

# SBIRT NEWSLETTER



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## MOTIVATIONAL INTERVIEWING

Referred to as “MI”, Motivational Interviewing is an evidence-based clinical approach to behavior change with individuals challenged by mental health, substance use disorders, and other chronic health conditions. The goal of MI is to motivate individuals to make changes in unhealthy behaviors, such as poor eating habits, lack of exercise, and excessive alcohol consumption and drug use, and to start living healthier lives. This approach is designed to allow individuals to explore their own interests in making a change, expressing their desire for change in their own words, and resolving ambivalence toward change. The client and healthcare professional collaborate to decide on a plan for change and strengthen the client’s commitment to change. MI has **4 core strategies** aimed to promote behavior change:



**Express Empathy & Reflective Listening**

Understanding and hearing the client (from their experience) are crucial for establishing trust, building rapport, and enhancing acceptance for change.



**Develop Discrepancy**

Clients become motivated to change when they perceive a discrepancy between their present behavior and important personal goals and values.



**Roll with Resistance**

It is important to avoid directive, judgmental and confrontation communication with clients because it does not lead to behavior change. Rather, the healthcare professional should use “change talk,” focusing on the client’s values and concerns.



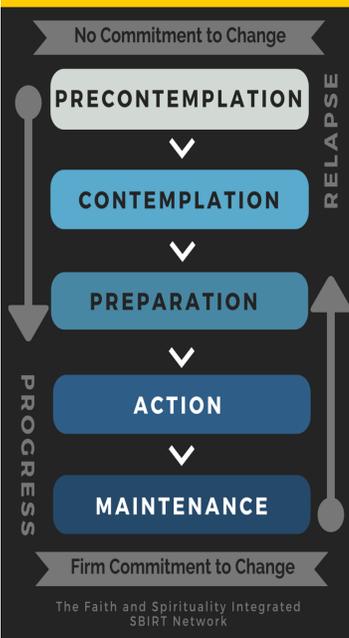
**Support Self-Efficacy**

Clients who have confidence or believe they can change are more likely to change. It is important to encourage and support their ability to change in a positive way.

**MI TECHNIQUES: OARS**

- 01 OPEN-ENDED QUESTIONS
- 02 AFFIRMATIONS
- 03 REFLECTIONS
- 04 SUMMARIES

**STAGES OF CHANGE**



Another technique of MI is OARS (shown on the left), which stands for asking *open-ended* questions, providing personal *affirmations*, listening to *reflections*, and providing *summaries* of what is being said. This form of interaction with a client or patient have a positive impact on change and help with expressing empathy, demonstrating reflective listening, and rolling with resistance. They are key MI techniques to guide discussions with clients to encourage and support behavior change.

MI is important because discussing behavior change, especially changing risky behaviors like alcohol and drug use is difficult to do with clients in clinical settings. MI strategies encourage clients to progress through the stages of change that are most common: precontemplation and contemplation where they are not thinking about change or are ambivalent towards change to stages where they are considering change or taking steps to change (i.e. the preparation and action stages).

The image on the left depict the Stages of Change flow that clients tend to go through when engaging in the process of behavior change. Just as the individual can move through the stages of change toward progress, if the positive behavior is not maintained, then the individual runs the risk of relapse and returning to a previous stage.

## STAFF HIGHLIGHTS

### FACULTY PRECEPTOR LIANSONS:



**Dr. Kathryn Ecklund** is a Licensed Clinical Psychologist, practicing in the assessment and delivery of culturally sensitive mental health services for children and families.



**Dr. Jennifer Payne** is an Assistant Professor in APU's Department of Social Work. Her research interests include developing culturally adapted community-based depression and trauma interventions and addressing minority mental health disparities.



**Dr. Lynda Reed** has extensive experience as an educator, critical care nurse, and primary care nurse in endocrinology, women's health, and low income family practice.

## SPOTLIGHT: FAITH & SPIRITUALITY BASED TREATMENT REFUGE RECOVERY, BEIT T'SHUVAH, AND SOCIAL MODEL

### Refuge Recovery

*"Waking up is not a selfish pursuit of happiness, it is a revolutionary stance, from the inside out, for the benefit of all beings in existence."* (Noah Levine, founder of Refuge Recovery and author of *Refuge Recovery: A Buddhist Path to Recovering from Addiction*)



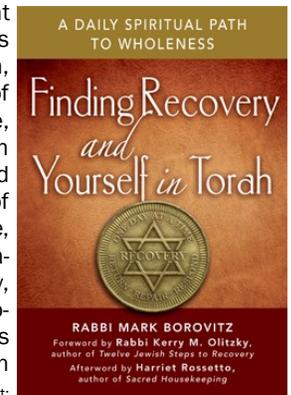
Located in the heart of Los Angeles, [Refuge Recovery](http://www.refugerecovery.org) seeks to transform the lives of individuals with Substance Use Disorders (SUDs), from one of suffering to happiness by guiding them down the path of healing. Refuge Recovery approaches SUD treatment with the core beliefs from Buddhism and the teachings of Siddhartha Guatama (Buddha). This practice rests in the recognition that SUDs cause suffering and that the path to recovery is possible. The program uses a systematic approach to guide individuals through the Eight-fold Paths and the Four Noble Truths. Clients are encouraged to engage in daily meditation, investigate the cause of suffering, and form a community for healing work required for recovery and a lifelong sense of happiness and well-being.

(For more information on Refuge Recovery, please visit: <http://www.refugerecovery.org> or contact Shannon Fowler, co-founder of Refuge Recovery, at [323-207-0276](tel:323-207-0276) or email [shannon@refugerecoverycenters.com](mailto:shannon@refugerecoverycenters.com))

### Beit T'Shuvah

*"Addiction is a hole in the soul. It is a spiritual malady that says there is something wrong. Recovery is about I Matter and I'm a Holy soul."* (Rabbi Mark Borovitz, head Rabbi at Beit T'Shuvah and author of *Finding Recovery and Yourself in Torah*)

Located in West Los Angeles, [Beit T'Shuvah](http://www.beitshuvah.org/) offers a faith-based treatment program for individuals seeking recovery from substance use disorders (SUDs). While the program is centered on the spiritual practices of Judaism, members are not required to have a Jewish background. The philosophy of Beit T'Shuvah is about how to deal with your transgressions, repentance, return, and a new response to life. Beit T'Shuvah views addiction as a search for a sense of wholeness and well-being. The program addresses this need through the formation of a community based on the spiritual practices of Judaism and teaches members to live in concert with their own inner value, dignity and Kedusha (Holiness). The Beit T'Shuvah faith-based model emphasizes authenticity and wholeness by integrating spirituality, psychotherapy, Jewish teachings, the 12 Steps, and the creative arts into the recovery process. The program offers traditional and non-traditional approaches, such as spiritual counselors that guide members through daily Torah study, Torah services and prayer writing groups. (For more information on Beit T'Shuvah, please visit: <http://www.beitshuvah.org/>)



### Social Model Recovery Systems

*"We see spirituality as a key component in recovery and an important aspect of the treatment process for individuals in treatment."* (Jim O'Connell, Director, Social Model Recovery Systems)

With 12 locations in Los Angeles and Orange County, [Social Model Recovery Systems](http://socialmodel.com) seeks to provide treatment services for those individuals whose lives have become burdened by alcohol and drug use, as well as mental health concerns that are interfering with their everyday lives. Social Model Recovery Systems offers SUD treatment programs for both adults and adolescents, as well as programs specifically for women and children. The program focuses on building a community that is safe and nurturing, emphasizing that healthy relationships with others and the environment are catalysts for successful recovery. Social Model Recovery Systems recognizes the importance of personal responsibility, mutual self-help, and sharing knowledge on recovery and personal experiences, values and beliefs with an emphasis on treating the whole person (mind, body and soul). Social Model seeks to build communities that can pursue social, economic, educational, and spiritual wellness, free from alcohol, drugs, and other mental health concerns.

(For more information on Social Model, please visit: [socialmodel.com](http://socialmodel.com))



**SOCIAL MODEL RECOVERY SYSTEMS**

## STAFF HIGHLIGHTS



**Irene Valdovinos** is the evaluation coordinator on the SBIRT project and oversees the development, implementation, and management of the training materials for the SBIRT student training. She coordinates communication between all stakeholders and oversees regulatory and administrative aspects of the project.

### CONTACT:

Website Coming  
Soon!

### EMAIL US:

healthpsychlab@apu.edu

### FOR MORE INFORMATION ON MI, PLEASE VISIT:

**SAMHSA:** [www.samhsa.gov/sbirt](http://www.samhsa.gov/sbirt)

**The Center for EBP:**

[www.centerforebp.case.edu/practices/mi](http://www.centerforebp.case.edu/practices/mi)

**MINT:** [www.motivationalinterviewing.org/](http://www.motivationalinterviewing.org/)

**WIC Learning Online:**

[https://wicworks.fns.usda.gov/wicworks/WIC\\_LearningOnline/support/job\\_aids/MI.pdf](https://wicworks.fns.usda.gov/wicworks/WIC_LearningOnline/support/job_aids/MI.pdf)

**SBIRT Oregon:** [www.sbirtoregon.org/tools.php](http://www.sbirtoregon.org/tools.php)

### ADDITIONAL RESOURCES:

**Beit T'Shuvah:**

[www.beittshuvah.org](http://www.beittshuvah.org)

**Refuge Recovery:** [www.refugerecovery.org](http://www.refugerecovery.org)

Shannon Fowler:

Phone: [323-207-0276](tel:323-207-0276)

Email: [shannon@refugerecoverycenters.com](mailto:shannon@refugerecoverycenters.com)

**Social Model:**

[www.socialmodel.com](http://www.socialmodel.com)

**Dr. Jennifer Payne:**

[www.jshepardpayne.com](http://www.jshepardpayne.com)

## PUBLICATION FLASH

### Group Motivational Interviewing for Adolescents: Change Talk and Alcohol and Marijuana Outcomes

Most treatment programs for substance use disorders (SUDs) use MI based treatment models, but rely heavily on group therapy. To date, little research has explored the factors that contribute to MI effectiveness within group settings. A critical factor of MI work is change talk, which is any self-expressed speech that is an argument for change. This contrasts with sustain talk, which is arguments against change.

This study focused on the effects of group MI among adolescent's alcohol and marijuana use. Results showed that group facilitators who used MI-consistent strategies (in their speech) increased change talk among adolescents. Using audio recordings from 129 MI-based group sessions, it was found that "change talk" was associated with decreased alcohol intentions, alcohol use, and heavy drinking post-treatment (3 months later). In particular, selective reflection of change talk was suggested to be effective for promoting positive change.

The study also found that adolescents who were in groups that had more sustain talk, reported having greater intentions to use marijuana, decreased motivation to change, and greater expectancies for both alcohol and marijuana.

D'Amico, E. J., Houck, J. M., Hunter, S. B., Miles, J. V., Osilla, K. C., & Ewing, B. A. (2015). Group motivational interviewing for adolescents: Change talk and alcohol and marijuana outcomes. *Journal Of Consulting And Clinical Psychology*, 83(1), 68-80. doi:10.1037/a0038155

Read full article here: <http://psycnet.apa.org/psycinfo/2014-45102-001/>

## HIGHLIGHTS & FUTURE ACTIVITIES

Past, Current and Future Activities of the Faith & Spirituality Integrated SBIRT Network:

- Engaging student, faculty, and treatment providers in formative evaluation, collecting perceptions about substance use disorders (SUDs) and views on integrating faith/spirituality into clinical encounters using SBIRT practice.
- Visiting faith/spirituality-based SUD treatment programs in the community to gain insight on how SUDs are addressed under integrated bio-psycho-social-spiritual clinical models.
- Pilot-testing SBIRT Training concepts of faith/spirituality integration with various stakeholders, including community liaisons from various SUD programs, the Department of Mental Health (DMH) Cultural Competency Committee, and students.
- Attending workshops on conducting student SBIRT training at the SAMHSA Grantee Meeting in Bethesda Maryland held on March 20-23 2016 and making connections with other SBIRT training grantees.
- We will be hosting our **First Annual Training Summit this Fall on Friday, September 23rd, 2016 at Azusa Pacific University** to train faculty and preceptors from social work nursing, and psychology departments across collaborating sites: Azusa Pacific University, Biola University, California Baptist University, Concordia University Irvine, Fresno Pacific University, and La Sierra University on how to conduct SBIRT student training.
- We will be conducting a training for the Department of Mental Health's White Memorial Chaplaincy Program this Fall as well on October 20, 2016.

