



MHTTC

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

## JOIN THE CONVERSATION: Culturally Responsive Evidence-Based and Community- Defined Practices for Mental Health

*We will begin soon!*

- This **webinar is being recorded** and will be posted with slides to our website within a few weeks. You will receive notification by email.
- **Participants are muted** with video off.
- Take note of the Zoom toolbox at the bottom of your screen.
  - Use Chat for tech issues
  - Use Q&A feature to ask questions
- **Certificates of attendance** will be available for those who attend.
- We are **not able to offer CEUs** for this webinar.
- We will be using **Poll Everywhere** today.
  - You can either go to <https://pollev.com/nwmhttc>;
  - Download the app and use your phone to participate;
  - Or you can send a text to **22333** with **nwmhttc** in the body of the message.

# JOIN THE CONVERSATION: Culturally Responsive Evidence-Based and Community-Defined Practices for Mental Health

**A listening series led by the  
MHTTC Cultural Responsiveness Working Group (CRWG)**

Session 4: Motivational Interviewing



July 8, 2021



**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

# Housekeeping Items

- We have made every attempt to make today's presentation secure. If we need to end the presentation unexpectedly, we will follow-up using your registration information.
- All attendees are muted and cannot share video.
- Have a question for the presenters? Use the Q&A Pod, our co-chair is managing the pod and will address questions throughout the session!
- Have an audio or tech issue? Use the Chat Box
- You will receive an email following the presentation on how to access a certificate of attendance
- Closed captioning is available!
- Follow us on social media:   @MHTTCNetwork
- Series webpage: <http://bit.ly/join-the-convo>

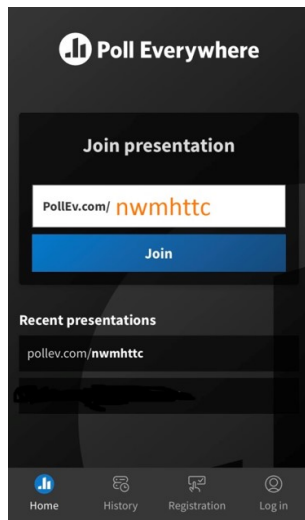
Please Note:  
The session recording will be posted on our website within a week!



# MHTTC

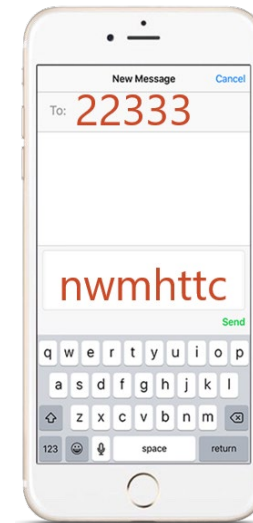
Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

## USING POLL EVERYWHERE



**Join in with Poll Everywhere!**  
**Pick your preferred way:**

1. Go to <https://pollev.com/nwmhttc>; OR
2. Download the app Poll Everywhere and enter **nwmhttc**; OR
3. Text **nwmhttc** to **22333**





MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

- The MHTTC Network accelerates the adoption and implementation of mental health related evidence-based practices across the nation
  - Develops and disseminates resources
  - Provides free local and regional training and technical assistance
  - Heightens the awareness, knowledge, and skills of the mental health workforce
- 10 Regional Centers, a National American Indian & Alaska Native Center, a National Hispanic & Latino Center, and a Network Coordinating Office

# Visit our website at [www.mhttcnetwork.org](http://www.mhttcnetwork.org)

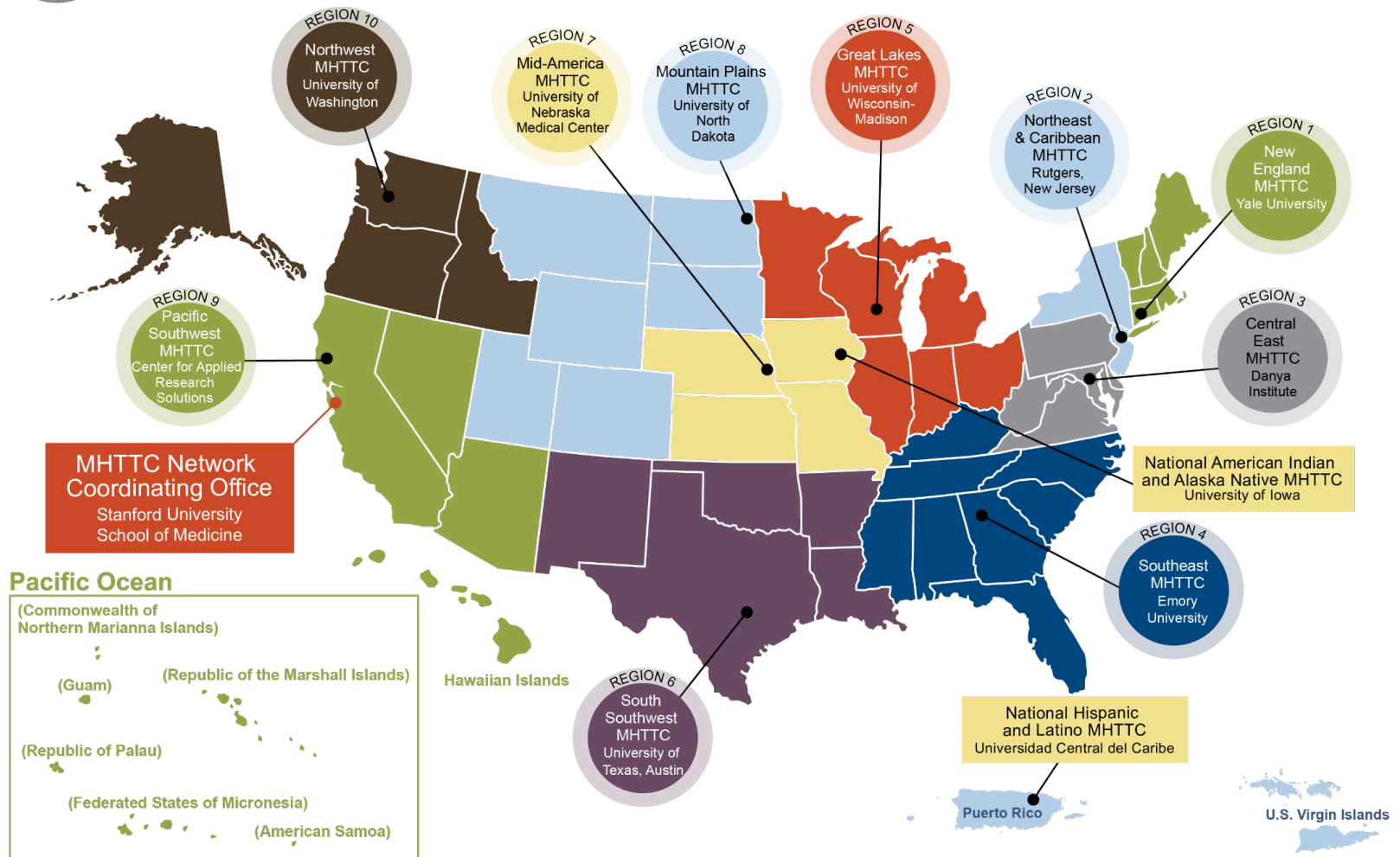


**MHTTC**

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

**MHTTC Network**



# Disclaimer

This presentation was prepared for the MHTTC Network under a cooperative agreement from the Substance Abuse and Mental Health Services Administration (SAMHSA). All material appearing in this presentation, except that taken directly from copyrighted sources, is in the public domain and may be reproduced or copied without permission from SAMHSA or the authors. Citation of the source is appreciated. Do not reproduce or distribute this presentation for a fee without specific, written authorization from the MHTTC Network Coordinating Office. This presentation will be recorded and posted on our website.

At the time of this presentation, Tom Coderre served as SAMHSA Assistant Secretary. The opinions expressed herein are the views of the moderator and panelists and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

# Evaluation Information

The MHTTC Network is funded through SAMHSA to provide this training. As part of receiving this funding we are required to submit data related to the quality of this event.

At the end of today's training please take a moment to complete a **brief** survey about today's training.





# JOIN THE CONVERSATION: Culturally Responsive Evidence-Based and Community-Defined Practices for Mental Health

**A listening series led by the  
MHTTC Cultural Responsiveness Working Group (CRWG)**

Session 4: Motivational Interviewing

July 8, 2021



**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED  
AND HOPEFUL

INCLUSIVE AND  
ACCEPTING OF  
DIVERSE CULTURES,  
GENDERS,  
PERSPECTIVES,  
AND EXPERIENCES

HEALING-CENTERED AND  
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS  
PARTICIPATING IN THEIR  
OWN JOURNEYS

PERSON-FIRST AND  
FREE OF LABELS

NON-JUDGMENTAL AND  
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR  
AND UNDERSTANDABLE

CONSISTENT WITH  
OUR ACTIONS,  
POLICIES, AND PRODUCTS

# The MHTTC Cultural Responsiveness Working Group

The Cultural Responsiveness Working Group (CRWG) aims to disseminate culturally appropriate information and provide technical assistance for the mental health field to improve access to culturally responsive mental health services.

Recognizing the importance of Evidence-Based Practices (EBPs) in the work across the MHTTC Network, the CRWG began exploring how to adapt the principles of EBPs for diverse and underserved communities.

Through this work, the CRWG discovered the importance of also acknowledging and promoting additional culturally inclusive mental health practices that exist in the mental health field.

Therefore, the CRWG is conducting a 6-part series of 90-minute listening sessions to...

# Listening Series Goals

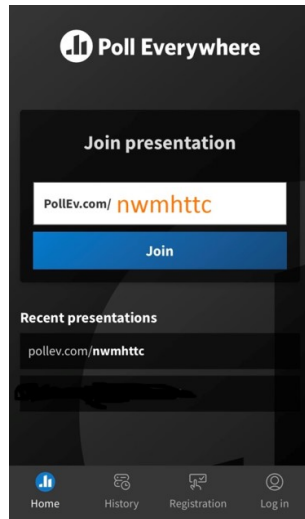
- Engage constituents in an interactive conversation about culturally inclusive mental health practices, including Evidence-Based Practices (EBPs) and Community-Defined Practices
- Explore strengths and barriers of Community-Defined Practices and elevate them as Culturally and Linguistically Appropriate Services (CLAS) Standards
- Identify ways to increase promotion of EBPs and Community-Defined Practices in technical assistance and trainings offered by the MHTTC Network



## Session 4 – Agenda

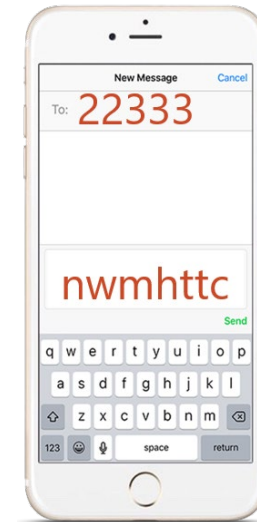
- Overview of Motivational Interviewing (MI)
  - Define MI
  - Discuss how MI may be implemented with various cultural groups
  - Culturally responsive “MI practices”
  - Culturally and Linguistically Appropriate Services (CLAS) Standards as they pertain to MI
  - Conversation Starters (polls)
- Examples and lessons learned during the implementation of MI ( i.e. Balancing MI and the cultural needs of the people served).
  - Fidelity considerations
  - Conversation Starters (polls)
- Q&A
- Wrap up

# Get ready to participate via Poll Everywhere!



Join in with Poll Everywhere!  
Pick your preferred way:

1. Go to <https://pollev.com/nwmhttc>; OR
2. Download the app Poll Everywhere and enter **nwmhttc**; OR
3. Text **nwmhttc** to **22333**



When poll is active, respond at [pollev.com/nwmhttc](https://pollev.com/nwmhttc)

Text **NWMHTTC** to **22333** once to join



**How familiar are you with motivational interviewing? (On a scale of 0 to 5, with 0=not familiar at all, 5=very familiar)**



# Welcome our Panelists



**Dr. Henry Gregory** is a clinical psychologist with a wealth of experience as a clinician, educator, trainer, and researcher. He currently is an assistant professor at the University of Maryland, School of Nursing where he teaches, among other subjects, Motivational Interviewing at the undergraduate and graduate levels. He has served as a facilitator/mentor at Georgetown University's National Center for Cultural Competence, as the Assistant Director at the University of Maryland, Baltimore County's Center for Community Collaboration and as the Cultural Competence Coordinator for MDCARES, a SAMHSA funded system of care.



**Laura A. Saunders, MSSW** is with the University of Wisconsin-Madison, College of Engineering, Center for Health Enhancement System Studies, Great Lakes ATTC, PTTC and MHTTC and an independent consultant. Since 2001, Laura has designed, facilitated, and delivered MI and SBIRT training and coaching in person, online, and via distance learning in the fields of health care, human services, public health, and criminal justice. She has provided feedback and coaching to hundreds of learners who are interested in using evidence based practices to fidelity. Laura has also conducted train the trainer events. She joined the International group of Motivational Interviewing Network of Trainers (MINT) in 2006 and is an active Member of Wisconsin Motivational interviewing group.





# **Motivational Interviewing: A person centered approach**

---

Great Lakes Addiction Technology Transfer Center  
Great Lakes Mental Health Technology Transfer Center

# Brought To You By:





# We'll talk about...

- The facts
  - Research evidence of cross-cultural transferability
- GREAT! What is it?
  - Describe Motivation interviewing as an EBP that travels well across cultures
- So why does it work so well with people?
  - Identify the elements of this complex style of communication that support adaptability

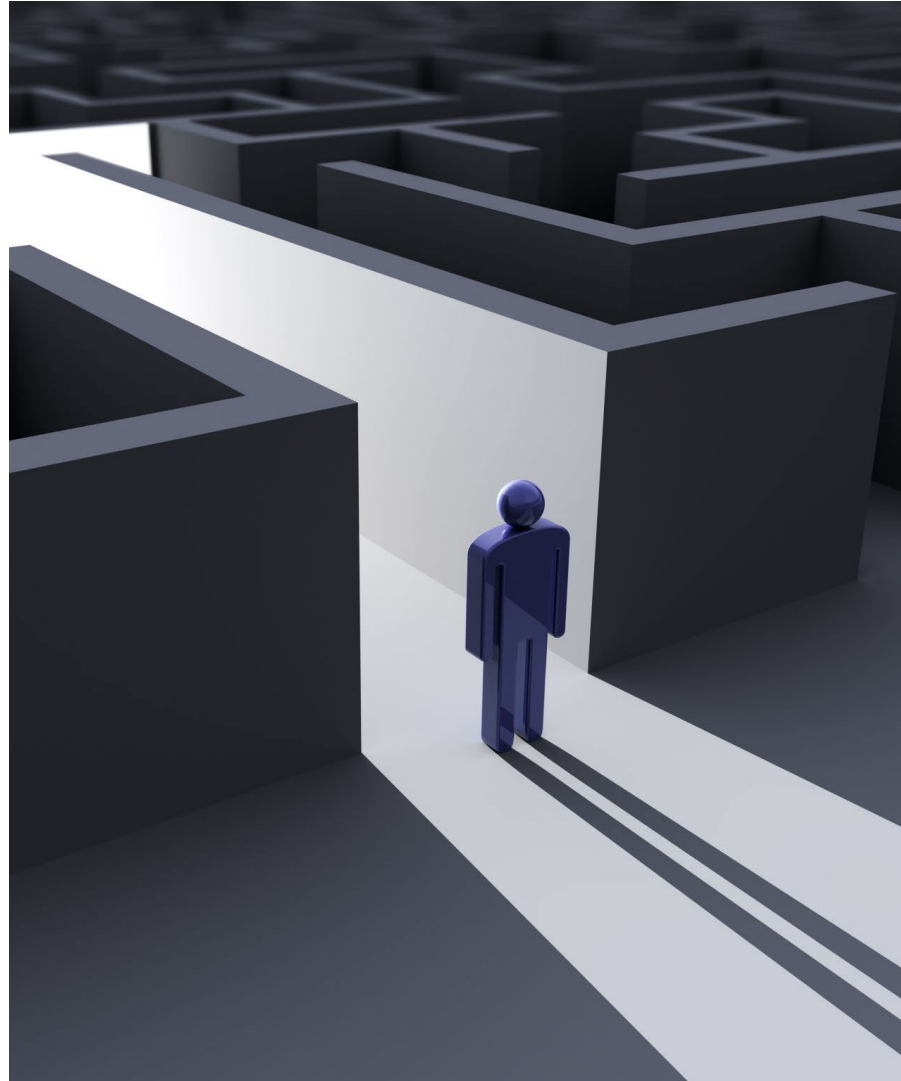
# Cross cultural transfer

- Safe water practices in  
Zambian villages (Thevos, et  
al., 2002)
- Increasing fruit and vegetable  
intake through African-  
American Churches (Resnicow,  
2001 & 2005)
- Encouraging HIV testing  
among Native Americans  
(Foley, 2005)
- Smoking cessation for parents  
of sick children in Hong Kong  
(Chat et al., 2005)



# A Definition

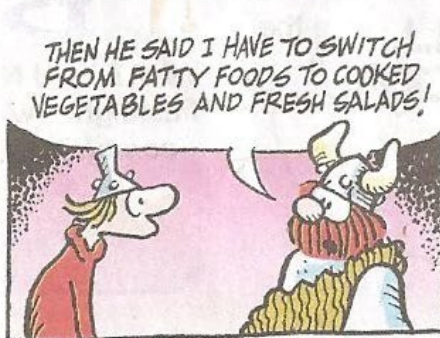
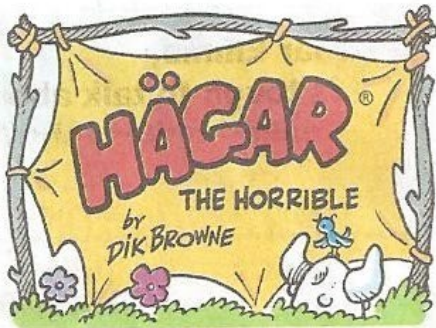
Motivational interviewing is a collaborative conversation style for strengthening a person's own motivation and commitment to change.



# Common practice $\neq$ MI

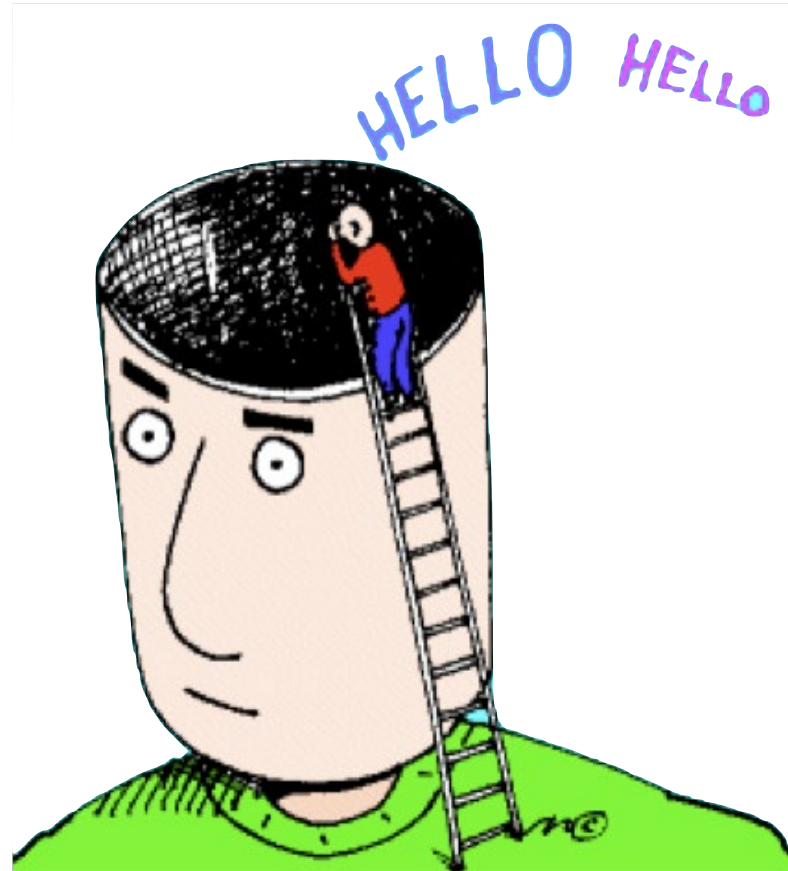
- Here's what you should do
- Here's why you should do it
- C'mon, it's going to be so much better
- You don't want to live like this
- What do you think about this?
- What about this change appeals to you?
- What would be better in your life? What would you avoid?
- You get to choose how you live.

# Hagar





# Deficit world view



Competence  
world view



“People possess substantial personal expertise and wisdom regarding themselves, and tend to develop in a positive direction, given the proper conditions and support...”

Source: Miller and Moyers,  
2006

# Ambivalence is normal

## **Ambivalence is a normal and defining state of human experience**

I need to, but I don't want to

I'd like to, but don't think I can

I will one day, but not today

I want to, but it's really hard.

I could change, but it's not really that bad.

# The Whole Picture



## Spirit

- Partnership
- Acceptance
- Compassion
- Evocation

## Process

- Engaging
- Focusing
- Evoking
- Planning

## Skills

- Open Questions
- Affirmations
- Reflections
- Summaries
- Providing Info/Advice with Permission

# Partnership



## THE SPIRIT OF MI: ACCEPTANCE<sup>1</sup> ((MI, P 17, BOX 2.1))

### FOUR ASPECTS OF ACCEPTANCE



1. Miller WR, Rollnick S. *Motivational Interviewing: Helping People Change*. 3rd ed. New York, NY: The Guilford Press; 2013.

#### SHARE YOUR EXPERIENCES

« »

Think about a time when a patient you were counseling demonstrated autonomy in making a change. How did you provide autonomy support?

## It's like:

It's like we are both climbing up our own mountain. You are trying to reach the top of yours, and I mine. It turns out that from my mountain I may have a different perspective from yours, so I can help you see things that may not be very clear to you from where you are at. But in the end, you will make the decisions as to how to continue, since it's your own mountain after all and no one can climb it for you.





# Empathy

---

## Is not...

- Having had the same experience or problem
- Identification with the client
- Let me tell you my story

## Is..

- The ability to accurately understand the client's meaning
- The ability to reflect that accurate understanding back to the client





**com·pas·sion** [kuhm-pash-uhn]

**noun 1.** a feeling of deep sympathy and sorrow for another who is stricken by misfortune, accompanied by a strong desire to alleviate the suffering.

# Compassion

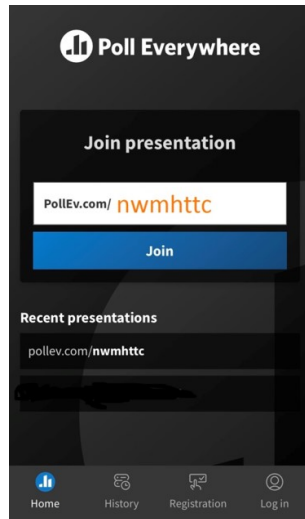
# Evocation



# P-A-C-E

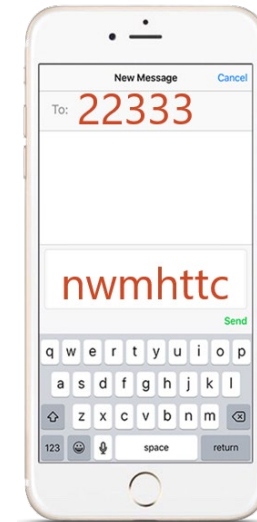
- **P**artnership: Who surprised you by treating you as an equal, a collaborator? Who served as a guide for you?
- **A**cceptance: Who communicated deep acceptance of you just as you were?
- **C**ompassion: Who was concerned for and committed to your well-being, maybe even placing it before their own?
- **E**vocation: Who brought out the best in you? Who saw strengths or talents in you that you didn't know you had?

# Get ready to participate via Poll Everywhere!



Join in with Poll Everywhere!  
Pick your preferred way:

1. Go to <https://pollev.com/nwmhttc>; OR
2. Download the app Poll Everywhere and enter **nwmhttc**; OR
3. Text **nwmhttc** to **22333**





**Which element of the SPIRIT of MI have you received from another person in your own life?**



# Key MI Skills

---

Listen

---

Ask open-ended questions

---

Use affirmations

---

Reflect

---

Summarize

- 
- We think we listen, but rarely do we listen with real understanding, true empathy. Yet listening of this very
  - special kind, is one of the most potent forces of change I know.



# How to fully listen



OARS create  
movement  
and direction



# Seeking collaboration

- I have some information about \_\_\_\_\_ and I wonder if I might discuss it with you.
- Would it be all right if we spend some time discussing the standards for \_\_\_\_\_?
- How can I help you with that?
- I have your assessment results. Are you interested in going over these?



# Emphasizing Autonomy

- I'm not going to tell you what to do; only you can decide what you want to do.
- The final decision on this is really up to you.
- This is your life and path. You are the only one who can decide which direction you will go.

*Autonomy*

***The Crazy Idea  
That You  
Get To Choose  
What You Want  
With Your Life***

# Motivational interviewing





# What do you like most about this particular practice?





# **What would be a reason for you to start utilizing this practice/enhance the use of this practice in your work?**



Let's talk about  
Community-Defined Practices

# Community-Defined Evidence

Practices that **communities** have used and found to yield positive results.

Positive results as determined by **community** consensus over time

These **practices** may or may not have been measured empirically

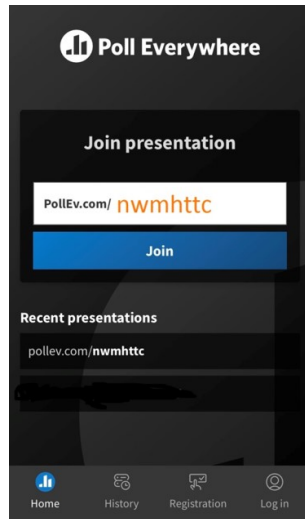
Have reached a level of acceptance by the **community**

A population's worldview and historical and social contexts

Considered a complement to evidence-based practice

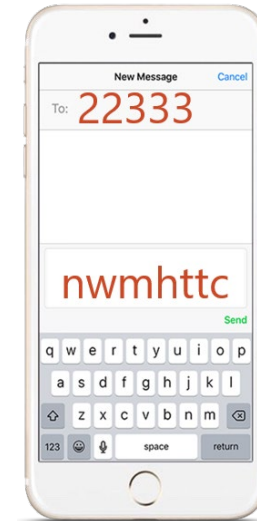


# Get ready to participate via Poll Everywhere!



Join in with Poll Everywhere!  
Pick your preferred way:

1. Go to <https://pollev.com/nwmhttc>; OR
2. Download the app Poll Everywhere and enter **nwmhttc**; OR
3. Text **nwmhttc** to **22333**





# What will it take for you to implement this practice in your work?



# Q&A with Panelists

# Coming up in this Listening Series:



**Session 5:** July 22 | Achieving Whole Health: Balancing Mind, Body and Spirit (AWH)

**Session 6:** August 5 | Preventing Long-term Anger and Aggression in Youth (PLAAY)

**Register here:** <http://bit.ly/join-the-convo>

# Connect with the MHTTC in your region

 **MHTTC** Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

[YOUR MHTTC](#) [TRAINING AND EVENTS](#) [RESOURCES](#) [PROJECTS](#) [COMMUNICATION](#)

## Find Your Center

To jump to a specific center, click the center's name. To save a center as your default center, select the center by clicking the photo, then click the Save button at the bottom of the page

### Centers Across The Network

		
<b>National American Indian and Alaska Native MHTTC</b>	<b>National Hispanic and Latino MHTTC</b>	<b>New England MHTTC</b>
University of Iowa College of Public Health 145 N Riverside Dr Iowa City, IA 52246 United States 319-335-5564 native@mhttcnetwork.org	Universidad Central del Caribe Laurel, Av. Sta. Juanita Bayamon, PR 00960 United States 787-785-5220 hispaniclatino@mhttcnetwork.org	PRCH 319 Peck Street New Haven, CT 06513 United States 617.467.6014 newengland@mhttcnetwork.org States Served CT, ME, MA, NH, RI, VT

<https://mhttcnetwork.org/centers/selection>

# Evaluation Information

The MHTTC Network is funded through SAMHSA to provide this training. As part of receiving this funding we are required to submit data related to the quality of this event.

At the end of today's training please take a moment to complete a **brief** survey about today's training.

