



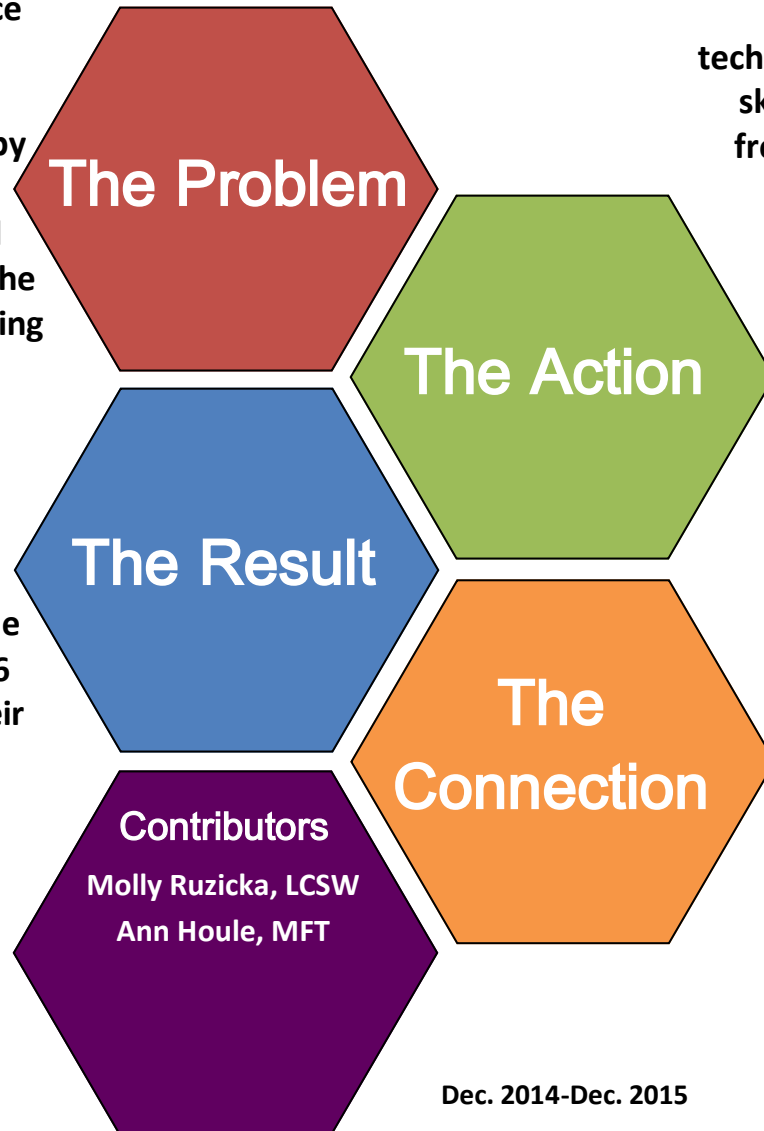
Quality Improvement Success Story



Establishing a Motivational Interviewing Practice Group

Studies indicate that the best practice for creating proficiency with Motivational Interviewing, (MI) an evidence based practice (EBP) used by Behavioral Health clinical staff, requires an initial 3-Day training and regular follow-up coaching. While the county had provided the 3-Day training several times in the past, the agency had not implemented any follow-up trainings.

A total of 42 staff attended during the year. Of staff who attended at least 6 sessions, the difference between their pre-and post test scores (18.6%) indicated a significant increase in knowledge about MI. The Practice Group is continuing to be offered in 2016, and the curriculum is available for other supervisors/teams to use.



We developed a curriculum for a 12 session practice group to review techniques and help staff practice their MI skills. The group was provided monthly from January 2015 to December 2015 in both Marina and Salinas locations.

This QI Project reflects #8 of the 10 Essential Public Health Services: "Assure a competent public and personal health care workforce."

- Ensures that employees are adequately trained in providing MI as a therapeutic modality.
- Establishes training curriculum for MI which is available to any supervisor or team.
 - Provides a model for establishing follow-up trainings for other EBP such as Dialectical Behavioral Therapy or The Strengths Model.

Dec. 2014-Dec. 2015