

## **Motivational Interviewing: Creating Wellness Moments**

### ***North Star Statement***

*Providing equitable access to culturally responsive, zero stigma, & sex-positive, integrated service models by building a comprehensive network of non-clinical service providers targeted to address the braided and interrelated epidemics of sexually transmitted infections, HIV, viral hepatitis, and overdose across WA State*

### **The purpose of the training is to learn how to create a Wellness Moment by**

- Understanding the basic skills & tools of Motivational Interviewing (MI) and demonstrating how they can be used to improve client health outcomes.
- Learning how to create safe spaces for clients to explore what they would like to change.
- Developing an understanding of how to skillfully and respectfully work with hearing the word “no” in prevention settings.
- Identifying and understanding barriers to providing client services in various settings
- Utilizing MI strategies focused on building stronger client communication skills and rapport.

### **The audience for this training is anyone working in a Syndemic Prevention setting. This includes the following:**

- Governmental public health workers (such as Disease Intervention Specialists or community health workers at a local health jurisdiction or tribe)
- Integrated Infectious Disease Testers
- Syndemic Health Navigators
- Syringe Service Program workers

### **Training Logistics**

- **The training is offered over 2 full days.**
  - The training is provided in-person and on consecutive days.
- **A minimum of 8 people must fully participate in the training.**
  - You may combine with other agencies for this training.
  - We ask that no more than 20 folks participate

- Participants should be prepared to engage collaboratively with one another in activities and role play.
- We bring our training to you, but you must be able to provide training space (i.e. conference room).
  - This includes a screen/technology that will allow us to show a PowerPoint that includes videos with sound. We will bring our own laptops to plug into your system. If you have technological limitations, please reach out.

Please reach out to us at [OIDCapacityBuilding@doh.wa.gov](mailto:OIDCapacityBuilding@doh.wa.gov) with any questions you may have about this training. We look forward to the opportunity to engage with your team!