

Motivational Interviewing Spirit

A way of being with people which is...

- Collaborative
- Evocative
- Respectful of autonomy



Motivational Interviewing Skills



Open-ended questions
Affirmations
Reflective listening
Summary



Example: Messaging for SUD Screening

Introduce the Screen

We, your team, would like to know more about you so we can better help you. We are asking all patients to complete these questions about your wellness and use of alcohol and other substances. The results of these screens will be used by you and your healthcare team to plan the best care for you.



Example: Messaging for SUD Screening

Ask: Would it be okay if I share with you the results of your questionnaire? If it is okay, we can have a conversation about the results.

[If the patient says yes....]

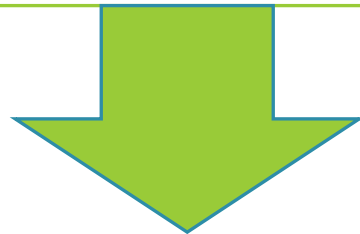


Example: Messaging for SUD Screening

Offer Feedback on the Screen's Results:

People who answered the questionnaire like you are generally at risk for experiencing health affects.

What do you make of this information?



Example: Messaging for SUD Screening

Explore: Ask what the patient knows, has heard, or would like to know

What do you already know about _____ and how to manage it?

What have you heard about _____?

What are your concerns about _____?



Example: Messaging for SUD Screening

Ask for Permission Before Sharing information

*Is it okay with you if I tell you what we know?
Can I share some information with you?*



Example: Messaging for SUD Screening

Offer information in a neutral, nonjudgmental manner

Others have benefited from...

Folks have found....

What we know is....

What we generally recommend is...



Example: Messaging for SUD Screening

Explore: Ask about thoughts, feelings, and reactions

What do you think about this information?

Where does this leave you in terms of ____.

What thoughts or questions do you have about what I've said?

Based on these ideas, what could you see yourself doing?



Example: Messaging for SUD Screening



Support the Patient's Autonomy

How can I support your next steps?