

How to Motivate Youth With Addiction Problems

Motivational Interviewing

EMITA

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A definition of MI (How does it work):

Motivational interviewing is a collaborative, goal-oriented method of communication with particular attention to the language of change. It is designed to strengthen an individual's motivation for and movement toward a specific goal by eliciting and exploring the person's own arguments for change

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The Spirit of Motivational Interviewing

- Partnership
- Acceptance
- Compassion
- Evocation

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Some Challenges with Adolescents

- Biological operation to search for "kicks" (risk behavior is normal)
- Cognitive skills not fully developed
- Increased motivation from the "adult environment", without experience and knowledge of these
- Limited self-understanding
- A believed greater confidence regarding their own knowledge/ understanding
- Social factors (peers, identity)
- Biologically driven to search for autonomy

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Some Possibilities with Adolescents

- Social factors (peers, identity)
- Biologically driven to search for autonomy
- A decreasing incidence of risk behavior
- The growth of cognitive development

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The Spirit of Motivational Interviewing

- Partnership
- Acceptance
- Compassion
- Evocation
- If we study the development-literature for young people, it seems that MI being consistent with youth development levels; Operation of autonomy, individuality, self-competence (handle things yourself), is encompassed, addressed to, and promoted by MI

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What the research says;

- Over 20 studies (RCT)
- Small but statistically significant reduction
- Increased Motivation after intervention
- Combine with CBT and/or Family Therapy
- Variation of Outcome...Why?
- Leading approach among populations not seeking treatment

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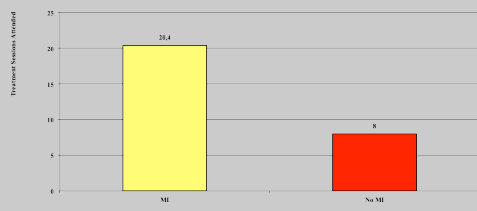
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Aubrey, 1998: Unpublished Dissertation

Adolescent drug abusers entering outpatient treatment
Diagnosis: Substance Abuse or Dependence
Ages 15-18; 26% previous suicide attempts, 36% in gangs,
18% on meds, 3+ arrests on average
MI + Treatment-As-Usual vs. TAU
MI = 90 minutes MI

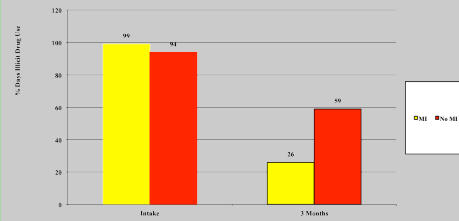
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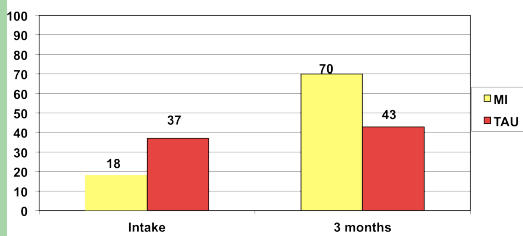
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MOTIVATIONAL INTERVIEWING



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What about Brief MI?

- McCambridge et al, (2011). Fidelity to Motivational Interviewing and subsequent cannabis cessation among adolescents
- MI-Spirit and Complex Reflections

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An example

- Woman, age 21. Heroin User, homeless. Not voluntarily participated in session.

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What I Have Learned...

- Resistance is the norm
- Autonomy-support
- Empathy
- Understand the development of youth
- Simple Reflections/Summarizing
- Questions with multiple choices
- Distinguish yourself from other adults

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Some more thoughts...

What about training persons whom are working with youths in MI, to prevent youths starting using drugs????

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Training Youth Recreational Workers for KEKS

Intention was that with the use of MI the staff could carry out the mission of KEKS in a good way. The basic idea for KEKS is to stimulate, motivate and support young people to get involved and take responsibility for different types of activities that they feel is interesting and meaningful.

YRWs duties/responsibilities

It is staff's responsibility and fundamental task to get youths realize their dreams and visions, thus strengthen their self-esteem, and provide relevant support without take over and focus on the process and the non-formal learning.

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Conclusions

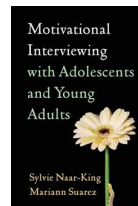
- The MI-Spirit is congruent with the developmental of Youth and seems like the natural thing to use working with youths
- Good outcome for "Not seeking treatment" youth
- Motivational Interviewing Works with Youths
- Motivational Interviewing as a preventive approach

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Thanks: All the Young People i have worked with

Sylvie Naar-King and Mariann Suarez



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