What More Can Be Done to Prevent Teen Pregnancy?
How Motivational Interviewing Can Enhance Your Practice
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Facilitators

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CHAT BOX

Who is in the audience?

• Name
• Organization

What motivated you to attend today’s Webinar?

Objectives

At the conclusion of this 90-minute Webinar, participants will be able to do the following:

• Define motivational interviewing.

• Explain the spirit of motivational interviewing.

• Identify ways to integrate motivational interviewing into teen pregnancy prevention practice and/or programs.
Webinar Platform

- Chat boxes
- Polls
- Question boxes

POLL

True or False?

After today’s Webinar, you will be an expert in motivational interviewing.
Overview of Motivational Interviewing

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

(Miller & Rollnick, 2013, p.12)
Communication Style

Directing ↔ Guiding ↔ Following
POLL

Which style of communication is used in the following statement?

*Come back in 12 weeks for your next Depo-Provera injection.*

I have been in your shoes before.
POLL

Which style of communication is used in the following statement?

What gets in the way of decreasing your alcohol use?

POLL

Which style of communication is used in the following statement?

What do you want for your future?
POLL

Which style of communication is used in the following statement?

*Put the doughnut down.*

POLL

Which style of communication is used in the following statement?

*I am here for you when you need me.*
Spirit of Motivational Interviewing

Collaboration
Compassion
Evocation
Acceptance

Changing One's Behavior...
CHAT

Why do you think some people find it challenging to maintain a work-life balance?

Four Motivational Interviewing Processes

Engaging
Focusing
Evoking
Planning
CHAT

What could a practitioner do to help Cade resolve his ambivalence to using condoms?
Improving Your Motivational Interviewing Practice

Motivational Interviewing Skills
Develop Discrepancy

OARS

DARN CAT

Awareness of a “discrepancy” or gap between present state and desired goal.
**OARS**
- Open-ended questions
- Affirmations
- Reflections
- Summaries

**DARN CAT**
- Desire
- Ability
- Reason
- Need
DARN CAT

• Desire
• Ability
• Reason
• Need

DARN CAT

• Desire
• Ability
• Reason
• Need

• Commitment
• Activation
• Taking steps
Poll:
Which of the following statements are examples of DARN CAT?

1. I want to wait until I have a career before I have a child.
2. I want to be the same person tomorrow as I am today.
3. Texting during class is distracting me- I can’t fail my class!
4. I will start paying back my loan.
5. I already tried leaving the house earlier so I’m not late to soccer practice.

Putting It All Together
Role-Play #1: Alexis is Persuaded

Role-Play #2: Alexis is Motivated
Role-Play #3: Carla is Motivated

Using Motivational Interviewing

- Communication style
- Intake forms
- Individual counseling sessions
- Before, during, and after group intervention
- Follow-up calls
Motivational Interviewing: Individual and Group Setting

Chat/Open Phone Lines

What benefits do you anticipate?
Chat/Open Phone Lines

What challenges do you anticipate?

POLL

How motivated are you to consider integrating motivational interviewing into your practice after today’s Webinar?
Thank You!

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Resources

- **Motivational Interviewing Defined**

- **Motivational Interviewing Website**

- **Motivational Interviewing Network of Trainers (MINT):**

References


