

# Having Difficult Conversations Surrounding Addiction

*ECHO Non-Clinical Service SUD professionals*

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**Prevention Insights**



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# What Works Best?

## Guiding



**Directive**



**Following**



# What are your reactions to *Change*?





**“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)**

# What is MI?

“Motivational Interviewing is a person-centered counseling style for addressing the common problem of ambivalence.”

-Miller & Rollnick

# Application of MI

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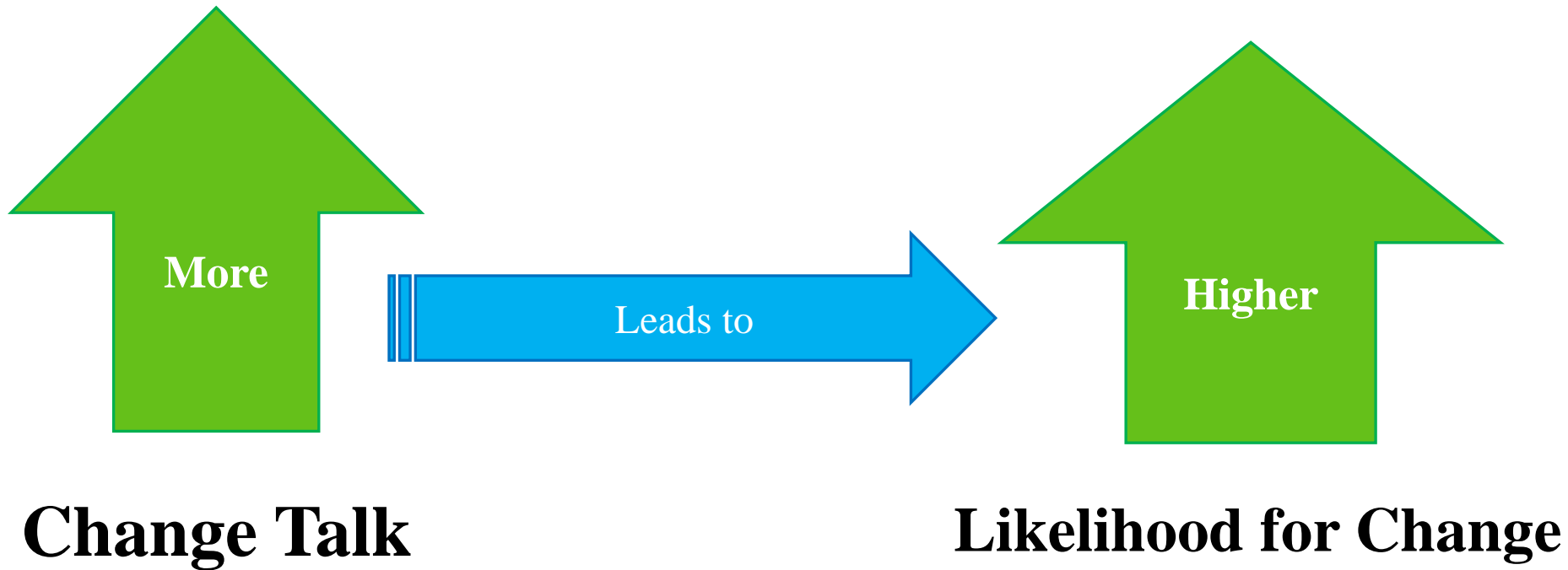
- ✓ Emergency Medicine
- ✓ Primary Care
- ✓ Chronic Disease
- ✓ Mental health
- ✓ Substance Abuse
- ✓ Dentistry
- ✓ Physical Therapy

# What is MI?



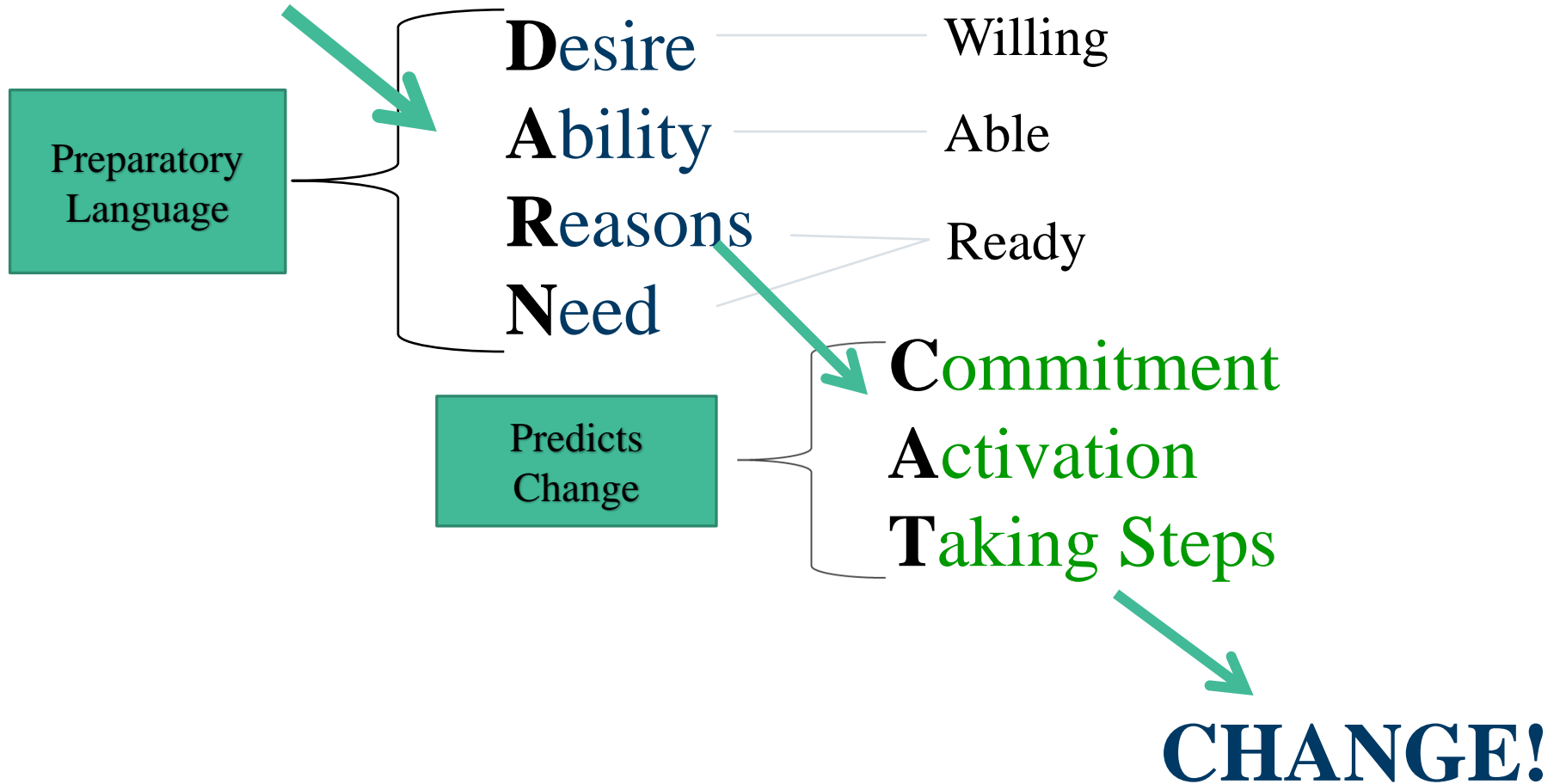


# Change Talk Influences Change



# The Flow of Change Talk

## Motivational Interviewing



# Skills of MI

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.

**O**pen-ended Questions

**A**ffirmations

**R**eflections

**S**ummaries

\* Advice with Permission



“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, one in a blue and white striped shirt. The scene is captured from a high angle, looking down at the family. The text is overlaid on the image in two colors: red for the top quote and green for the bottom quote.

**“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

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“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 (3<sup>rd</sup> 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

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MINT Website:

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

Prevention Insights Training Portal:

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

# PREVENTION INSIGHTS

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Applying  
Addiction  
Science



Building  
Healthier  
Communities  
Across  
America...



## Thank You!

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