



AGENDA

**Health Care Workforce Transformation Trust Fund
Advisory Board Meeting
November 29, 2016
9 a.m. to 10:30 a.m.**

*Commonwealth Corporation
2 Oliver Street, Fifth Floor
Boston*

Call-in Information: Dial 617-717-6965
Enter Bridge #: 1
Enter Access #: 6901

1. Welcome & Introductions – Jennifer James, Executive Office of Labor and Workforce Development
2. Presentation on Motivational Interviewing
Panelists:
Astrea Greig; Boston Health Care for the Homeless
Patricia Seidel; New England Quality Care Alliance
3. Announcements and Closing – Jennifer James

Core Interviewing Skills of MI (OARS)

Open ended questions

Encourage clients to talk what's on their minds by avoiding yes/no questions

Example: *“tell me about your plan to quit smoking.”*

Affirmations

Affirm and support to promote self-confidence and sense of self-efficacy

Example: *“you’ve already reduced smoking to 5 cigarettes a day, and that’s great!”*

Reflections

To convey empathy and understanding

Example: client: *“I know I can quit smoking when I want it, but not now.”*

Provider *“You feel like right now it’s not a good time for you to quit smoking.”*

Summaries

a collection of reflective statements drawn from what a person said, focusing on the person’s motivation for change

Example: Provider *“you’re now down to 5 cigarettes a day and feel good about it. You also feel like you need time to be ready to let go all your smoking habit because you have lots of stress in your life right now, and you feel like you can reduce to 4 cigarettes when your son does better at school.”*

Change Talk

Speech that favors movement toward a particular change goal

Eliciting Change Talk with

DARNCAT

Desire – *I want to, I would like to, I wish, I hope*

Ability – *I can, I could, I am able to, I used to*

Reasons – *It would help me, I'd be better off if*

Need – *I need to, I have to, something has to change*

Commitment – *I will, I promise, I give you my word*

Activation – *I'm willing to, I am ready to, I am prepared to*

Taking steps – *I bought e-cigarette, I went to AA meeting*



A-C-E

Autonomy

V

Authority

E

Collaboration

R

Coercion

S

Evocation

U

Education

S

