

**Motivational Interviewing for
Specialized Dockets:**
Increasing the Readiness to Change

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Motivational Interviewing – Treatment Court Application Guide

In general, Motivational Interviewing (MI) is most useful:

- **(1) When the goal is an observable behavior change.**

MI is a tool for increasing motivation around change. If your goal is primarily to educate, provide information, or gather information, MI is not necessarily the tool. Many of the basic listening skills may be helpful, but the “directional” components of MI are less applicable.

- **(2) When the person is more resistant, angry, or reluctant to change.**

Some program staff take the stance that MI is best for their cooperative participants, but for challenging probationers it's best to use a tough, directive approach. The research suggests just the opposite. Easy clients tend to do well no matter what style you use, but more resistant people benefit more from an MI approach (relative to educational or confrontational approaches). *MI was designed for clients who are more reluctant to change.* When clients are doing well and they want your advice, or simply need help with planning, a direct, advice-giving style may be enough.

- **(3) When the interviewer can separate him/herself from the program participant's attitude, actions, or consequences.**

As every successful practitioner knows, the first step in working successfully with a difficult treatment court client is to separate yourself from the person's own choices. Though you are very willing to assist the person through referrals, advice or assistance, there ought to be a clear understanding that it is the program participant's responsibility to take action. You don't take on yourself, MI helps you – to help them – to take this on for themselves.

A guide to determine if Motivational Interviewing is appropriate
for your Treatment Court / Treatment Provider Group / Counseling Agency

**When / Where To Use Motivational Interviewing:
Six (6) Questions for an Application Test**

1. Are there currently – or should there be – conversations about change happening when your staff meet with program participants? Yes? / No? / Not sure?

Yes

No

Not sure

1A. How does the content of discussion spread across these three topics? In any given participant interaction or treatment court team meeting, what is your best guess as to ratio of discussion spread among these three topics (totaling 100%)

Compliance / Rules _____%

Case Management _____%

Behavior Change _____%

2. Will the outcomes you hope to realize for those you work with be influenced by the extent to which they make changes in their lives or behavior?

Yes

No

3. Is helping or encouraging people to make such changes part of all of your Treatment Court / Counseling services. (Or should it be)?

Yes

No

4. The program participants you work with, are they often reluctant or ambivalent about making changes?

Yes

No

5. Do staff struggle with or complain about people who are “unmotivated,” “resistant,” or “difficult”?

Yes

No

- **5A.** Does a majority of your staff use effective resistance-lowering skills?

Yes

No

- **5B.** Your best guess as to the ratio of resistant-lowering techniques used by your team (program staff), with a total of 100% spread across three domains:

They picked up techniques on their own or from other staff _____%

They are using techniques suggested from an EBP? _____%

This portion seem to either dominate or mostly give advice _____%

6. Is program participant adherence and retention in treatment– a concern for your Treatment Court / Counseling agency / Provider group?

Yes

No

THIRD EDITION

MOTIVATIONAL INTERVIEWING

Helping People Change

William R. Miller and Stephen Rollnick

It's a helpful way of assisting people in finding *their own reasons for change*.

THIRD EDITION

MOTIVATIONAL INTERVIEWING

Helping People Change

William R. Miller and Stephen Rollnick

Can you do MI in 5 mins?

People can talk themselves in or out of change

Change talk predicts later positive outcomes

Research shows staff behavior can predict the appearance of change talk

June 2017

MOTIVATIONAL INTERVIEWING WITH OFFENDERS

Engagement, Rehabilitation, and Reentry

Jill D. Stinson and Michael D. Clark

Compliance is important but compliance is not change

Most of us were never taught or trained in human motivation or the process of positive behavior change....

We can suspend our authority role....

Change does not have "sides"

All change is self-change

Outcomes = Technical vs Relational

- Past research: Treatment vs Provider
- **Almost all technical, very little relational**
- Does Treatment work? A “nuisance” (need delivery to be uniform)
- Recent research:
- **technical AND relational**
- Warm, high quality working alliance What and How
- Emerging research: Fresh ingredients and Chef
- **2 providers using same treatment approach**

One track research began to change...

- Studies were so focused on treatment delivered that they didn't keep track of providers assigned
 - Eventually, a new focus crept into Tx studies
 - Then they looked at providers to figure out how much “nuisance” (disrupt) they were to outcomes.
- By a “twist of fate” a focus started to look at the provider assigned...which led to...
- Considering providers as a treatment variable

We're emerging from a debate....

- Should we focus our research on technical elements of treatments that can be operationally defined and objectively evaluated
- Or should we focus our research on characteristics of providers that are associated with client improvement?

MI saves Specialized Dockets from this dualism!

- MI created a royal marriage



Silly fight because....

Motivational Interviewing “saves”
Specialized Dockets
from a one-or-the-other choice

- Relational factors movement
- Evidence-based treatments

- Motivational Interviewing says you have to pay attention to both elements, the technical aspects and the relational aspects.



- MI marries the relational aspects with very good technical aspects

- Motivational interviewing alone, among all major treatment approaches –
 - privileges relational characteristics at the same level it does technical or evidence-based aspects

Chat Responses



Dr. Steve Rollnick said:

“What is it, that helps people talk about change, more comfortably?”

• Partnership

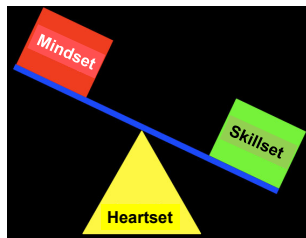
• Acceptance

- Absolute worth
- Accurate empathy
- Autonomy-support
- Affirmation

• Compassion

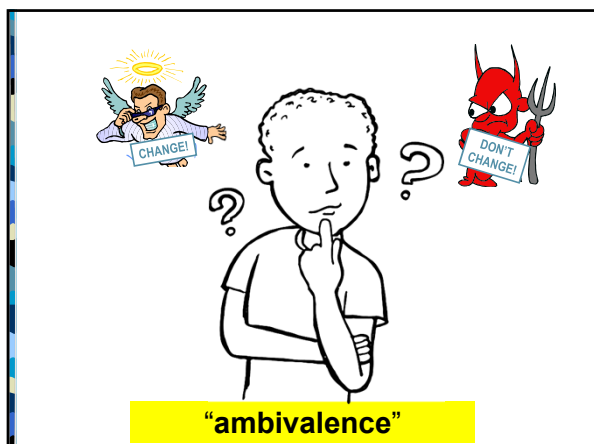
• Evocation

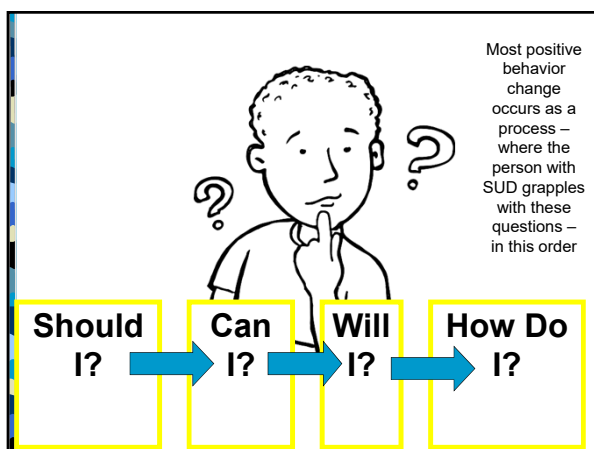
The Spirit of MI (P.A.C.E.)

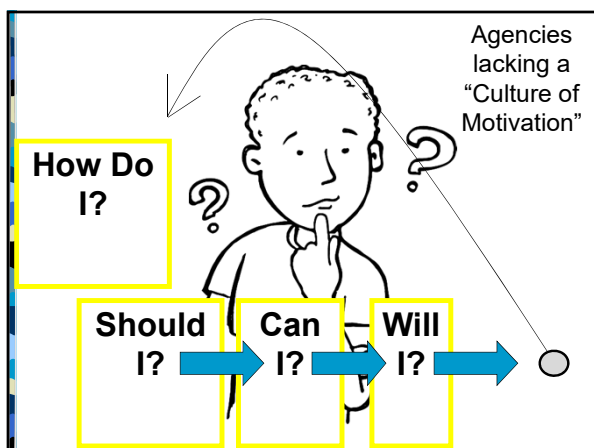


The *Process* of Behavior Change





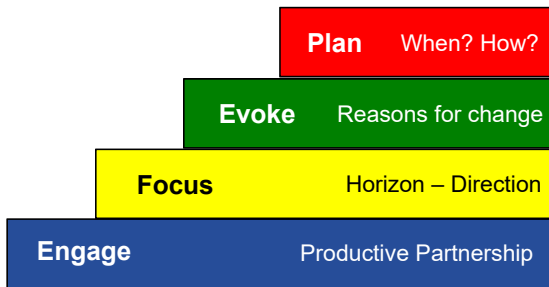




3 Motivational Constructs

- **Importance**
- **Why** should I do it?
- **Confidence**
- **How** would/can I do it?
- **Readiness**
- **When** should I do it?

The Method of MI
Behavior change is assisted across
Four Processes



3 points



- (1) Change Talk
- (2) Ambivalence
- (3) Discrepancy

“Change talk and sustain talk.
Saying them both—and going back and forth
in a session—is really normal.”

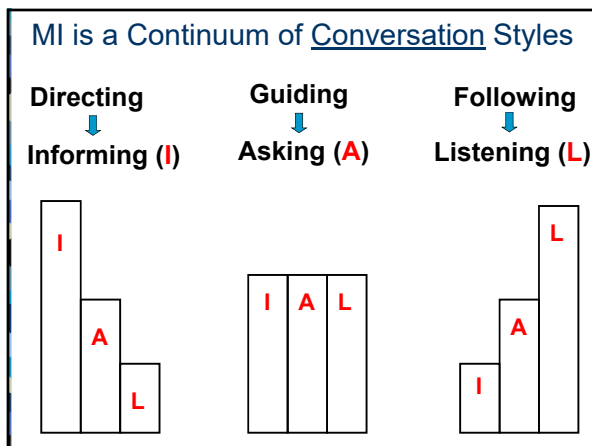


**Change
Talk**

Any speech that favors movement in the direction of change

I want to be healthy...
(approach)

I can't stand this anymore...
(avoidance)



3 points

1.2.3

(1) Change Talk

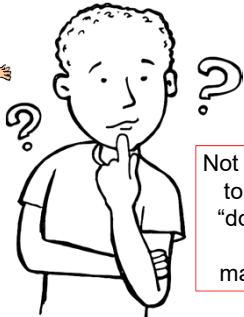
(2) Ambivalence

(3) Discrepancy

Negotiating Ambivalence



The "want to" side can be your co-provider



Not knowing how to handle the "don't want to" side can make it worse

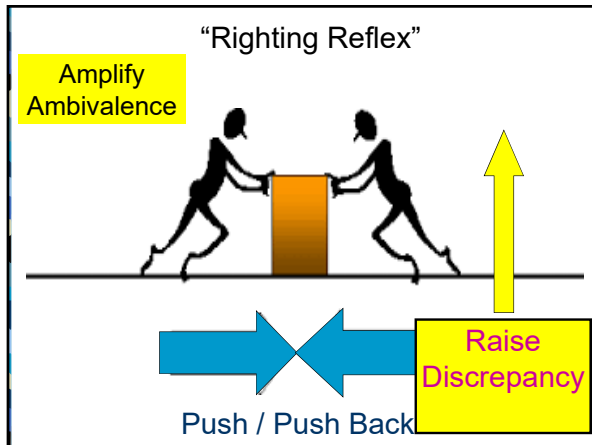
"ambivalence"

Negotiating the Ambivalence See-Saw

"Making it worse"
Psychological Reactance that comes from the "Righting Reflex"

Video 2:13 min's

“How comfortable is the practitioner in negotiating a client’s ambivalence...”

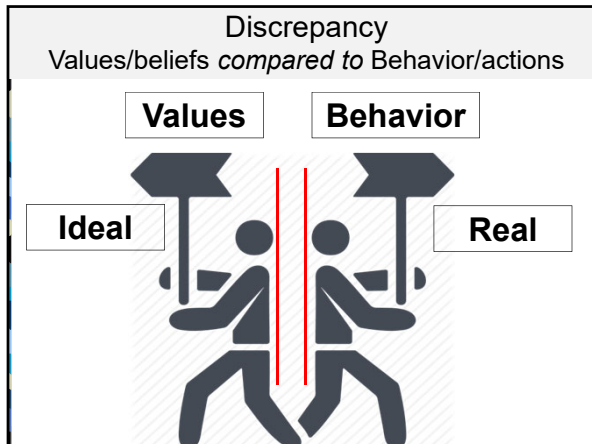


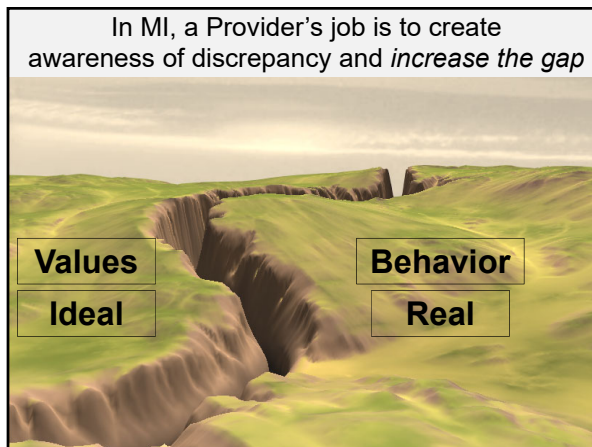
3 points

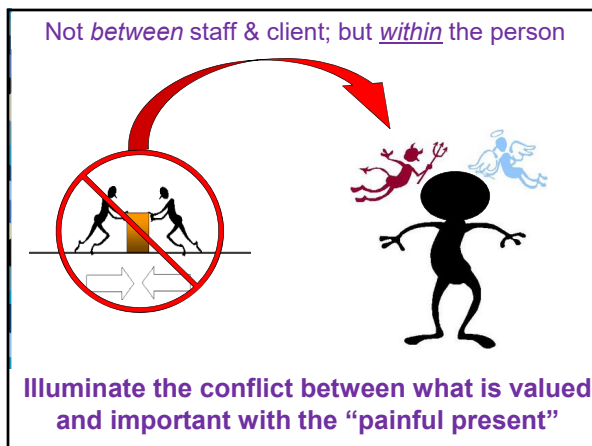
(1) Change Talk

(2) Ambivalence

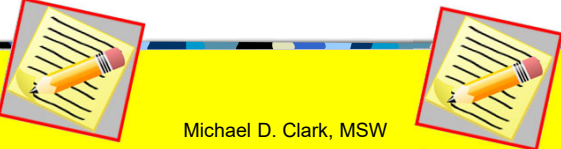
(3) Discrepancy







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7 Benefits that
Motivational Interviewing
can bring to

Specialized Court Dockets



- **Benefit #1:** MI is an EBP for SUD treatment well-suited for brief interventions
- MI was developed 40 yrs ago in the SUD field and has amassed over 1,200 clinical trials --
 - designated an EBP by the National Registry
- MI is recommended for use in specialized courts by the National Drug Court Institute (NDCI)
- MI is an “accepted treatment” for OUD - Opioid Use Disorders (Mumba & Snow, 2018)

▪ **Benefit #1:** MI is an EBP for SUD treatment and well-suited for brief interventions

- MI has been called an “effective tool” for use within compressed time frames
(Forman & Moyers, 2019)
- Study w/in Emergency departments found a 30 minute session of Motivational Enhancement reduce prescription opioid misuse—including **opioid overdose risk behaviors**—for those with prior histories of opioid overdose
(Bohnert, et al., 2016)

▪ **Benefit #1:** MI is an EBP for SUD treatment and well-suited for brief interventions

- Study found that incorporating MI into a standard SUD evaluation found participants were 2x as likely to return for an additional session. (Carroll, et. al, 2006)
- Longitudinal studies that tracked MI progress over time found gains were still evident at 2, 3 and 4 year follow up.
 - (Karakula, et al., 2016; Schermer, et. al., 2006; Baer, et al., 2001)

▪ **Benefit #2:** MAT needs MI

- For any Specialized docket participant, the “HOW of MAT usually dominates over IF? or WHY?
- MI helps assists the needed *psychological readiness*








All to support the 3 C's –
 Choose, Comply, Continue
- Research found that receiving one brief intervention that contained MI was associated with higher odds of receiving MAT

The 10 Essential Elements of Opioid Intervention Courts

Center for Court Innovation

Prior to arraignment, court staff go to the jail to interview defendants... Individuals identified to be at high risk (for overdose) are administered a bio-psychosocial screening.... based on the results, each consenting individual is transported to an appropriate treatment provider, where most begin medication-assisted treatment....

Sample Timeline for OIC Entry

- 1:00am  Law enforcement contact & arrest
- 7:00am  Brief OUD screening in jail
- 7:30am  Screening results forwarded to clerk for first court appearance
- 8:00am  Client meets with coordinator for explanation of OIC program
- 9:30am  Appearance before OIC judge & connection to peer recovery support and defense attorney
- 12:00pm  Assessment by mobile nurse and tele-med doctor evaluation
- 1:30pm  Transferred to physical medical building for MAT
- 3:00pm  Referral to services by peer recovery support specialist

NPC Research, 2021

▪ **Benefit #2: MAT needs MI**

- Not only choosing, complying and continuing but research finds MI a “powerful tool” for tapering opioids



- Whichever route, many courts circle back to gain...
 - 1. Willing acceptance
 - 2. Active participation

▪ **Benefit #3:** MI equips staff to respond via compressed time frames

- Can you do MI in five minutes?
- Little time to intervene, means little room for mistakes
- Specialized docket staff have seldom received training in
 - **human motivation** or the
 - **process of behavior change.**

▪ **Benefit #4:** MI Can Handle the Heat

- MI was developed for those more angry, reluctant or resistant to change.
- MI is effective with PTSD. Research notes MI was found to be a particularly effective approach for working with people who are angry and defensive *at first contact.*
(Miller & Rollnick, 2013).

▪ **Benefit #4:** MI Can Handle the Heat

- Research from the field of trauma-informed work cites, “MI enables service providers to carry out the intentions and goals of trauma-informed practice”
 - (Motivational Interviewing and Intimate Partner Violence, 2010, p. 101).
- 2018 study indicated that MI was associated with increased self-efficacy and treatment completion of dually diagnosed clients. (SAMHSA 40-50%) (Moore et al., 2018)

▪ **Benefit #5:** MI Crosses Culture Well

- MI doubles the effect size outcomes with minority populations. (Miller, 2018)

▪ **Benefit #6:** MI is learnable

- Trained to all Specialized Docket team roles
- Learning MI is not contingent on education levels, experience, seniority or the helping field in which one works (Stinson & Clark, 2017)
- Treatment Court Judges are now receiving training and coaching in Motivational Interviewing

▪ **Benefit #7:** MI has been effectively trained to Peer Support providers

- Practice experience: Our Center found “no differences” in learning uptake. (Clark & Chandler, In press)
- Research investigations found comparative learning transfer with Peers (Swarbrick, et. al., 2019; Cristanti, 2016).
- Shoulder-to-shoulder, personal stories and lived experience – “Till the soil before.....”

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For copies of (2019 - 2020) articles, email request to mike.clark.mi@gmail.com

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