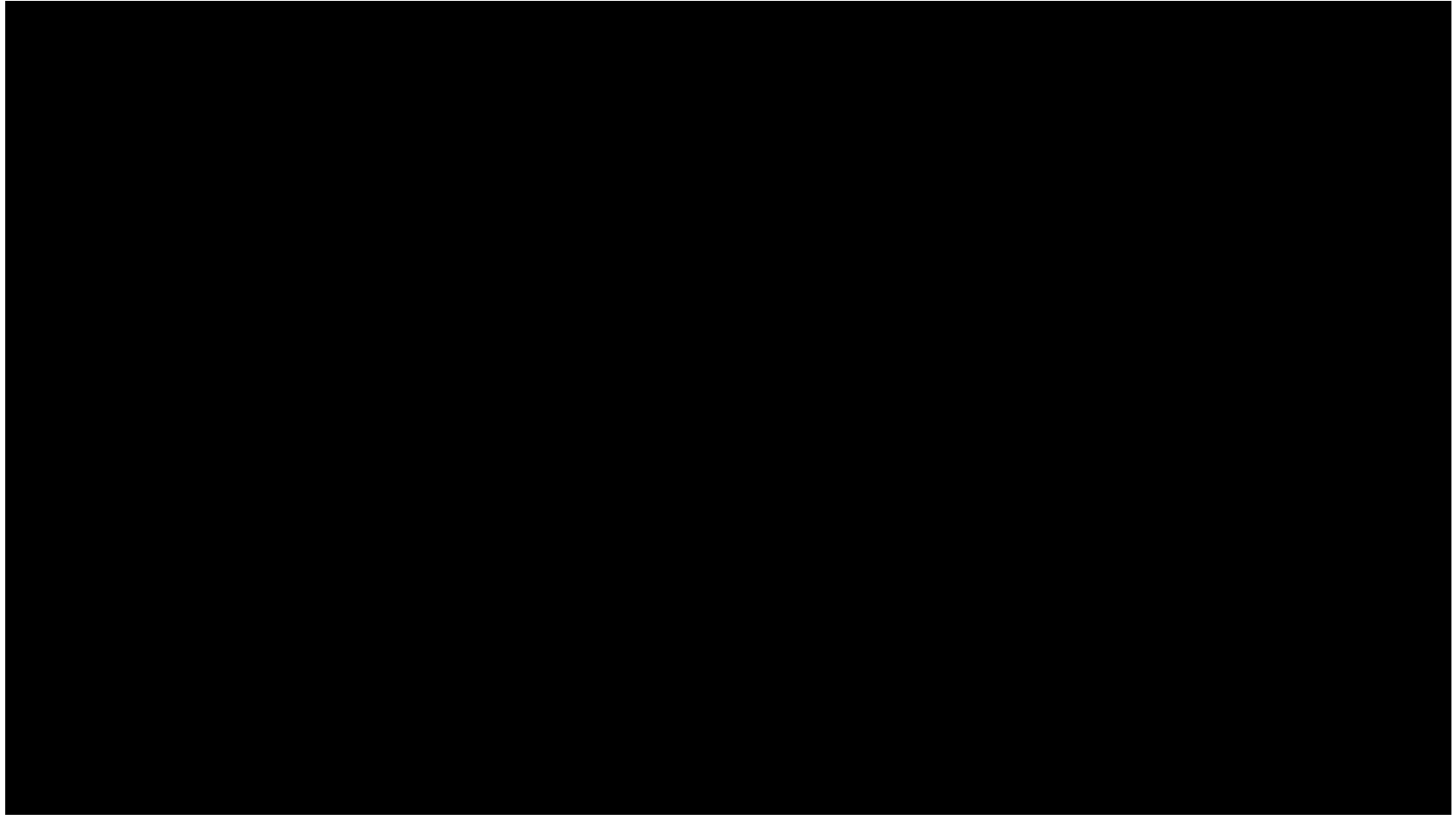


Motivational Interviewing (MI) – Informed Messages

Amy Shanahan, MS, CADC

Billie Jo Smith, MS, LPC

Motivational Interviewing



MI Review

- Motivational Interviewing is an approach for exploring and resolving a person's ambivalence.
- "Ambivalence" means that 2 sides of change exist.

Staff: "Continued use is not good for your or your baby".

Client: "I know but it didn't seem that bad the last time I had a baby.

Staff: "It might be different for this one."

Client: "I don't think so. This is my 3rd and my Mother had 3 of us and we're fine. I could cut down a bit like I did before!"



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MI Spirit

- confrontation
 - authority
 - self-interest
 - education
- **P**artnership/Collaboration
 - **A**cceptance
 - **C**ompassion
 - **E**vocation



OARS

- Open-ended questions
- Affirmations
- Reflections
- Summarizations



Open-Ended Questions

- How much are you using?
 - What does your week look like – how does using fit in?
- Do you know using can harm you and your baby?
 - Tell me about the good things using does for you?
 - What do you know about the risks?
- Have you tried to stop before?
 - What was it like for you in the past when you used less?
 - What are ways you've considered for cutting down?
- Have you ever been in treatment for substance use disorder?
 - What do know about ways people have been able to cut down or stop?
 - What concerns do you have about using?



Affirmations

- A person you see is here for the 3rd pregnancy. Each baby was born with neonatal abstinence syndrome. She is testing positive for opiates again and is letting you know that she can't go to detox or rehab because of all her responsibilities at home.
1. Strengths:
 1. She is coming in for prenatal care.
 2. She is taking care of her other responsibilities.
 2. Affirmation:
 1. You care about your baby and want to be sure everything is OK.
 2. You are strong minded and know what you need to do.



Reflections



- A statement mirroring what the person says.
- A more complex reflections is a statement that shows a deeper meaning beyond what the person says.

"Pooh, you are lonely without your sidekick Piglet."



Summaries



Longer reflections that capture what the person is sharing and can be used to:

Summarize key points.
Shift back to the topic.
End a session.



Example: *Over the past year you've made attempts to change your substance use patterns, are here because of health complications and you are wondering how you might be able to juggle treatment so you don't have to come back here again.*





Brief Intervention

FLO

The 1st Task: Feedback

What you need to cover.

1. Ask permission; explain how the screen is scored
2. Range of scores and context
3. Screening results
4. Interpretation of results (e.g., risk level)
5. Substance use norms in population
6. Patient feedback about results



Feedback Sandwich



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- Elicit
- Provide
- Elicit



The 2nd Task: Listen & Understand

Importance/Confidence/Readiness

- On a scale of 1–10...
 - How important is it for you to change your drinking?
 - How confident are you that you can change your drinking?
 - How ready are you to change your drinking?
-
- For each ask:
 - Why didn't you give it a lower number?
 - What would it take to raise that number?



The 3rd Task: Options for Change



Offer a Menu of Options

- Manage drinking/use (cut down to low-risk limits)
- Eliminate your drinking/drug use (quit)
- Never drink and drive (reduce harm)
- Utterly nothing (no change)
- Seek help (refer to treatment)



MI in Summary

- MI is a Collaborative Conversation that,
- Respects autonomy,
- Focuses on ambivalence and,
- Involves a “Spirit” and,
- Tools to engage people in a discussion about change.
- OARS are the tools we can use to,
- Guide our brief interventions.

Thank you for your time and attention!

