

VIRTUAL MOTIVATIONAL INTERVIEWING PRACTICE OPPORTUNITY

A TIME TO ASK EDUCATION BOOSTER



We heard you! Time to Ask (TTA) program graduates asked us for additional training and opportunities to practice how to hold efficient, effective and compassionate conversations with patients about alcohol so that they can make informed decisions.

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 unique pilot as an opportunity to learn and practice virtually with others in Maine who've completed the TTA program or are about to. This MI practice program will be specifically tailored to the TTA audience but will also help you as you hold other difficult conversations with patients. Woven into the MI content will be shared decision making, diversity, equity and inclusion and recovery conversations.

By completing the program, you'll join your colleagues across the state by becoming Time to Ask MI champions at your organizations.



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 a three way collaboration: the Health Education & Training Institute (HETI), Lunder-Dineen and the Addiction Technology Transfer Center Network (ATTC) with additional funding provided by a grant of the Welch Charitable Fund.

PROGRAM DETAILS

A 5-month program that meets every other week during lunch* beginning **September 22: 12-2pm (a full schedule of dates can be found on the website: <https://lunderdineen.org/motivational-interviewing-heti>**

**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?

- 2 slots are available per practice site.
- The program is open to patient-facing licensed and unlicensed staff who are involved in screening and/or brief intervention and referral to treatment including medical assistants.

More Info?

denise@lunderdineen.org