



Motivational Interviewing Brief Refresher

ECHO Case management for OUD in Pregnancy

Mallori DeSalle

MA, LMHC, NCC, CCMHC, CPS, MATS, CHP
Member of Motivational Interviewing Network of Trainers
Prevention Insights



SCHOOL OF PUBLIC HEALTH

INDIANA UNIVERSITY

Bloomington

P R E V E N T I O N
INSIGHTS

AT THE **INDIANA UNIVERSITY** SCHOOL OF PUBLIC HEALTH



No financial conflicts to disclose.



SCHOOL OF PUBLIC HEALTH

INDIANA UNIVERSITY

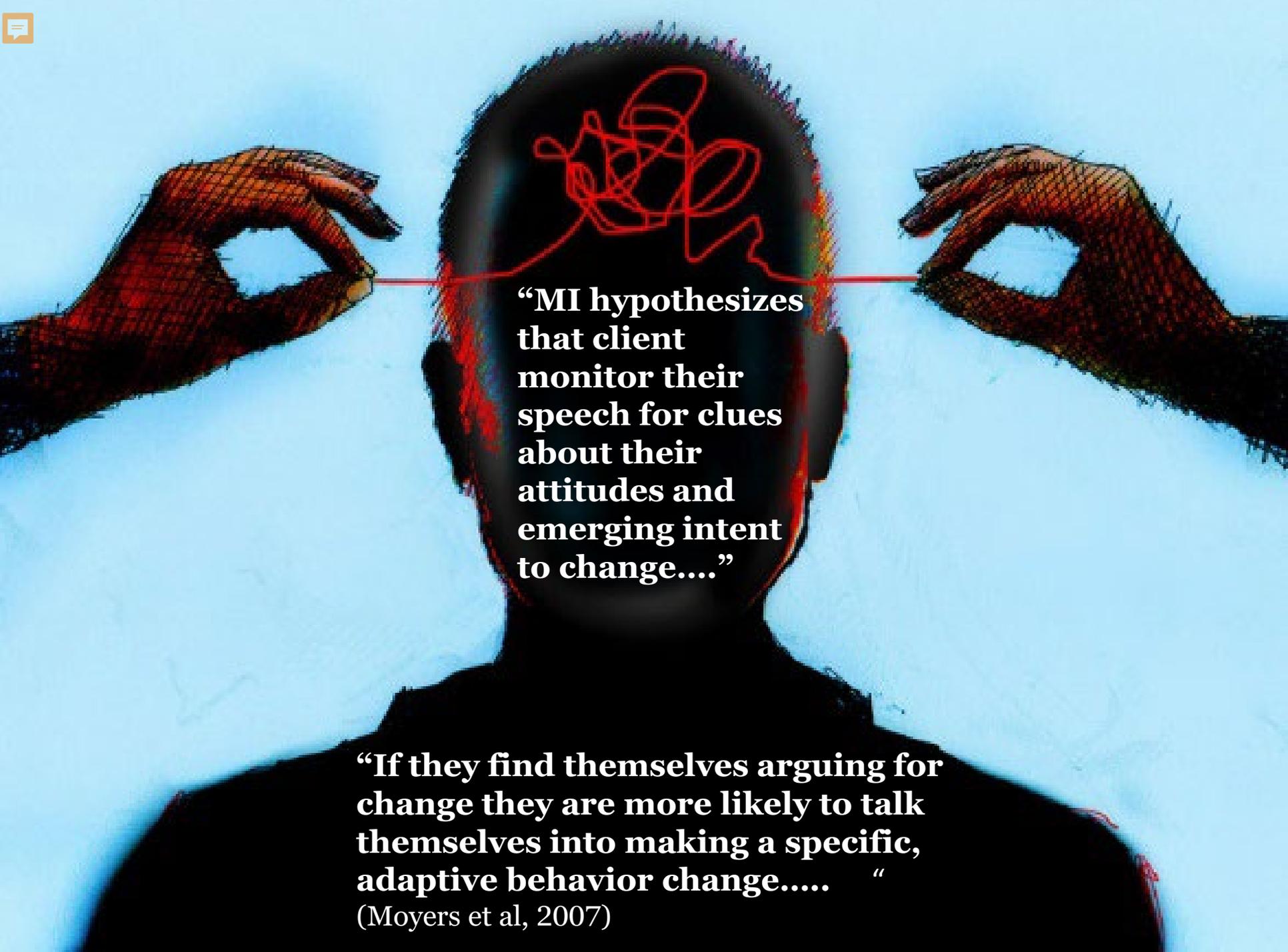
Bloomington

P R E V E N T I O N
INSIGHTS

AT THE **INDIANA UNIVERSITY** SCHOOL OF PUBLIC HEALTH



W H A T



“MI hypothesizes that client monitor their speech for clues about their attitudes and emerging intent to change....”

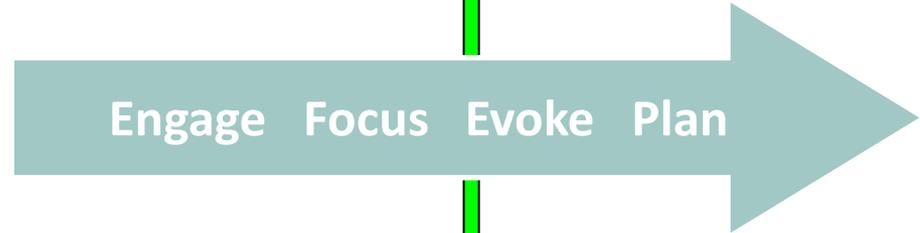
“If they find themselves arguing for change they are more likely to talk themselves into making a specific, adaptive behavior change....”

(Moyers et al, 2007)

Spirit



Processes



Skills



Change Talk



Motivational Interviewing

A young girl with curly hair is kissing a woman on the cheek. The woman has her hair in a bun and is wearing a dark top with a choker. The background is a blurred outdoor setting with other people.

Skills of MI

Open-ended Questions

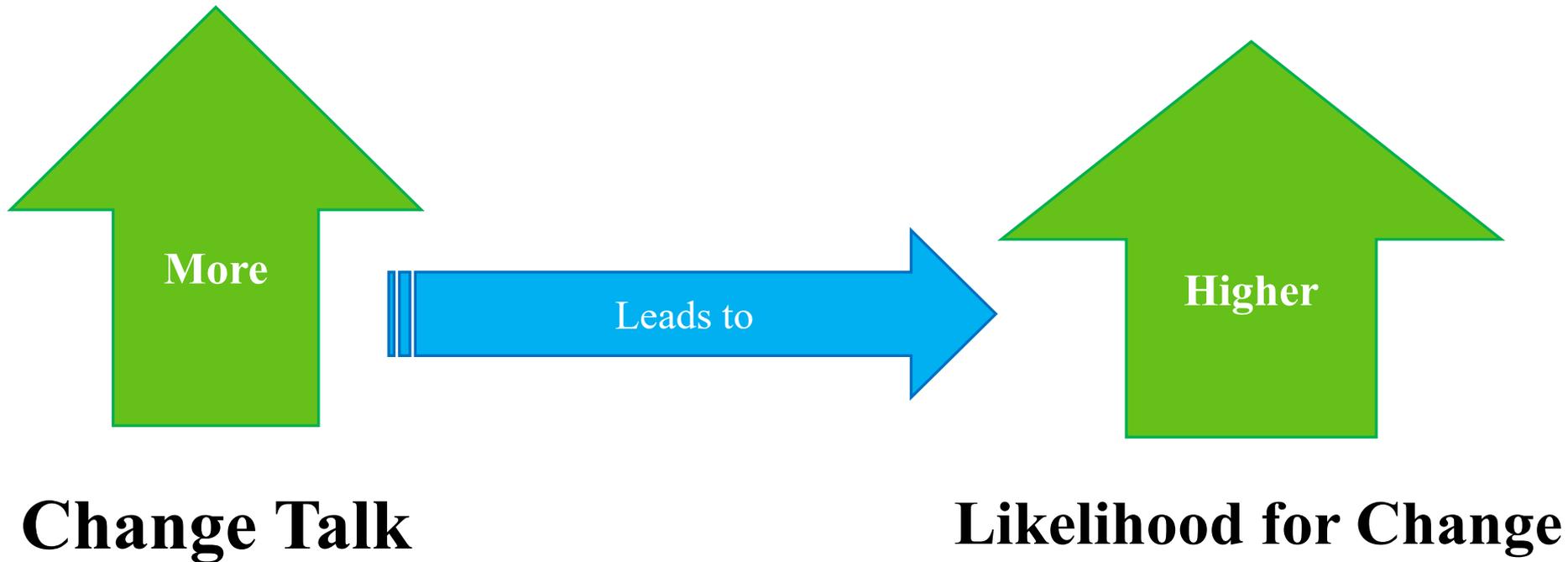
Affirmations

Reflections

Summaries

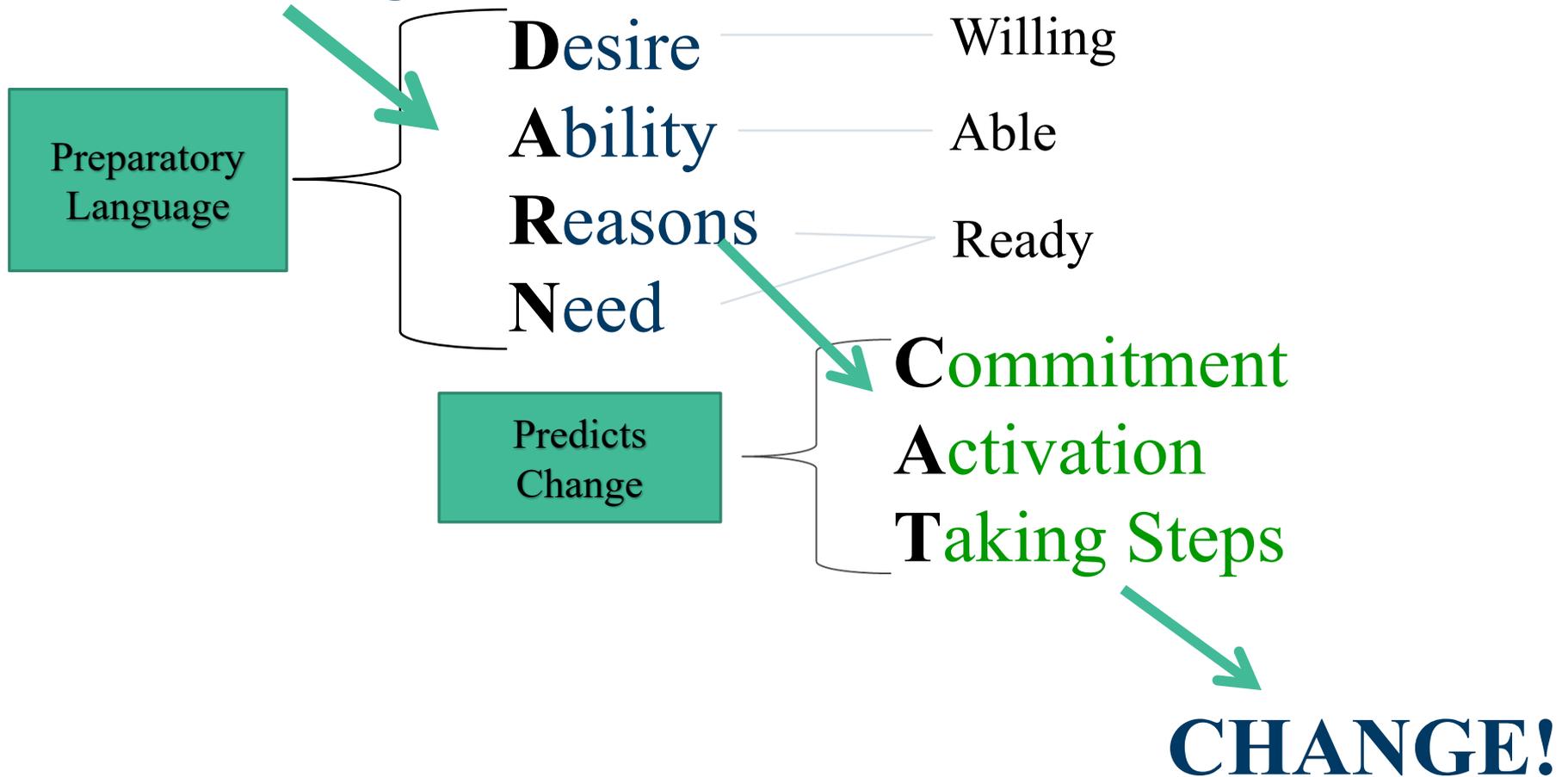
*** Advice with Permission**

Change Talk Influences Change



The Flow of Change Talk

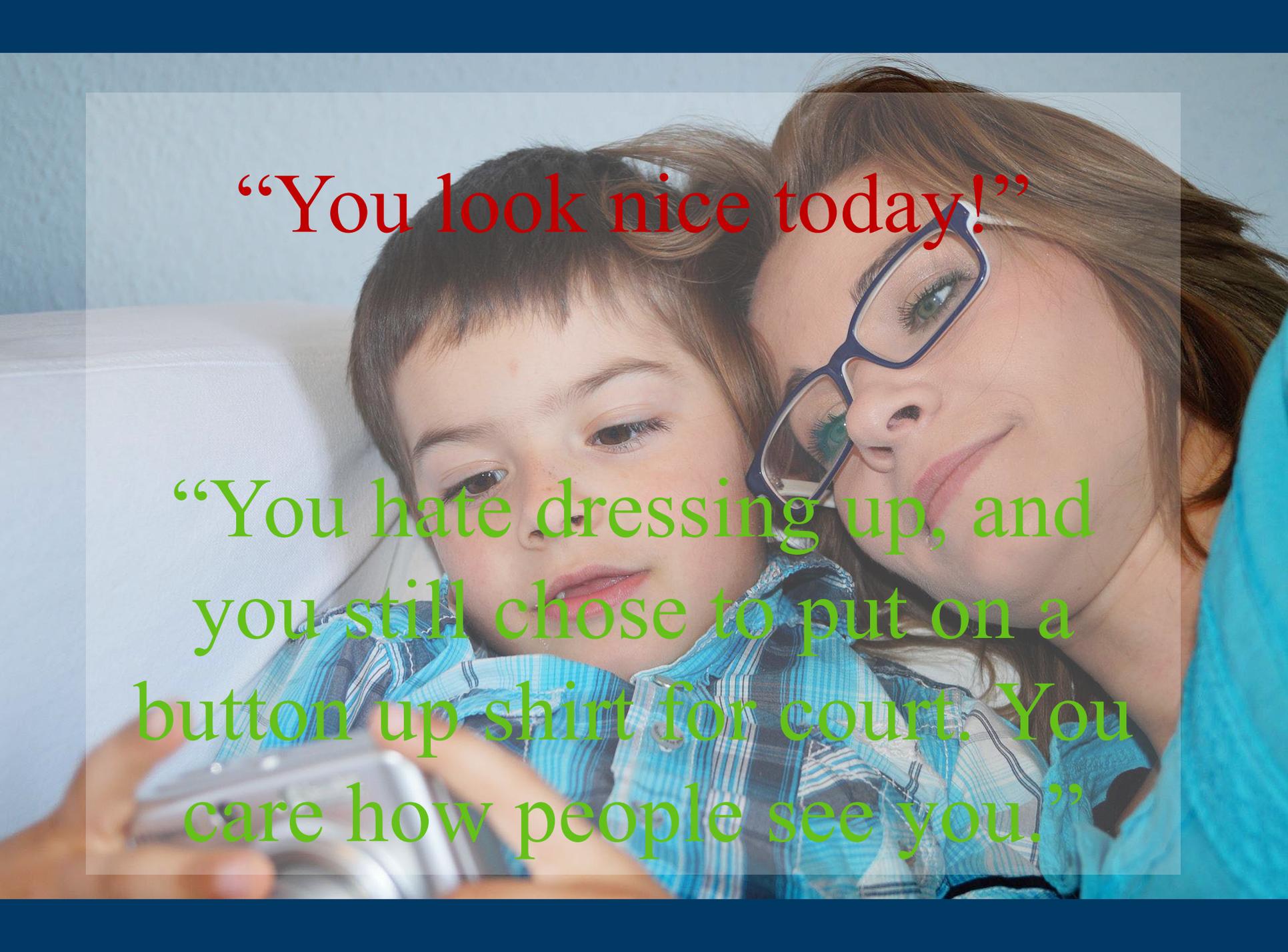
Motivational Interviewing





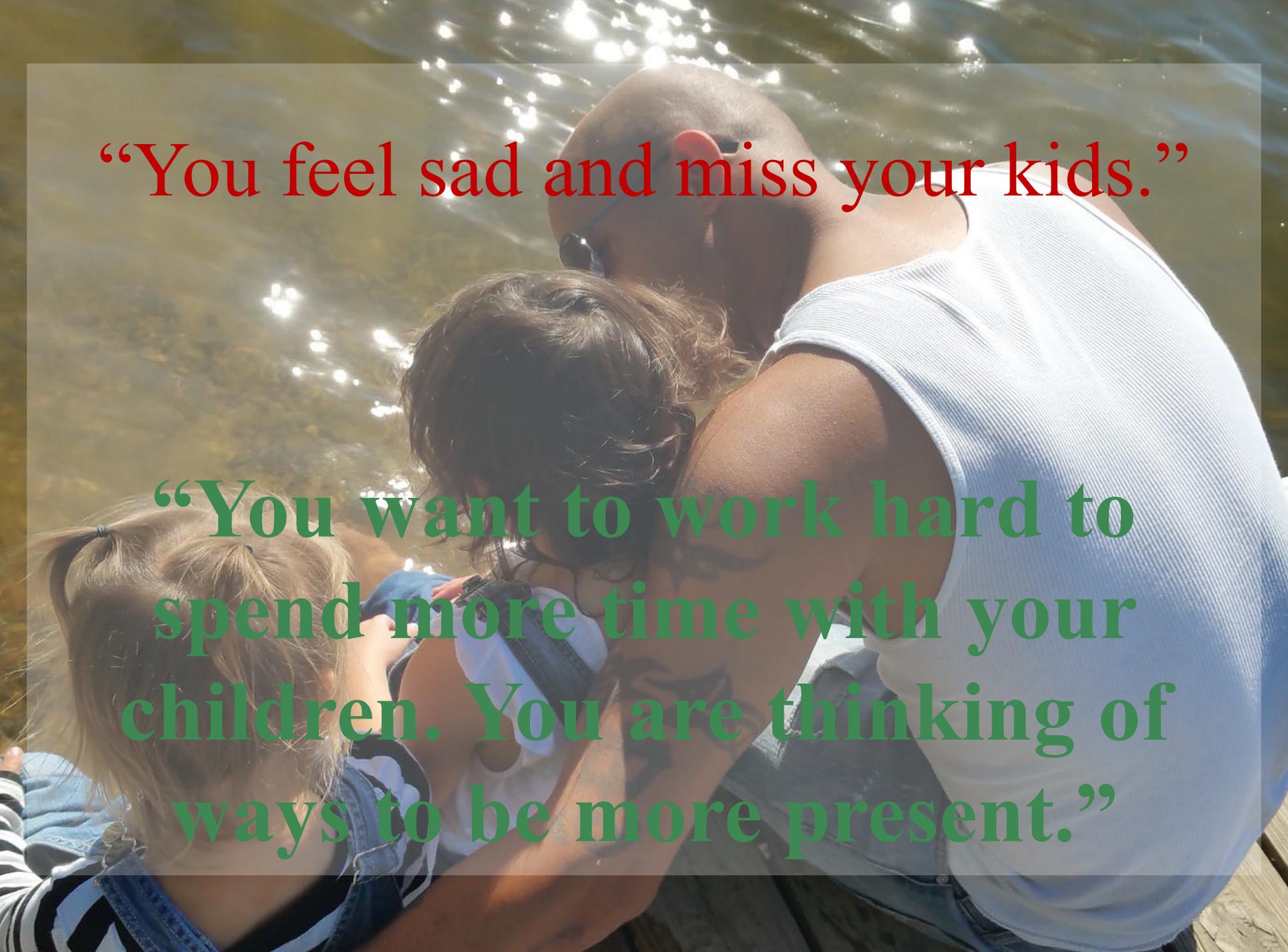
“Why aren’t you getting prenatal care?”

“How would getting prenatal care help you?”

A close-up photograph of a woman with brown hair and blue-rimmed glasses leaning her head against a young boy. The boy is holding a silver smartphone and looking at the screen. The woman is smiling slightly. The background is a plain, light-colored wall.

“You look nice today!”

“You hate dressing up, and you still chose to put on a button up shirt for court. You care how people see you.”

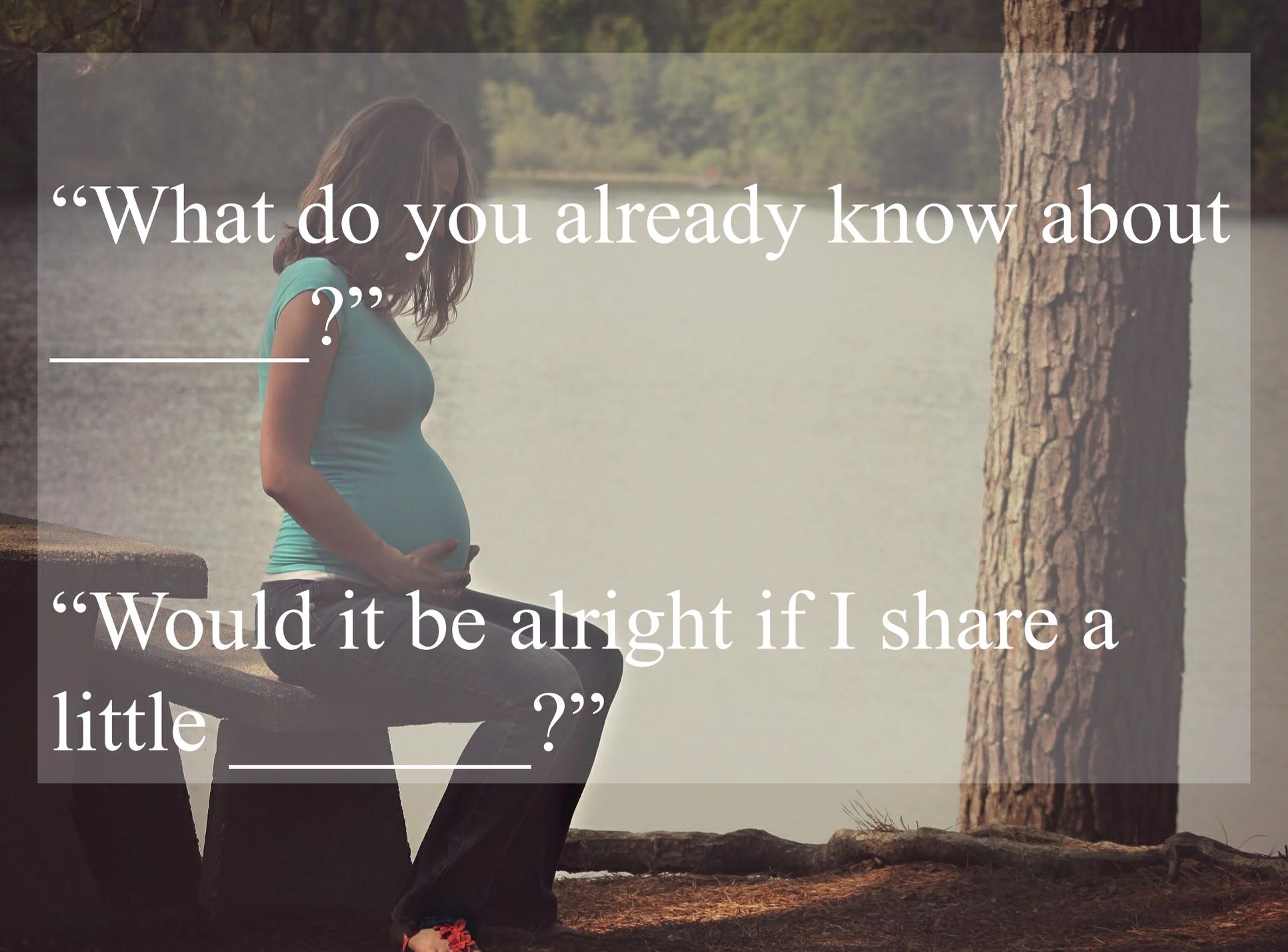
A photograph of a family of four—father, mother, and two children—gathered around a smartphone. They are outdoors, with water and sunlight visible in the background. The father is on the right, wearing a white tank top. The mother is in the center, with her hair tied back. Two children are on the left, looking at the phone. The scene is bright and sunny, with water splashing in the background.

“You feel sad and miss your kids.”

“You want to work hard to spend more time with your children. You are thinking of ways to be more present.”

Advice With Permission



A pregnant woman with long brown hair, wearing a teal short-sleeved shirt and dark pants, is sitting on a stone ledge. She is holding her belly with both hands. The background shows a calm lake, a large tree trunk on the right, and a forested hillside in the distance. The scene is lit with soft, natural light.

“What do you already know about
_____?”

“Would it be alright if I share a
little _____?”

Strategy to MI

Plan

Evoke

Focus

Engage





Change doesn't happen
all at once.

Using MI will help you
invite change with those
you meet.



Motivational Interviewing Books

1. **Motivational Interviewing: Helping People Change (3rd Edition) by William Miller And Stephen Rollnick, Guilford Press**
2. Building Motivational Interviewing Skills by David Rosengren, Guilford Press
3. Motivational Interviewing In Health Care: Helping Patients Change Behavior by Stephen Rollnick, William Miller And Christopher Butler, Guilford Press
4. Motivational Interviewing With Adolescents And Young Adults by Sylvie Naar-king And Mariann Suarez, Guilford Press
5. Motivational Interviewing In Social Work Practice by Melinda Hohman, Guilford Press
6. Motivational Interviewing in Groups by Christopher C. Wagner, Karen S. Ingersoll

Motivational Interviewing Websites

MINT Website:

[www. Motivationalinterviewing.org](http://www.Motivationalinterviewing.org)

Prevention Insights Training Portal:

<https://iprc.iu.edu/training/training.php>



PREVENTION INSIGHTS

AT THE INDIANA UNIVERSITY SCHOOL OF PUBLIC HEALTH

Applying
Addiction
Science



Building
Healthier
Communities
Across
America...



Thank You!

Mallori DeSalle
mdesalle@indiana.edu