



## Frequently Asked Questions

**Webinar:** *Motivational Interviewing in Substance Abuse Treatment*

**Presenter:** *Scott Caldwell*, Wisconsin Department of Health Services

**Date:** February 27, 2013

These questions were generated from the "Motivational Interviewing" webinar presented by Scott Caldwell on February 27, 2013. While questions during the webinar were directly answered by Mr. Caldwell, we received additional questions after the session and graciously Mr. Caldwell was able respond to them.

### 1) In reference to the Hettema, Steele, and Miler study (2005) Can you expand on the sample: gender, age and socioeconomic status?

The Hettema et al. (2005) meta analysis examined 72 MI studies which included 14,267 participants: 54.77% were male; ages ranged from 16 to 62 (average age = 34); 16 studies comprised primary folks of color; no SES was reported. For more details about the participants sample characteristics, see this supplemental table: <http://www.annualreviews.org/article/suppl/10.1146/annurev.clinpsy.1.102803.143833?file=cp.1.hettema.3.pdf>

### 2) Can you please direct us to a resource learning to use MI at point of first contact with clients?

An excellent way to integrate MI into first contact, let's say into intake and assessment, is using an "MI Sandwich" protocol. The first part (the bread) is 5-10 minutes of MI with emphasis on engaging (e.g., collaboration, acceptance, lots of listening, some select open questions). The middle section is the delivery of the standardized assessment instrument. Then the last part (the other piece of bread) is 10-15 minutes of MI with use of the informing skill to share assessment results/recommendations, evoke change talk, and possibly begin change planning. This sandwich concept was first introduced in the MIA-STEP manual(see [http://www.motivationalinterview.org/clinical\\_supervisors/side\\_bar/mia\\_step\\_manual.html](http://www.motivationalinterview.org/clinical_supervisors/side_bar/mia_step_manual.html) )

If you are interested, consider checking out the upcoming webinar on May 15, 2013 titled Motivational Interviewing in AODA Assessment (Part II). This is sponsored by the Wisconsin Intoxicated Driver Program and you can contact the program coordinator at the Wisconsin Department of Health Services, LeeAnn Cooper at [leeann.cooper@wisconsin.gov](mailto:leeann.cooper@wisconsin.gov), for more information.

### 3) Do you have a directory of facilitators for MI in states?

A good resource is the Motivational Interviewing Network of Trainers (MINT) website. The MINT comprises about 1,000 trainers from around the world. Check out <http://www.motivationalinterviewing.org/home> and click on Training, then Trainer Listing, and you can search by practice, services, and country or US state.

**Comment from Monica Velazquez:**

ATTC Website has a great trainer database under its NIDA Blending Product webpage. You can search for trainers for a specific blending product, so in this case the our Network offers an Advanced MI training called “*Motivational Interviewing Assessment: Supervisory Tools for Enhancing Proficiency (MIA: STEP)*”.

To search for trainers check out:

<http://www.attcnetwork.org/explore/priorityareas/science/blendinginitiative/trainers/index.asp>.

For more information about MIA STEP and other Blending Products go to:

<http://www.attcnetwork.org/explore/priorityareas/science/blendinginitiative/>