

Using Motivational Interviewing in School Based Wellness Centers to Save Time and Create Closer Connections



CALIFORNIA
SCHOOL-BASED
HEALTH ALLIANCE

Putting Health Care Where Kids Are

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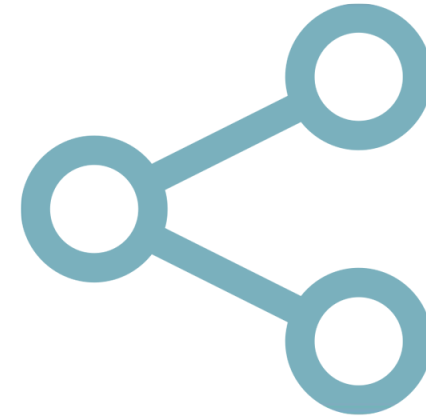
We gratefully acknowledge the support of the California Department of Education Tobacco Use Prevention Education program for this project. The contents do not necessarily reflect the position or policy of the CDE.



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**The webinar is
being recorded**



**Supporting
materials will be
shared**

Putting Health Care in Schools

The California School-Based Health Alliance is the statewide non-profit organization dedicated to **improving the health & academic success** of children & youth by **advancing health services in schools**.

Learn more:
schoolhealthcenters.org



Advocating for Student Healing & Health

California School Health Conference & Advocacy Day: April 17 & 18

SACRAMENTO



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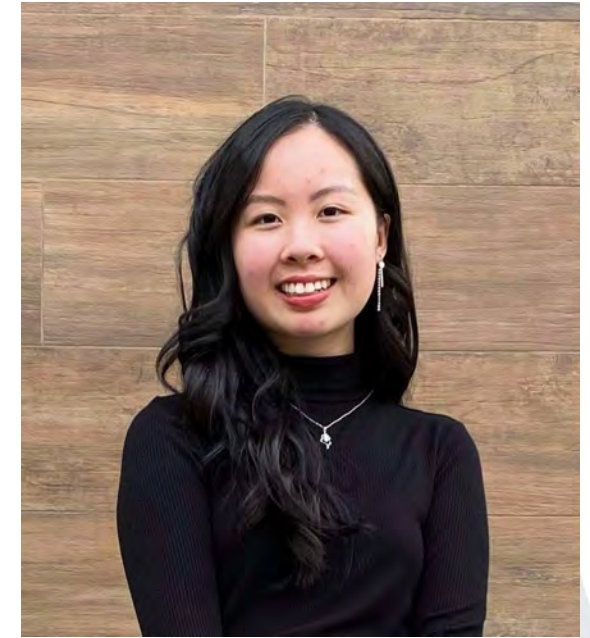
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Land Acknowledgement and Honor Tax



www.honortax.org

- We acknowledge that the land where we live and work is unceded territory of indigenous people. Arcata is known as Goudi'ni, which means "over in the woods." Eureka is *Jaroujiji*, which means "where you sit and rest." Please learn whose land you are on. (text zip code to 907-312-5085 or visit nativeland.ca)
- We are surrounded by the traditional, ancestral territory & current homeland of several indigenous nations including the Hupa, Karuk, Mattole, Tolowa, Wailaki, and Yurok that make up Humboldt County.
- Indigenous people continue to remain in relationship to these lands through ceremony, culture & stewardship. They are important parts not only of the history of the area, but of continuing knowledges of this place.

How do/can you manifest this acknowledgement in your life?

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Humboldt Independent Practice Association

Humboldt Independent Practice Association

Mission Statement

Provide our community with the highest quality of health care in an efficient, cost-effective manner.

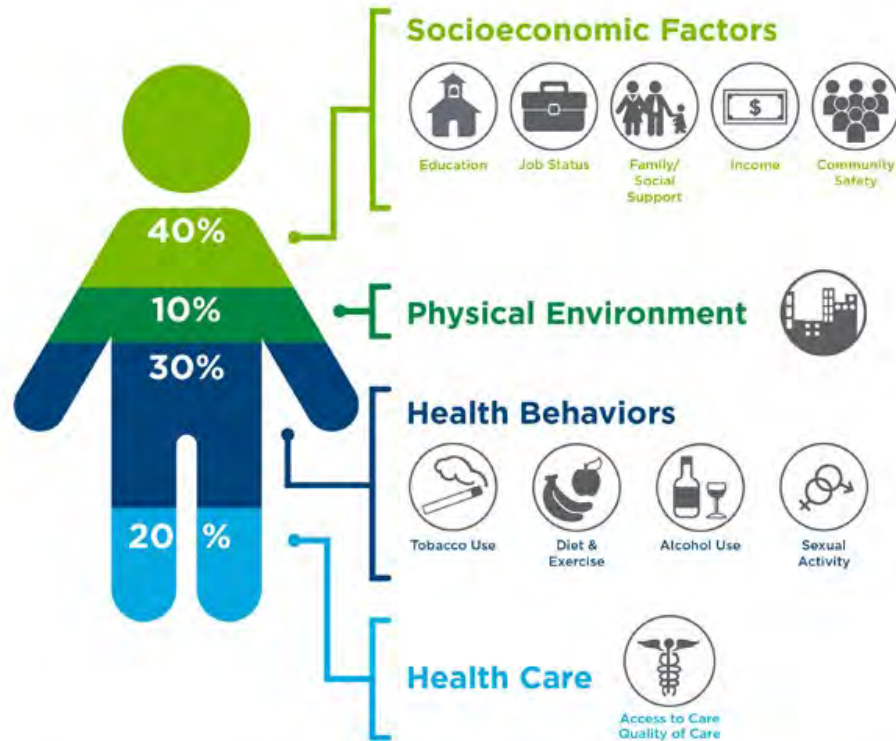
Humboldt Independent Practice Association

Humboldt Independent Practice Association

- Managed Care Contracting
 - Third Party Administrative Services
 - Accountable Care Organization
 - Care Coordination
 - Primary Care
- ❖ Physician Board



What Goes Into Your Health?



Source: Institute for Clinical Systems Improvement, Going Beyond Clinical Walls: Solving Complex Problems (October 2014)

The Bridgespan Group



Our School Based Wellness Centers

Wellness Center (4 Sites)

- Confidential Drop In Space for Students during school hours
- Emergency Supplies
- Conflict Mediation Support
- Emotional Regulation
- Brief Intervention for Substance Use
- Referrals to community services
- Home visits/support for the whole family
- One on One Visits for Students working to develop Wellness Goals
- Sex Education

Empowerment Groups (9 sites)

- Pride
 - 2SLGBTQIA+ Student Support Group
- Mariposa
 - For Latina Students
- Young Men's Council
 - A male identifying support group
- Girls Group
 - A female identifying support group
- The BSU/Multicultural Empowerment Groups A supportive space for black and brown students

Learning Objectives

- 1) Organization Overview
- 2) What is Motivational Interviewing (MI)
- 3) Why MI?
- 4) Core Techniques
- 5) Examples From the Field
- 6) Takeaways



Motivational Interviewing



“Motivational interviewing is a collaborative conversation style for strengthening a person’s own motivation and commitment to change.” Miller & Rollnick 2009

**I'VE LEARNED THAT
PEOPLE WILL FORGET
WHAT YOU SAID, PEOPLE
WILL FORGET WHAT YOU
DID, BUT PEOPLE
WILL NEVER
FORGET HOW
YOU MADE
THEM FEEL.**

Naya Angelou



Spirit of MI

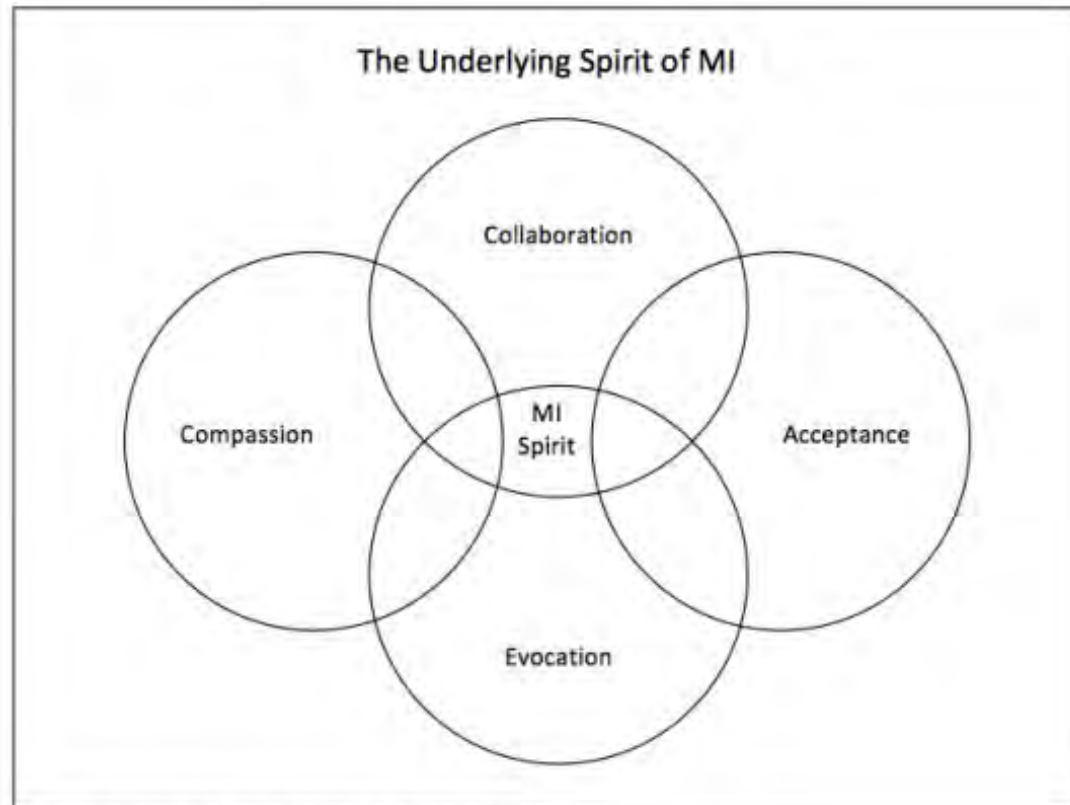


Image recreated from: Miller & Rollnick, 2013



Core skills for Motivational Interviewing

- Using OARS
 - Open-ended questions
 - Affirmations
 - Reflections
 - Summaries



Open Ended Questions

WHO, WHAT, WHERE, WHEN, HOW

- What have you tried?
- What do you think you'll do next?
- What was that like?
- What do you see as your options?
- Tell me what you know about X?
- Tell me more about
- Help me understand



Affirmations

- Build hope
- Specific
 - identifies a strength, value, goal, effort or success
- Start with the word “you”
- A statement that recognizes, supports, appreciates, respects
- Remain neutral and genuine in your inflection



Affirmation or Praise?

Affirmation (Acknowledgment)

- a statement of the existence or truth of something
- recognize that which is good, including the person's worth as a fellow human being
- often starts with "you"

Praise

- expression of approval, commendation or admiration
- suggests that you are in a position to give praise or blame
- more likely to start with "I"



Reflective Listening

“ I like relaxing with my friends. It makes me feel closer to them and like I can go on with my day but my parents hate my friends. They’re always saying my friends are bad for me, and I only get in trouble with them.”

Simple Reflection (repeat): You like hanging out with your friends.

Complex Reflection:

Being with your friends helps you relax but knowing how your parents feel about them makes it difficult to have fun and not worry.

You love your friends and are hurt that your parents don’t like them. That can make hanging out with them difficult.

Double Sided: On one hand you like hanging out with you friends, but on the other hand I hear you saying that its affecting your relationship with your parents.

Amplified: You have no idea why your parents don’t like your friends.

Feeling: You’re angry that your parents don’t like your friends because you want your choices to be respected. You wish they understood how much your friends help you.

Meaning: You wish you could have it both ways because having a good relationship with both your friends and your parents is important to you.



Summaries

- Convey understanding
- Clarify complex information
- Change direction of the conversation
- Summarize the strengths
- End with open ended question



TYPES OF DISCORD

(RESISTANCE)

ARGUING: TESTS THE ACCURACY OR EXPERTISE OF SPEAKER

INTERRUPTING: TALKS OVER OR CUTS OFF THE SPEAKER

NEGATING: BLAMES OTHERS, MINIMIZES RISKS, MAKES EXCUSES

IGNORING: GIVES NO RESPONSE OR ATTEMPTS TO DIVERT ATTENTION (TALKS TOO MUCH, OVERLY INCLUSIVE)

In the words of Dr. Rollnick:

“The more you try to insert information and advice into others, the more they tend to back off and resist. Put simply, this involves coming alongside the person and helping them to say why and how they might change for themselves.”

THE PROCESS OF MI



Brief Intervention

Is a short term counseling intervention for adolescents who use alcohol and other drugs who:

- have a short history of use
- are ambivalent about changing their use
- have low levels of dependence

The Center for Applied Research and Solutions leads an in depth training on Brief Intervention which includes worksheets, and handouts that we use for our Interventions with students

Visit: <https://www.cars-rp.org/>



PROCESS

1. Receive referral
2. Meet with the student ASAP
 - a. Introductions, Overall Goals, Expectations
 - b. We reiterate that only the student can decide if they want to change
3. First 2 sessions, build rapport (ENGAGE)
4. We meet with the student six times
5. Offer a follow up meeting within two weeks



Start the Conversation



PROS

- What are some things you like about your substance of choice?
- What are some good things about continuing to use as much and as often as you have been are?

CONS

- What are some things you don't like about your substance of choice?
- What are some things that might get worse if I continue to use as much and as often?

Triggers

- Define
- List and create alternative actions
- Role play with the adolescent!



Discussing Social Support

- Who is in the students support circle?
- Do they have anyone that is not engaging in their substance of choice and can support them with their goals? Have the student share how these people can help them.
- When do you need to ask for help? What does that look like?



Setting Goals

- Small steps can be big steps
- Explore barriers to the goals they have set
- Evaluate what's working over time



Things We've Learned

- Be authentic
- Mirror their language
- Tamper expectations. Relapse is part of change
- Harm reduction is the goal
- Language (proper terms) are evolving



THANK YOU!

- IG @humboldt看wellnesscenters
- HumboldtIPA.com



STAY CONNECTED



schoolhealthcenters.org



info@schoolhealthcenters.org



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Gracias

謝謝

Thank you

Cảm ơn

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