

OPPORTUNITY TO PARTICIPATE IN A MOTIVATIONAL INTERVIEWING RESEARCH STUDY

Motivational interviewing (MI) is “a collaborative conversation style for strengthening a person’s own motivation and commitment to change.”¹ Many service practitioners receive training in MI. However, without continuous support and coaching, practitioner knowledge and skills decline over time.

The Center for Social Innovation (C4) is conducting a research study titled *Motivational Interviewing Simulator: An Experiential Online Training Tool*, funded by the National Institute of Mental Health. This study will test the effectiveness of two products: a motivational interviewing simulator (the Sim) and a motivational interviewing eBook. These tools are designed to build and support practitioner skills to implement MI with fidelity, increase sustainability of effective training, and support better client outcomes.

We need your agency’s help to ensure that these tools are useful for practitioners who are implementing MI.

BENEFITS TO PARTICIPATION:

- Participating agencies will receive a free two-day in-person MI workshop conducted by a trainer from the Motivational Interviewing Network of Trainers (MINT), valued at \$4,000.
- All participating agencies will have time-limited access to the Sim and eBook at the conclusion of the research study (valued at \$250 per person).
- Agencies will likely see improved client outcomes when implementing MI over time.

ELIGIBLE AGENCIES WILL:

- Support MI implementation within their agency.
- Be willing to be randomly assigned to one of the three study groups (MI face-to-face training only, MI face-to-face training plus the MI eBook, or MI face-to-face training plus the MI Sim).
- Designate a site liaison to coordinate research activities at your site (complete a 2-hour human subjects training, help with recruitment and informed consent, send data to C4, and assist with scheduling a site visit (if selected)).
- Share de-identified administrative client data on client demographics, treatment, and outcomes.
- Ensure that practitioners in the study have access to computers and the internet (all groups) and can use webcams (Sim group; if your agency will need webcams, the research team may be able to provide them during the intervention period).
- Be willing to participate in a brief site visit by the research team (only a small subset of agencies will be selected).
- Recruit approximately 5-10 practitioners and 200 clients (20 per practitioner) to participate in the study. (Some agencies will have fewer or more due to agency size)



PARTICIPATING PRACTITIONERS WILL:

- Attend a two-day in-person MI training (16 hours over two days) in their community.
- If assigned to the eBook or Sim group, complete booster training (approximately 20 hours over six months).
- Refrain from receiving additional (non-study related) MI training throughout the course of the study.
- Put MI into practice in their work with clients.
- Complete four 30-40 minute surveys.
- Participate in a site visit, which may include a focus group (only a small subset of agencies will be selected).
- Administer five-minute surveys to their clients during four two-week periods.
- Complete two 20-minute assessment interviews by phone.

Practitioners will receive a \$25 gift card for the completion of study activities at each of the four time points. Practitioners will also receive a \$25 gift card for participation in a focus group. (Up to \$125 total)



PARTICIPATING CLIENTS WILL:

- Engage in community mental health services with a practitioner who is participating in the study.
- Complete up to four five-minute surveys over six months.
- Participate in a site visit, which may include a semi-structured interview (only a small subset of agencies will be selected).

Clients will receive a \$25 gift card for participation in a semi-structured interview.

FOR ADDITIONAL INFORMATION, OR TO APPLY:

Please fill out an application form at <https://www.surveymonkey.com/r/RYHZG7Y>.

If you have additional questions, please contact Rachael Kenney at (781) 247-1786 or misim@center4si.com.

Not all eligible agencies will be selected to participate. Agencies that are not selected will be informed of other available MI training opportunities.

This research is supported by the National Institute of Mental Health of the National Institutes of Health under Award Number R44MH092951. The content of this flyer is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health.

(Endnotes)

- 1 Miller, W. R., & Rollnick, S. (2013). *Motivational interviewing: Helping people change* (3rd ed.) (p. 12). Guilford Press: New York.

Site Recruitment: 04-07-16