

VIRTUAL MOTIVATIONAL INTERVIEWING PRACTICE OPPORTUNITY

A TIME TO ASK PROGRAM COMPONENT



We are pleased to be offering a supplemental Time to Ask education program on Motivational Interviewing. This training opportunity will help you as you hold difficult conversations with patients. Woven into the MI content will be shared decision making, diversity, equity and inclusion and recovery conversations.

Motivational Interviewing (MI) is a collaborative conversational style for strengthening a person's motivation to deal with the struggle of managing health and risk factors while finding their own strength, hope and resiliency. MI sprung out of the substance use treatment field and has become widely used by many health professionals as an effective tool and approach for discussing difficult chronic health challenges with patients. "MI is the most widely researched and disseminated motivational counseling approach in SUD treatment."

This training opportunity centers on advancing MI skills for primary care health professionals with a focus on enhancing a person's motivation to change by exploring and resolving ambivalence around alcohol use.

We are offering this training at **no-cost** to **15-20 health care professionals** as an opportunity to learn and practice virtually with others in Maine. By completing the program, you'll join your colleagues across the state by becoming Time to Ask MI champions at your organizations.

The program was of immense value. Learning Motivational Interviewing is a game changer for building an environment that promotes and sustains change. The training was excellent, and it was rewarding to get to know others in the field and to share our struggles and achievements. Thank you for the opportunity to train and to give my feedback.

Cary N. Figueroa, MS, Case Manager,
Bucksport Regional Health Center



We've enlisted the help of a highly regarded Maine-based expert MI trainer, Stephen Andrew, LCSW, LADC, CCS, CGP and his faculty who have extensive experience working with interprofessional health care teams.
<https://www.hetimaine.org/stephen-andrew>

This opportunity has been made possible by Lunder-Dineen with additional funding provided from a grant of the Welch Charitable Fund.

PROGRAM DETAILS

A 4-month program that meets every other week during lunch* from **12:00 -1:00 pm**

- **June 23**
 - **July 7**
 - **July 21**
 - **Aug 4**
 - **Aug 18**
 - **Sept 1**
 - **Sept 15**
 - **Sept 29**
 - **Oct 13**
- *Participants will receive a gift card to purchase lunch.*

The program consists of three virtual components:

- Basic Training
- Practice and Reflection
- Coaching, coding and master class

Who can Participate?

- The program is open to **15-20** patient-facing licensed and unlicensed staff in primary care settings who are involved in screening and/or brief intervention and referral to treatment including medical assistants. **Space is limited and will be granted to the first 20 eligible participants to register.**

To Register:

<https://redcap.link/911x880o>

For more info:

info@lunderdineen.org