

# Motivational Interviewing for Health Care Transition

A partnership presentation from PATCH, Wisconsin Youth Health  
Transition Initiative and the Substance Abuse and Mental Health  
Services Administration



# Presenters

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Wisconsin Youth Health  
Transition, Provider Education

NP - Internal Medicine at UW  
Health, Beaver Dam since 2010



# Presenters



- The Great Lakes ATTC, MHTTC, and PTTC are funded by the Substance Abuse and Mental Health Services Administration (SAMHSA).



## About Me

MSSW, Member of  
MINT since 2007

# Presenters



## Tim Markle

- Dad of Two
- Director of the SRC
- Presenter of YHTI
- Supporter of Families

# Disclosures

For this continuing education activity, all faculty, planners, and other persons who may influence content of this activity have **No Relevant Financial Relationships with Ineligible Companies to Disclose.**

# Learner Objectives



Upon the completion of this session, participants will:

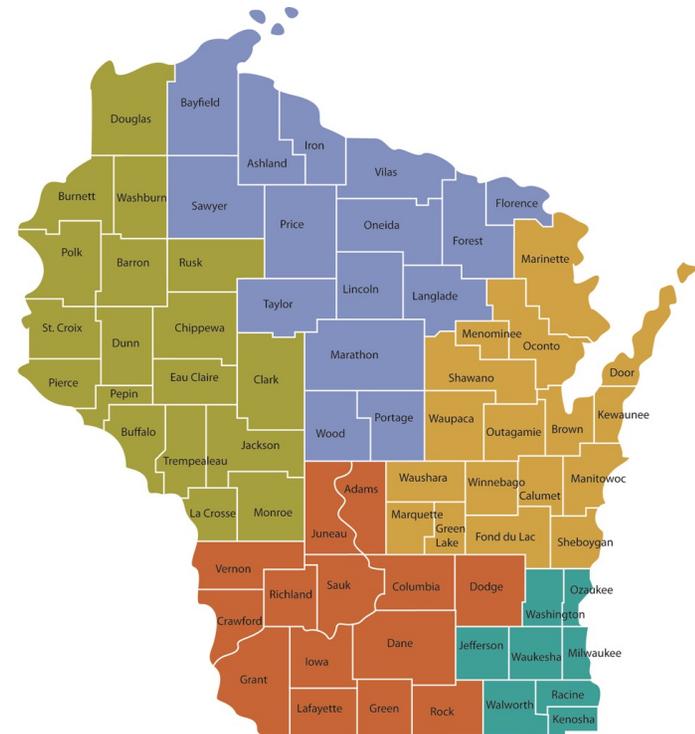
1. Understand the basics of Motivational Interviewing
  - Define Motivational interviewing (MI)
  - Compare MI to successful strategies you use now
  - Evaluate MI for your own practice
  - Describe the process for reaching fidelity to the model of MI
2. Identify when and how to use MI in a clinical setting
3. Consider how to promote self-advocacy

# Primary Network in Wisconsin



# 5

## Regional Centers Wisconsin



# Statewide Initiative



## **Purpose**

Ensure that “high-quality, developmentally appropriate, health care services are available in an uninterrupted manner as the person moves from adolescence to adulthood”

**Sample Transition Readiness Assessment for Youth**

Please fill out this form to help us see what you already know about your health, how to use health care, and the areas you want to learn more about. If you need help with this form, please ask your parent/caregiver or doctor.

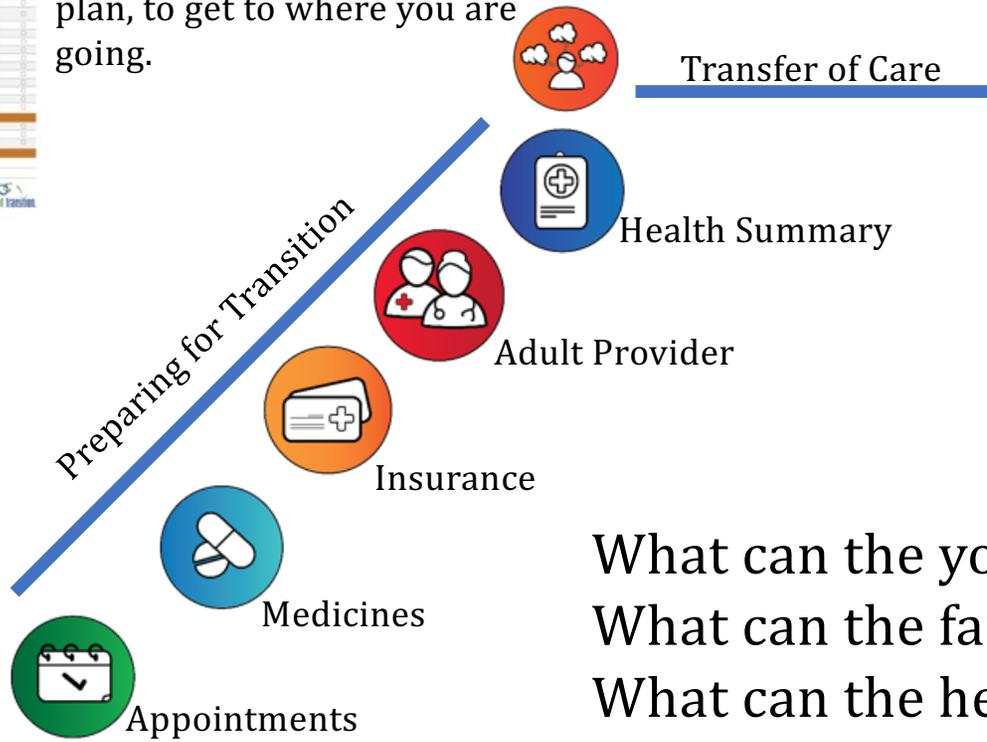
Parent/Youth	Parent/Youth	Parent/Youth	Parent/Youth
<b>Demographic Information &amp; Identification</b>			
The transfer to adult health care usually takes place between the ages of 18 and 24.			
How important is it to you to move to a doctor who cares for adults before age 22?			
Yes	1	2	3
No	4	5	6
How confident do you feel about your ability to move to a doctor who cares for adults before age 22?			
Yes	1	2	3
No	4	5	6
<b>Do you do the following activities?</b>			
I can explain my health needs to others.			
I know how to ask questions when I do not understand what my doctor says.			
I know my allergies to medicines.			
I know my family medical history.			
I talk to the doctor instead of my parent/caregiver talking for me.			
I keep the doctor on my own during an appointment.			
I know when and how to get emergency care.			
I know where to get medical care when the doctor's office is closed.			
I know my medical information and how to use it (e.g., insurance card, health insurance information).			
I know that when I am 18, I have full control of my health care.			
I know at least one other person who will support me with my health needs.			
I know how to find my doctor's phone number.			
I know how to make and cancel my own doctor appointments.			
I know a way to get to my doctor's office.			
I know how to get a summary of my medical information (e.g., online portal).			
I know how to get a referral if I need it.			
I know what health insurance I have.			
I know what I need to do to keep my health insurance.			
I talk with my parent/caregiver about the health care transition process.			
<b>Do you do the following activities?</b>			
I know my own medicines.			
I know when I need to take my medicines without someone telling me.			
I know how to call my medicines if and when I need to.			

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## Transition Readiness Assessment

Know what you have, learn what you need to have, make a plan, to get to where you are going.

- About Me 
- Decisions 
- Emergencies 



Knowledge  
Skills  
Attitude

Fully Integrated into Adult Health Care

What can the youth do?  
 What can the family do?  
 What can the health professionals do?

# What did you need? How was it offered?



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Listen to this...



# Getting Started – Aileena’s Interview



Youth In Health: Inclusive Stock  
Photography Collection. Adolescent Health  
Initiative. Heather Nash Photography. 2021

<https://youtu.be/XSnSjEuTNaQ>



What happened?



What (if  
anything)  
would  
you  
change?

# Accurate empathy



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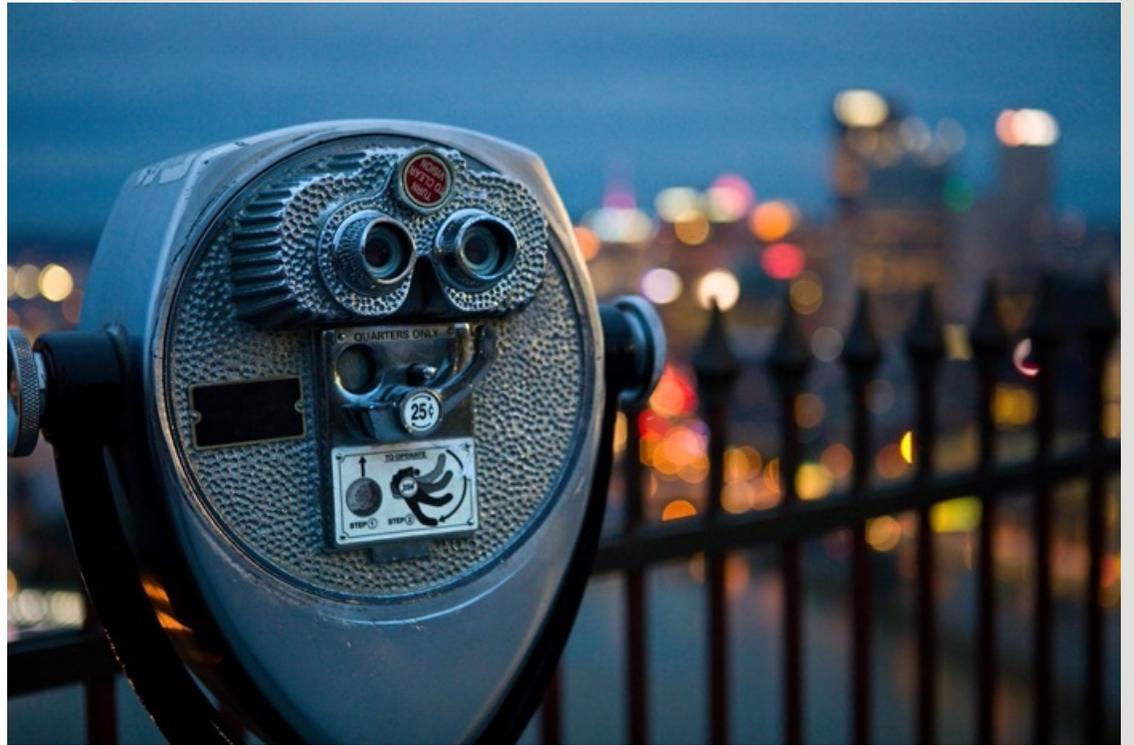
# Acceptance



A photograph showing several hands of different skin tones raised in a gesture of positive regard. The hands are positioned in a way that suggests a collective effort or a shared goal. The background is a plain, light gray color.

Positive regard

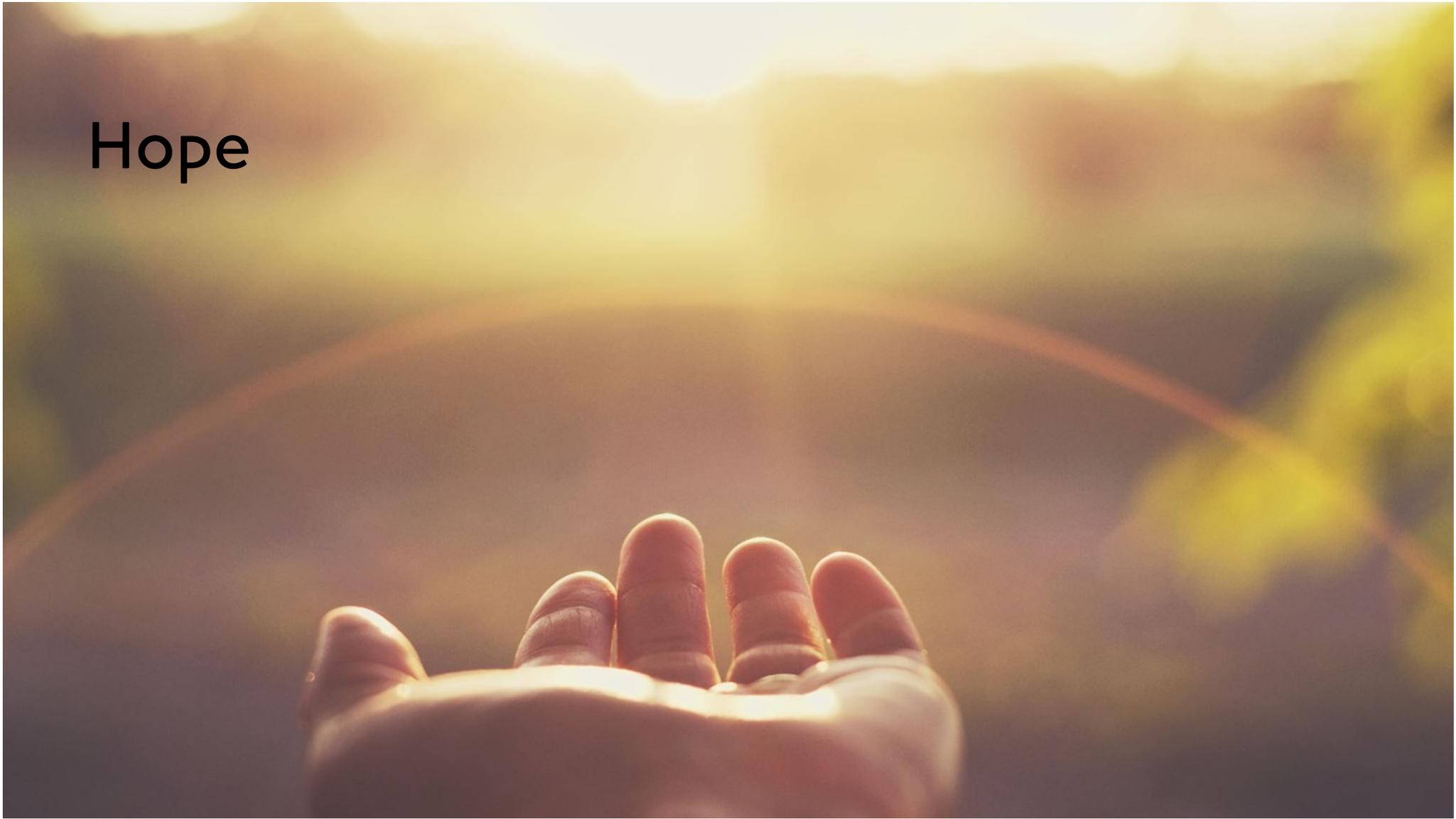
# Genuiness



A close-up photograph of a pair of black-rimmed glasses. The lenses are positioned over a surface covered with numerous small, white, rectangular pieces of paper, each containing a single black letter. The background is filled with these letters, but they are out of focus. The letter 'S' on the left lens is in sharp focus, while the letter 'S' on the right lens is also in focus but slightly more blurred. Other letters like 'K', 'L', 'M', '4', 'C', 'O', 'V', 'M', 'E', 'Y', and 'K' are visible in the background, all appearing blurry. The word "Focus" is written in white, sans-serif font in the upper right corner of the image.

Focus

Hope



# Evocation



Offering information  
or advice



Which of these surprise you?



# Motivational Interviewing...



# What is Motivational interviewing?

Motivational interviewing (MI) is a collaborative, goal-oriented method of communication with particular attention to the language of change. It is designed to strengthen an individual's motivation for and movement toward a specific goal by eliciting and exploring the person's own arguments for change.



# EVIDENCE

- 2500 publications
- 250 clinical trials and several meta-analyses.
- When compared to evidence in support of other successful school-based interventions, the support for MI is at least equal.
- There is no dose response requirement for MI training.



# MI has passed the TEEN test

Dozens of studies show the following themes:

- Change effects are rapid and durable over time
- Youth rate MI services with high levels of satisfaction
- MI has been tested with diverse youth with favorable outcomes
- When integrated with other evidence-based practice, MI can lead to synergistic and more favorable outcomes than just one stand-alone approach.
- MI is as effective, on average, as more intensive and lengthy treatments
- Reduced frequency of AOD use (and increased rates of abstinence)
- Increased youth confidence for refusing AODs in high risk situations

# What might learning MI do for you?

01

Increase confidence in using MI with adolescents, an evidence-based approach

02

Use autonomy choice to support students and balance school requirements

03

Use an approach that will result in less discordance

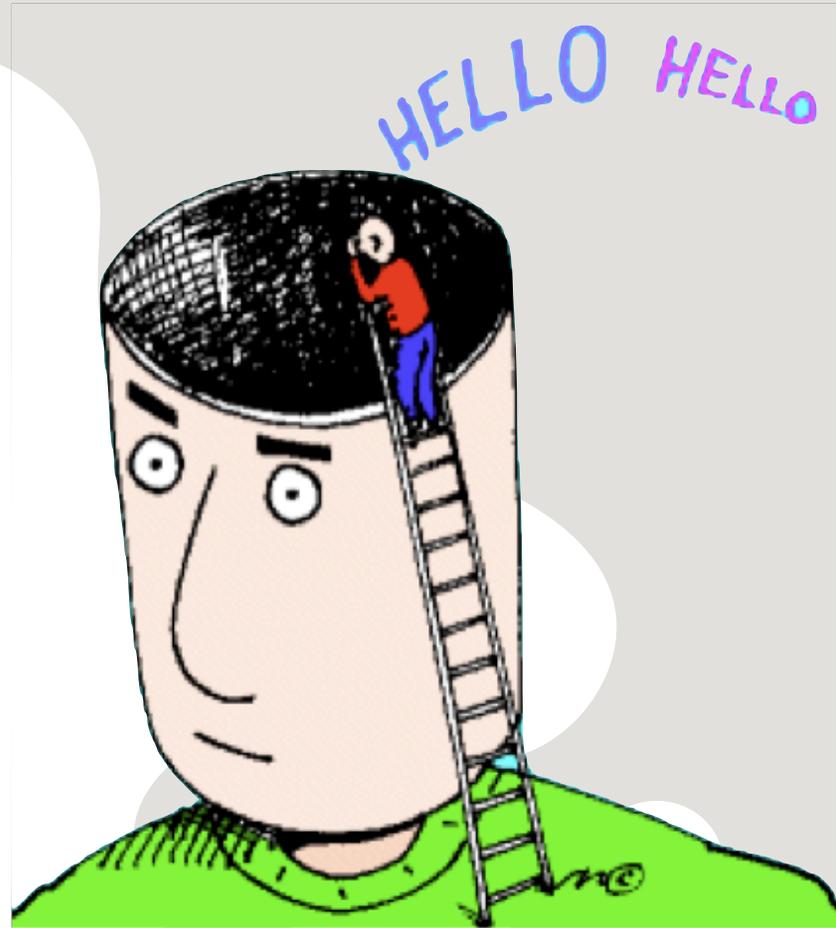
04

Increase successful outcomes by adolescents in their own change process and empowering them to make decisions that fit for them

05

Utilize basic skills of motivational interviewing including listening to increase intentionality in communication

# Deficit world view



# Competence world view





# SPIRIT

Partnership

Acceptance

Compassion

Evocation



# OARS

Ask OPEN questions

AFFIRM strengths, values and achievements

REFLECT to show understanding

SUMMARIZE to move the direction of the conversation

# Seeking collaboration

Thanks for talking about your health with me today. What do you think about all this information?

I have some information about how you might graduate on time, are you interested in talking about this.

What have you already been told about marijuana use and depression?

This might not be the right thing for you but some of the young people that I work with have had good experiences with Dr. Corbett. He's been able to help them sort through things. That may or may not be for you.

# Emphasizing autonomy

That is absolutely true. No one can force you to fulfill the conditions of your court order.

You are in a tough spot. You are the only one who can decide which direction you will go. Where do you think you want to go from here?

You're torn about what to do. You are weighing the options and figuring out what will work best for you.

You're in charge of you and how things turn out for you. I'm glad to be here for you when you want.

MI is measurable...thus you can be coached



Listen to this...





What happened?

What (if anything) would you change?



**Learning ML is a process...not an event.**



# Additional learning opportunities

## Motivational Interviewing and SBIRT Training 2022 Calendar

<https://attcnetwork.org/centers/great-lakes-attc/motivational-interviewing-and-sbirt-training-2022>

# Resources – GotTransition.org®

The screenshot shows the homepage of GotTransition.org. At the top left is the logo, which consists of a stylized blue and green figure with arms raised above the text "got transition." in a blue, lowercase font. To the right of the logo is a navigation menu with the following items: "Six Core Elements™", "Youth & Young Adults", "Parents & Caregivers", "Resources & Research", "About Us", and social media icons for Facebook, Twitter, YouTube, and a search icon. Below the navigation is a large banner area with a light green background. On the left side of the banner, there is a paragraph of text: "Got Transition® is the federally funded national resource center on health care transition (HCT). Its aim is to improve transition from pediatric to adult health care through the use of evidence-driven strategies for health care professionals, youth, young adults, and their families." To the right of the text is a larger version of the "got transition." logo. Below the text and logo is a row of five small circles, with the first one filled in. At the bottom of the banner is a green bar with the text "Got Transition aims to help youth and young adults move from pediatric to adult health care." and a small blue accessibility icon in the bottom right corner.

got transition.

Six Core Elements™ Youth & Young Adults Parents & Caregivers Resources & Research About Us f t y Q

Got Transition® is the federally funded national resource center on health care transition (HCT). Its aim is to improve transition from pediatric to adult health care through the use of evidence-driven strategies for health care professionals, youth, young adults, and their families.

got transition.®

Got Transition aims to help youth and young adults move from pediatric to adult health care.

# Resources – [www.healthtransitionwi.org](http://www.healthtransitionwi.org)

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 **HEALTH TRANSITION WISCONSIN**  
Supporting Youth to Adult Health Care Transition

[HOME](#) [YOUTH & FAMILIES](#) [CLINICS AND HEALTH SYSTEMS](#) [TRAINING & EVENTS](#) [REGIONAL CENTERS](#)



—  
WELCOME TO WISCONSIN'S YOUTH HEALTH TRANSITION INITIATIVE!

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Great Lakes ATTC,  
MHTTC, PTTC  
UW Madison



Thank you!

# References

- Miller, W. R., & Rollnick, S. (2013). *Motivational interviewing: Preparing people for change* (Third edition). New York: Guilford Press.
- White, PH, Cooley WC, TRANSITIONS CLINICAL REPORT AUTHORIZING GROUP, AMERICAN ACADEMY OF PEDIATRICS, AMERICAN ACADEMY OF FAMILY PHYSICIANS, AMERICAN COLLEGE OF PHYSICIANS. Supporting the Health Care Transition From Adolescence to Adulthood in the Medical Home. *Pediatrics*. 2018; 142(5):e20182587