

Motivational Interviewing (MI) Resources across the TTC Network

Motivational interviewing is an evidence-based practice to be promoted widely across SAMHSA’s Technology Transfer Centers (TTCs). In order to promote provider and organizational-level support, TTCs need access to resources to support skill development and implementation.

This resource list was compiled and curated by an MI advisory group across the TTCs. The list includes resources developed by the TTC Network. Tables are organized by Network (ATTC, MHTTC, and PTTC) and include the title, description, format, technical assistance type, and the developer. If there are specific questions about a listed resource, please contact the developing Center.

For additional information regarding navigation or recommendations for using these resources you may contact Laura A. Saunders (laura.saunders@wisc.edu) or Denna Vandersloot (dennav@uw.edu).

Note: Resources with an asterisk are not in the TTC Products and Resources Catalog, as they are not a resource for the general public and may not be in a fully developed form, but are being included as the coordination group thought it might be useful for other TTC staff in conceptualizing or building similar products.

ATTC Resources

Title	Description	Format	TA Type	Developer
Adolescent Conference 2015 - Expert Presenter Biographies	Expert presenter bios at the 2015 Improving Care for Substance Use, HIV and/or HCV in Adolescents: Effective Approaches for Assessing, Treating, and Engaging Teens	Print Media (Brochure, Monograph, Report, Poster)	Awareness/Universal TA	New England ATTC
Adolescent Conference 2015 - Using Motivational Interviewing with Adolescents	This presentation demonstrated how to use Motivational Interviewing with adolescents. Presented by Nadine Mastroleo, Ph.D. This presentation is proprietary.	Presentation Slides	Skill Build/Targeted TA	New England ATTC
Advanced Motivational Interviewing	This is a course on Advanced Motivational Interviewing	Presentation Slides	Skill Build/Targeted TA	New England ATTC

Title	Description	Format	TA Type	Developer
Encouraging Change Podcast: Using Motivational Interviewing in Peer Support	This series addresses topics related to using motivational interviewing in peer recovery support. Laura is a Motivational Interviewing Network of Trainers (MINT) member and a MI trainer, and Kris is a program manager for the Peer Recovery Center of Excellence and an expert in peer recovery support services.	Multimedia (Video, Webinar Recording, Podcast)	Awareness/Universal TA	Great Lakes ATTC
Foundations of MI Virtual Course*	This training includes 20-hours of slides and handouts designed to deliver the foundations of MI.	Slides and Handouts	Skill Build/Targeted TA	Northwest ATTC
Intensive Technical Assistance Motivational Interviewing-iTAMI	Intensive Technical Assistance Motivational Interviewing - iTAMI offers intensive technical assistance opportunities that support the adoption, implementation, and refinement of the evidence based practice of Motivational Interviewing. Additionally, the innovative iTAMI structure allows programs to engage in training, implementation support and individual coaching activities in a volitional and cumulative manner; determined by specific needs and program structures.	Intensive Technical Assistance Project & Training, Implementation Model / Via Zoom	Intensive TA	Northeast & Caribbean ATTC
Leaders of Change: Motivational Interviewing for Leaders (webinar) *	This webinar, presented by Colleen Marshall, MA, LMFT and Anette Sogaard Nielsen, PhD, focused on how leaders can adapt and apply the evidence-based approach of Motivational Interviewing (MI) to support change in their employees and organizations. The two speakers discussed the main elements from their new book and introduced attendees to the benefits and risks of using MI in leadership and supervisory roles.	Multimedia (Video, Webinar Recording, Podcast)	Awareness/Universal TA	Northwest ATTC

Title	Description	Format	TA Type	Developer
Motivational Interviewing Assessment: Supervisory Tools for Enhancing Proficiency (MIA:STEP)	Findings from the National Institute on Drug Abuse's Clinical Trials Network protocol documented that one Motivational Interviewing (MI) assessment interview resulted in higher retention rates during the first four MIA: STEP Brochure Cover weeks of treatment when compared to assessments as usual. The MIA: STEP Blending Team designed empirically supported mentoring products to enhance the MI skills of treatment providers, as well as supervisory tools to fortify a supervisor's ability to provide structured, focused, and effective clinical supervision. MIA:STEP introduces an effective strategy for observation-based clinical supervision, the use of which has potential to improve counselor skills beyond MI.	Curriculum Package	Skill Build/Targeted TA	ATTC Network
Motivational Interviewing Coaching Protocol *	These documents outline a process for providing 30-60 minute individual coaching sessions to support on-going MI learning.	Word documents	Skill Build/Targeted TA	Northwest ATTC

Title	Description	Format	TA Type	Developer
Motivational Interviewing for HIV Clinicians: Supporting Behavior Change Training Package	<p>The purpose of this introductory daylong training is to provide HIV clinicians (including, but not limited to physicians, dentists, nurses, and other allied medical staff, therapists and social workers, and counselors, specialists, and case managers) with a detailed overview of the use of Motivational Interviewing to support behavior change in patients living with HIV/AIDS. The curriculum reviews the rationale of using Motivational Interviewing with this population including some of the evidence to support its use. The training then introduces the core foundations of Motivational Interviewing spirit and the core skills needed to do Motivational Interviewing. The curriculum reviews important aspects of the Motivational Interviewing spirit and helping style; reviews the essential skills in utilizing MI; several opportunities for skill practice are woven throughout the curriculum. Four brief group videos have been inserted throughout the presentation to encourage dialogue among the training participants, and to illustrate how the information contained within the presented can be used clinically. The duration of the training is approximately 6 hours of content delivery time (one full day). The introductory training includes a PowerPoint presentation, Trainer Guide, and two-page fact sheet.</p>	Curriculum Package	Skill Build/Targeted TA	Pacific Southwest ATTC
Motivational Interviewing for Leaders Curriculum*	<p>This one-day training explores the application of Motivational Interviewing strategies to helping employees develop internal motivation for change and empowering them using a strength-based approach to leadership. The slides and a facilitator guide is available to assist with the delivery of this training.</p>	Curriculum Package	Skill Build/Targeted TA	Northwest ATTC

Title	Description	Format	TA Type	Developer
Motivational Interviewing for Support Staff in Medical Settings Training Curriculum	This training module includes PowerPoint slides and a trainer's guide for delivering a 60-90 minute interactive presentation for support staff (i.e. front desk, schedulers) working in medical settings. The module introduces staff to the practice of Motivational Interviewing as a way to support patient-centered care and handle "challenging" patient interactions, and is intended to support MI implementation efforts in medical settings.	Curriculum Package	Skill Build/Targeted TA	Northwest ATTC
Motivational Interviewing Prompt and Reminder Posters	Recent research on implementation science highlights the importance of understanding the practical strategies that support uptake of new practices and adoption of evidence-based practices (EBP) by clinicians. For example, placing reminders or prompts in the practice setting where the clinician can easily see them provides timely cues that reinforce use of the EBPs. [see Cullen & Adams, 2012; Leathers, 2016; Sholomskas et al., 2005]. With this in mind, the MPATTC worked with a Motivational Interviewing (MI) expert/researcher to create posters that serve as a reminder/prompt about four important tenets of MI and reinforce use of this EBP by clinicians. These posters can be downloaded in multiple formats directly from the MPATTC website and include a QR code that can be scanned to access additional MI resources, products, and training found within the ATTC Network. It is recommended to display these posters together, however they can be used individually as well.	Print Media (Brochure, Monograph, Report, Poster)	Awareness/Universal TA	Mountain Plains ATTC
Motivational Interviewing Teaching and Coaching Learning Collaborative*	This one-year learning collaborative was designed for clinical supervisors to support the development of their own MI skills and develop MI teaching and coaching skills.	Multimedia (slides, speaker notes, handouts)	Implementation/Intensive TA	Northwest ATTC

Title	Description	Format	TA Type	Developer
Motivational Interviewing to Address Hepatitis C Vignettes	The New England ATTC, the Northeast & Caribbean ATTC, and the National SBIRT ATTC at IRETA, have collaborated to create the six video vignettes below as a component of the ATTC Network's HCV Current Initiative. The HCV Current Initiative provides materials to help health professionals address patient needs in the evolving field of HCV treatment. The New England and National SBIRT ATTCs developed, filmed, and edited the videos.	eNewsletter or Blog	Awareness/Universal TA	New England ATTC
Motivational Interviewing- A Basic Foundation	This training is an introduction to the evidence-based clinical method of Motivational Interviewing, an effective approach in the care of challenging clients, and will provide participants with an opportunity to explore creative ways of integrating these approaches. Motivational Interviewing is a client-centered, evidence-based, directive method for enhancing intrinsic motivation to change by exploring and resolving ambivalence. After orientation to the underlying spirit, structure, and principles of Motivational Interviewing, practical exercises will help participants strengthen empathy skills, recognize and elicit patient change talk, and roll with resistance.	Presentation Slides	Skill Build/Targeted TA	New England ATTC
Motivational Interviewing- Principles of Supervision and Coaching (MIA-STEP)	MIA: STEP is a training for those that supervise or mentor treatment providers in a clinical setting and are expected to give feedback and coaching to help practitioners improve their skills and effectiveness. This training for clinical supervisors provides practical tools to be used to enhance treatment providers' Motivational Interviewing (MI) skills.	Presentation Slides	Skill Build/Targeted TA	New England ATTC

Title	Description	Format	TA Type	Developer
Motivational Interviewing: Conversation and Compassionate Listening and its Impact During COVID-19	<p>This is a conversation in Motivational Interviewing, (MI), to illustrate the power of one person in the lives of the people we serve. During this healthcare crisis, providers are transmitting all the goodness conveyed to them in their lives by influential people and experiences. The evidence of one harsh comment can undo a person's sense of exploration and connection to creative problem solving. Today, we will make a choice in how we want to be memorable in the workplace. Motivational Interviewing awakens one's inner sense of purpose and enthusiasm for the hard work being done during this health care crisis. Objectives: Describe the characteristics of influential people; Become aware of compassionate listening and its impact on suffering; and Discuss the impact of difficult judgement of others</p>	<p>Multimedia (Video, Webinar Recording, Podcast)</p>	<p>Awareness/Universal TA</p>	<p>New England ATTC</p>
Southeast ATTC Ask the Expert March Dialogue: I Only Have 5 Minutes! Brief Conversations for Change and Exchanging Information	<p>This virtual dialogue was sponsored by the Southeast ATTC Regional Center and focused on strategic but swift ways to support change through motivational interviewing Alabama, Georgia, Florida, Kentucky, Mississippi, Tennessee, North Carolina, South Carolina</p>	<p>Presentation Slides</p>	<p>Skill Build/Targeted TA</p>	<p>Southeast ATTC</p>
Substance Use Disorder EBP Video Demonstration Series: MI - Evoking Motivation to Change	<p>This video demonstrates the use of Motivational Interviewing skills with a client who knows they need to make a change, but they're not sure how to do it. In the video, the client has been participating in virtual sessions for a couple weeks. His goals for treatment are maintain his housing and improve his mental health symptoms. The counselors have been successful at helping the client to see the connection between his substance use and these goals.</p>	<p>Brief Video Demonstration</p>	<p>Awareness/Universal TA</p>	<p>Pacific Southwest ATTC</p>

Title	Description	Format	TA Type	Developer
Substance Use Disorder EBP Video Demonstration Series: MI - OARS	<p>This video demonstrates the use of the Motivational Interviewing micro-skills of Open-Ended Questions, Affirmations, Reflections, and Summaries – the “OARS.” The session is a follow-up to an intake in which the individual disclosed wanting to receive support related to alcohol use and discloses potential co-occurring mental health symptoms. In the video, the counselor utilizes the OARS in order to initiate and continue a conversation about alcohol use while maintaining the MI Spirit in order to continue building rapport with the new client. In using the OARS, the counselor is able to evoke information about the client’s experience of alcohol and “feeling down” while also providing empathetic feedback through reflection. The counselor is played by Jaysa Jones, LCSW and the client is played by Andrew Kurtz, LMFT.</p>	<p>Brief Video Demonstration</p>	<p>Awareness/Universal TA</p>	<p>Pacific Southwest ATTC</p>
Substance Use Disorder EBP Video Demonstration Series: MI - Working with Ambivalence to Change	<p>This video demonstrates the use of Motivational Interviewing skills with a client who is ambivalent about the need to change their substance use. In the video, the client is not motivated to change his alcohol use, but he’s willing to have a conversation with the counselor if he can get help with housing. Although he’s experienced some negative consequences related to his drinking, he doesn’t believe it’s a big concern. The counselor demonstrates the Decisional Balance and the MI core skills to raise awareness and highlight motivation to change. The counselor’s goal is to try to connect the client’s current challenges with housing to a potential substance use goal.</p>	<p>Brief Video Demonstration</p>		<p>Pacific Southwest ATTC</p>

Title	Description	Format	TA Type	Developer
Talking to Change: An MI Podcast	Talking To Change: A Motivational Interviewing Podcast, hosted by Glenn Hinds and Sebastian Kaplan, is a series of conversations exploring Motivational Interviewing (MI) and its influence on supporting individuals and groups as they make positive health and lifestyle changes.	Multimedia (Video, Webinar Recording, Podcast)	Awareness/Universal TA	Northwest ATTC
Teens R' Us and the SBIRT Model (Webinar)	This webinar, presented by Ken C. Winters, PhD, provided an overview of the Screening, Brief Intervention and Referral to Treatment (SBIRT) model for use with adolescents who may be using substances. In addition to a look at the parts of the SBIRT model, Dr. Winters also discussed techniques for maximizing the quality of a teen's self-report, provided an overview of the components of several recommended brief interventions, and provided links to evidence-based tools and resources.	Multimedia (Video, Webinar Recording, Podcast)	Awareness/Universal TA	Northwest ATTC
Tour of Motivational Interviewing	A Tour of Motivational Interviewing: An Interprofessional Road Map for Behavior Change is a four-hour course in Motivational Interviewing (MI), a form of collaborative conversation for strengthening a person's own motivation and commitment to change, by eliciting and exploring the person's own reasons for change within an atmosphere of acceptance and compassion. This course takes the learner on a tour of the essential skills used to strengthen an individual's motivation for behavior change.	Interactive Resource	Awareness/Universal TA	ATTC Network
Virtual Foundations of MI Training Materials	These materials are designed for a 20-hour delivery of a Foundations of MI course. Includes PowerPoints and handouts.	Multimedia (slides, handouts)	Skill Build/Targeted TA	Northwest ATTC

MHTTC Resources

Title	Description	Format	TA Type	Developer
Best and Promising Practices Fact Sheet: Motivational Interviewing	Behavioral health practitioners and organizations are often required to determine whether a particular intervention meets the needs of their clients, staff, and/or funders. The Best and Promising Practice (BPP) Fact Sheet Library, developed by the MHTTC Network, is designed to provide the mental health workforce with information about a wide array of evidence-based and promising approaches. Each fact sheet in the library summarizes a specific behavioral health practice, its evidence base, and steps for successful implementation. In this sheet, we provide an overview of the principles and practice of Motivational Interviewing	Print Media (Brochure, Monograph, Report, Poster)	Awareness/Universal TA	MHTTC Network + Great Lakes MHTTC
DARN Ruler	Motivational Interviewing DARN Ruler	Print Media (Brochure, Monograph, Report, Poster)	Awareness/Universal TA	Northeast & Caribbean MHTTC
EBP Series: Motivational Interviewing to Support Recovery	On July 17th, we held our fifth and final Evidence-Based Practices (EBP) Series webinar on "Motivational Interviewing to Support Recovery." Ken Kraybill provided an overview of Motivational Interviewing (MI) and how to tailor it towards those in recovery.	Multimedia (Video, Webinar Recording, Podcast)	Awareness/Universal TA	New England MHTTC

Title	Description	Format	TA Type	Developer
Empowering Wellness in Mental Health: Helping People with their Lifestyle Changes	<p>This is a one-hour self-paced online course. Making lifestyle changes is hard for most people, but for those living with serious mental health conditions and taking antipsychotic medications, the risks of not living a healthy lifestyle are far greater. This group is at greater risk of developing obesity and related health conditions like diabetes which contribute to substantial cardiovascular health disparities. This can result in an average life expectancy that is 20+ years shorter than the general population. But there are proven things you can do to help people start and sustain healthy changes that can combat these risks. This 1-hour course will review the specific risks to this group and explain proven approaches to lifestyle changes. You will learn evidence-based skills and key components to help people identify and work towards their goals. The course will describe effective strategies, motivational techniques and point to additional resources so you can learn more.</p>	<p>Online Course (HeK)</p>	<p>Awareness/Universal TA</p>	<p>Northwest MHTTC</p>
Encouraging Change Podcast: Using Motivational Interviewing in Peer Support	<p>The Encouraging Change podcast is hosted by Kris Kelly, BS and Laura Saunders, MSSW. This series addresses topics related to using motivational interviewing in peer recovery support. Laura is a Motivational Interviewing Network of Trainers (MINT) member and a MI trainer, and Kris is a program manager for the Peer Recovery Center of Excellence and an expert in peer recovery support services.</p> <p>All the episodes in this newly released series are available on the Great Lakes Wave Anchor channel, along with tons of other great content. You can listen to all of our podcasts directly on Anchor, or you can listen to them using Spotify, Apple Podcasts, Google Podcasts, and many other podcast platforms!</p>	<p>Multimedia (Video, Webinar Recording, Podcast)</p>	<p>Awareness/Universal TA</p>	<p>Great Lakes MHTTC</p>
Inspiring and Engaging Hispanic/Latinx People in Recovery by Using Motivational Interviewing Principles	<p>This interactive webinar discussed how to facilitate hope and develop skills that will facilitate the recovery journey of Hispanic/Latinx people with Lived Experience by using motivational interviewing principle</p>	<p>Presentation slides</p>	<p>Awareness/Universal TA</p>	<p>New England MHTTC</p>

Title	Description	Format	TA Type	Developer
Handouts for Motivational Interviewing within Cultural Practices: Session 1	Slides form the session Motivational Interviewing within Cultural Practices. This event took place on June 14th, 2021. Featuring our special MI trainer: Kathyleen M. Tomlin PhD, LPC, LMHC, CADC III. The goals of this training event are to assist participants to support blending cultural practices with the concepts of Motivational Interviewing, (MI); an evidenced-based, culturally sensitive behavior change practice.	Presentation slides	Awareness/Universal TA	National American Indian and Alaska Native MHTTC
Handouts for Motivational Interviewing within Cultural Practices: Session 2	Slides form the session Motivational Interviewing within Cultural Practices. This event took place on June 17th, 2021. Featuring our special MI trainer: Kathyleen M. Tomlin PhD, LPC, LMHC, CADC III. The goals of this training event are to assist participants to support blending cultural practices with the concepts of Motivational Interviewing, (MI); an evidenced-based, culturally sensitive behavior change practice.	Presentation slides	Awareness/Universal TA	National American Indian and Alaska Native MHTTC
Handouts for Motivational Interviewing within Cultural Practices: Session 3	Slides for the session Motivational Interviewing within Cultural Practices. This event took place on June 24th, 2021. Featuring our special MI trainer: Kathyleen M. Tomlin PhD, LPC, LMHC, CADC III. The goals of this training event are to assist participants to support blending cultural practices with the concepts of Motivational Interviewing, (MI); an evidenced-based, culturally sensitive behavior change practice.	Presentation slides	Awareness/Universal TA	National American Indian and Alaska Native MHTTC
Handouts for Motivational Interviewing within Cultural Practices: Session 4	Slides from the session Motivational Interviewing within Cultural Practices. This event took place on June 28th, 2021. Featuring our special MI trainer: Kathyleen M. Tomlin PhD, LPC, LMHC, CADC III. The goals of this training event are to assist participants to support blending cultural practices with the concepts of Motivational Interviewing, (MI); an evidenced-based, culturally sensitive behavior change practice.	Presentation slides	Awareness/Universal TA	National American Indian and Alaska Native MHTTC
Inspiring and Engaging Hispanic/Latinx People in Recovery by Using Motivational Interviewing Principles	This interactive webinar discussed how to facilitate hope and develop skills that will facilitate the recovery journey of Hispanic/Latinx people with Lived Experience by using motivational interviewing principles.	Multimedia (Video, Webinar Recording, Podcast)	Awareness/Universal TA	National American Indian and Alaska Native MHTTC

Title	Description	Format	TA Type	Developer
Join the Conversation: Motivational Interviewing	In this fourth 90-minute session of the Culturally Responsive Evidence-Based and Community-Defined Practices for Mental Health Series, we will: Discuss how Motivational Interviewing (MI) is being implemented with various cultural groups across the Network/in different regions. Highlight additional culturally responsive “MI practices” being utilized across the Network/in different regions. Share lessons learned during the implementation of MI (i.e., Balancing MI and the cultural needs of the people served).	Multimedia (Video, Webinar Recording, Podcast)	Awareness/Universal TA	MHTTC Network
Module 1: An Introduction to Motivational Interviewing	Presentation slides for Module 1: An Introduction to Motivational Interviewing.	Presentation Slides	Skill Build/Targeted TA	Northeast & Caribbean MHTTC
Module 2: The Spirit of Motivational Interviewing	Presentation slides for Module 2: The Spirit of Motivational Interviewing	Presentation Slides	Skill Build/Targeted TA	Northeast & Caribbean MHTTC
Module 3: The Processes of Motivational Interviewing	Presentation slides for Module 3: The Processes of Motivational Interviewing	Presentation Slides	Skill Build/Targeted TA	Northeast & Caribbean MHTTC
Module 4: MI Skills: Open-Ended Questions, Affirmations, and Simple Reflections	Presentation slides for Module 4: MI Skills: Open-Ended Questions, Affirmations, and Simple Reflections	Presentation Slides	Skill Build/Targeted TA	Northeast & Caribbean MHTTC
Module 5: MI Skills 2: Complex Reflections, Summaries and Combining OARS	Presentation slides for Module 5: MI Skills 2: Complex Reflections, Summaries and Combining OARS	Presentation Slides	Skill Build/Targeted TA	Northeast & Caribbean MHTTC
Module 6: Putting it all Together & The Continuum of Change	Presentation slides for Module 6: Putting it all Together & The Continuum of Change	Presentation Slides	Skill Build/Targeted TA	Northeast & Caribbean MHTTC

Title	Description	Format	TA Type	Developer
Motivational Interviewing for COVID-19 Vaccine Hesitancy	There are enough COVID-19 vaccines for everyone in the United States, but some people aren't quite sure yet if they are ready to get one. Dr. Emily Kline taught how to use skills from an evidence-based approach called motivational interviewing to have more successful conversations about COVID-19 vaccines.	Multimedia (Video, Webinar Recording, Podcast)		New England MHTTC
Motivational Interviewing within Cultural Practices	Featuring our special MI trainer: Kathyleen M. Tomlin PhD, LPC, LMHC, CADC III The goals of this training event are to assist participants to support blending cultural practices with the concepts of Motivational Interviewing, (MI); an evidenced-based, culturally sensitive behavior change practice.	Multimedia (Video, Webinar Recording, Podcast)	Awareness/Universal TA	National American Indian and Alaska Native MHTTC
Motivational Interviewing within Cultural Practices	Recording- live session took place June 28th Featuring our special MI trainer: Kathyleen M. Tomlin PhD, LPC, LMHC, CADC III The goals of this training event are to assist participants to support blending cultural practices with the concepts of Motivational Interviewing, (MI); an evidenced-based, culturally sensitive behavior change practice.	Multimedia (Video, Webinar Recording, Podcast)	Awareness/Universal TA	National American Indian and Alaska Native MHTTC
Motivational Interviewing within Cultural Practices	Recording- live session took place June 24 Featuring our special MI trainer: Kathyleen M. Tomlin PhD, LPC, LMHC, CADC III The goals of this training event are to assist participants to support blending cultural practices with the concepts of Motivational Interviewing, (MI); an evidenced-based, culturally sensitive behavior change practice.	Multimedia (Video, Webinar Recording, Podcast)		National American Indian and Alaska Native MHTTC

Title	Description	Format	TA Type	Developer
Motivational Interviewing within Cultural Practices	<p>Recording- live session took place June 17</p> <p>Featuring our special MI trainer: Kathyleen M. Tomlin PhD, LPC, LMHC, CADC III</p> <p>The goals of this training event are to assist participants to support blending cultural practices with the concepts of Motivational Interviewing, (MI); an evidenced-based, culturally sensitive behavior change practice.</p>	Multimedia (Video, Webinar Recording, Podcast)		National American Indian and Alaska Native MHTTC
Motivational Interviewing within Cultural Practices	<p>Recording- live session took place June 17</p> <p>Featuring our special MI trainer: Kathyleen M. Tomlin PhD, LPC, LMHC, CADC III</p> <p>The goals of this training event are to assist participants to support blending cultural practices with the concepts of Motivational Interviewing, (MI); an evidenced-based, culturally sensitive behavior change practice.</p>	Multimedia (Video, Webinar Recording, Podcast)	Awareness/Universal TA	National American Indian and Alaska Native MHTTC
Motivational Interviewing- Informed Supervision Recorded Webinar	<p>In this session we'll explore ways in which the MI spirit, core skills, and four processes can enhance supervision. Three MI-based supervisory models will be presented along with vignettes. Whether you're experienced, new, or not yet a supervisor, you are invited to explore what is MI-informed supervision, why it matters, and how to apply specific strategies to help staff thrive in their work. This webinar is part of the Provider Well-Being Series with C4 Innovations.</p>	Multimedia (Video, Webinar Recording, Podcast)	Awareness/Universal TA	Northwest MHTTC
Motivational Interviewing: Training of Trainers Manual	<p>The primary audience of the Motivational Interviewing: A Training of Trainers manual is the behavioral health workforce including, but not limited to, psychologists, social workers, counselors, peer specialists, case managers, and more.</p>	Print Media (Brochure, Monograph, Report, Poster)	Implementation/Intensive TA	Northeast & Caribbean MHTTC

Title	Description	Format	TA Type	Developer
Portuguese PowerPoint - Usando os Princípios da Entrevista Motivacional para Inspirar e Engajar Hispânicos/Latino-Americanos em Recovery	This interactive webinar discussed how to facilitate hope and develop skills that will facilitate the recovery journey of Hispanic/Latinx people with Lived Experience by using motivational interviewing principles.	Presentation Slides	Skill Build/Targeted TA	New England MHTTC
Putting It Together: A Framework for Whole-Person Care in Behavioral Health Podcast	We speak with Ken Kraybill about the importance of whole-person care in behavioral health. We will explore how being person-centered, trauma-informed, and recovery-oriented can help address disparities. Last but not least, we discuss how to be self-compassionate in our work.	Multimedia (Video, Webinar Recording, Podcast)	Awareness/Universal TA	Northwest MHTTC
Putting It Together: Listening to Voices of Lived Experience in Recovery Podcast	We speak with three people in recovery about the recovery process, the impact of trauma on recovery, posttraumatic growth, dealing with stigma and racial discrimination, harm reduction, and what they'd like behavioral health practitioners to consider in supporting recovery.	Multimedia (Video, Webinar Recording, Podcast)	Awareness/Universal TA	Northwest MHTTC
Recovery-Oriented Cognitive Therapy: Motivation and Connection	The 2020 Southwest First Episode Psychosis Conference took place virtually on August 3rd through the 5th. In this session, Dr. Aaron Brinen, Assistant Professor Psychiatry at Drexel College of Medicine, discusses the obstacle that negative symptoms can pose to recovery for individuals with psychosis. Dr. Brinen shares innovative strategies to overcoming challenges of motivation and connection.	Multimedia (Video, Webinar Recording, Podcast)	Awareness/Universal TA	South Southwest MHTTC
Serious Mental Illness Overview	This flyer provides an overview of Mid-America MHTTC services in the field of serious mental illness.	Print Media (Brochure, Monograph, Report, Poster)	Awareness/Universal TA	Mid-America MHTTC

Title	Description	Format	TA Type	Developer
Spanish PowerPoint - Inspirar e involucrar a las personas Hispanas/Latinx en recuperación utilizando los principios de entrevista motivacional	This interactive webinar discussed how to facilitate hope and develop skills that will facilitate the recovery journey of Hispanic/Latinx people with Lived Experience by using motivational interviewing principles.	Presentation Slides	Skill Build/Targeted TA	New England MHTTC
STRIDE Program Group Facilitation Curriculum Package	The STRIDE Curriculum Package is the second step in the STRIDE Program, taking participants through the training to enable them to facilitate group sessions. Part One ~ Self-Paced Course: Empowering Wellness in Mental Health: Helping People with their Lifestyle Changes 1-hour online course providing the context around the impact of medications and symptoms associated with serious mental illness, motivational interviewing and evidence-based recommendations.	Curriculum Package	Implementation/Intensive TA	Northwest MHTTC
Workshop Wednesday: Motivational Interviewing- What it is & How to Use It	In this one-hour training, participants went away with a clear understanding of what Motivational Interviewing is and what it is not. Including steps on how to begin to use it most effectively to assist patients in discovering ways to make positive changes in their lives.	presentation slides, webinar recording	Awareness/Universal TA	Mountain Plains MHTTC

PTTC Resources

Title	Description	Format	TA Type	Developer
Adolescent SBIRT Pocket Card	<p>The SBIRT pocket card was developed for use as a guide during a brief alcohol or substance use intervention with adolescent patients/clients. One side of the card includes a guide for scoring the CRAFFT screening tool along with a readiness-to-change scale to share as a visual aid and help the patient/client decide how ready they are to make a change. The other side identifies steps of the brief intervention along with key interviewing techniques. If you do not ask, adolescents will not tell you about their use of alcohol or other substance.</p>	<p>Toolkit</p>	<p>Awareness/Universal TA</p>	<p>Mountain Plains PTTC</p>
Building Great Rapport: How to Engage Patients with Unhealthy Substance Use	<p>By adopting a new approach, clinicians can greatly improve how they engage with these patients. This presentation will improve providers' ability to engage and build rapport by challenging assumptions that lead to stigma, applying principles of harm reduction, and performing a four-step brief intervention model that enhances the motivation of patients to decrease their risk of illness and death. As a result, clinicians who once considered these patient visits "difficult" can begin to perceive them as valuable opportunities to help patients adopt safer behaviors and forge their pathway to recovery.</p>	<p>Multimedia (Video, Webinar Recording, Podcast)</p>	<p>Awareness/Universal TA</p>	<p>Central East PTTC</p>
Culturally-Informed Motivational Interviewing Skills for Addressing Substance Misuse for African American Males	<p>This webinar will discuss cultural considerations for using motivational interviewing as a clinical tool with African American men who use substances. Special attention will be given to the impact of generational trauma and how they impacts substance use behaviors, engagement in the clinical relationship, and responses to clinical interventions.</p>	<p>Multimedia (Video, Webinar Recording, Podcast)</p>	<p>Awareness/Universal TA</p>	<p>Central East PTTC</p>

Title	Description	Format	TA Type	Developer
Motivational interviewing for Smoking Cessation, Part 2	This webinar builds upon MI's fundamental concepts and continues development of the necessary skills to access motivation and strengthen commitment to change.	Multimedia (Video, Webinar Recording, Podcast)	Awareness/Universal TA	Great Lakes PTTC
Talking about Sex as Prevention: A Novel Use of Motivational Interviewing	<p>Expression of sexuality and intimacy is not just a human right but fundamentally contributes to overall health and well-being. For persons with behavioral health conditions, sexuality and intimacy are inextricably tied to mental health recovery and quality of life. Unfortunately, the provider workforce (nursing, social work, medicine, among others) is not presently equipped to routinely engage in productive and guiding discussions about sexuality and intimacy with persons living with behavioral health conditions. Missed opportunities have great implications for prevention with a population more likely to be infected with HIV, hepatitis B and C, experience intimate partner violence, and contend with co-morbid substance use disorders. Research suggests brief education programs about sexual issues can result in sustained practice change if skills are integrated more deliberately to the extent that providers gain more confidence to skillfully engage in conversations about sexuality as a part of holistic care. Motivational Interviewing (MI) is a recovery-oriented evidence-based practice broadly useful in all health disciplines, applicable in a wide variety of contexts, with a variety of populations, and related to a vast typology of behavioral conversations. In response to research and advocacy, a training toolkit was published that employs the use of MI in experientially teaching providers the skills of MI and the practice of having conversations about sexuality and intimacy. This webinar highlights the contents of this training toolkit and underscores relevant skills for prevention activities.</p>	Multimedia (Video, Webinar Recording, Podcast)	Implementation/Intensive TA	Central East PTTC