

MOTIVATIONAL INTERVIEWING IN NATIVE COMMUNITIES

November 21, 2013



BROADCAST

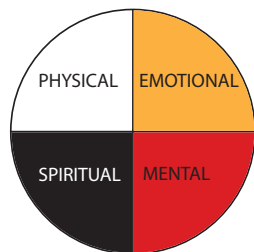
Motivational Interviewing (MI) is a non-judgmental, non-confrontational, flexible and empathic method of communication to bring about behavior change. Through a collaborative relationship between a health care professional and a client, the client is empowered to identify his or her ambivalence about behavior change and enact solutions. MI has broad applicability to any disease or condition which involves a behavioral component.

When studies compare MI to other behavioral change strategies, MI appears to be as good as, or better than, the alternatives.^{1,2} In a randomized trial, MI was more effective at delaying impaired driving among drunk driving recidivists than the control communication intervention.¹ In a study of substance abusing adolescents, MI was comparable to community reinforcement and ecologically-based family treatment approaches, reducing the percentage of days that participants used drugs or alcohol at all follow-ups.²

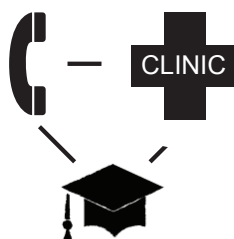
MI's effectiveness has been demonstrated in a variety of populations, including American Indians/Alaska Natives (AI/ANs) in urban and reservation settings. A meta-analysis of over 72 clinical trials concluded that the impact of MI was greater in minority populations; and for AI/ANs, MI was "significantly better" than the alternative approach of cognitive behavioral therapy.³ Several characteristics set MI apart from its alternatives, including:³



**Immediacy
of effect**



**Culturally-congruent
intervention for AI/AN
communities**



**Flexible settings
(schools, clinics, or
over the phone)**

Compared to other approaches, MI is relatively inexpensive and has the unique advantage of being beneficial at the start of a change process. The Urban Indian Health Institute, with support from the Office for Minority Health, conducted an introductory training in MI for Urban Indian Health Organization staff in July 2013. Over 95% of training participants "agreed" or "strongly agreed" that the content of the MI training was relevant to their work with patients and clients. The UIHI has developed MI resources (www.uihi.org/projects/health-equity/resources/motivational-interviewing/) that can serve as a guide for organizations interested in how MI might serve their clients.



References

1. Ouimet MC, Dongier M, Di Leo I, Legault L, Tremblay J, Chanut F, Brown TG. (2013). A Randomized Controlled Trial of Brief Motivational Interviewing in Impaired Driving Recidivists: A 5-Year Follow-Up of Traffic Offenses and Crashes. *Alcoholism: Clinical and Experimental Research*, 37(11), 1979-1985.
2. Slesnick N, Erdem G, Bartle-Haring S, Brigham GS. (2013). Intervention with substance-abusing runaway adolescents and their families: results of a randomized clinical trial. *Journal of Consulting and Clinical Psychology*, 81(4), 600-614.
3. Hettema J, Steele J, Miller WR. (2005). Motivational interviewing. *Annual Review of Clinical Psychology*, 1, 91-111.