

MIA: STEP Toolkit Overview



MIA:

STEP

What is an MI Assessment?

- Use of client-centered MI style
- MI strategies that can be integrated into the agency's existing intake assessment process
- Methods that can be used with diverse substance use problems
- Skills for assisting clients in assessing their own substance use
- Understanding the client's perception and willingness to enter into a treatment process

MI Assessment “Sandwich”

MI strategies during 1st 20 min

**Agency Intake or
Assessment**

MI strategies during last 20 min

Implementing MI may require:

- Focused clinical supervision
- Audio taped MI Assessment sessions
- Tape coding
- Feedback, coaching and instruction for improving skills

Benefits of MI Assessment

- It has a solid evidence-base
- MI improves client engagement and retention
- Using MIA:STEP:
 - Enhances clinical supervision
 - Builds counselor knowledge and proficiency in MI

Why another application of MI?

- Positive outcomes depend on clients staying in treatment for adequate length of time
- Adding MI at beginning of treatment increases client retention
- The type of clinical supervision needed to maintain and improve MI skills is generally lacking

MIA:STEP Toolkit

includes everything you need to:

- Introduce the idea of doing an MI assessment
- Train counselors and supervisors
- Provide ongoing supervision of MI
- Train supervisors to use a simple rating system
- Use an MI style of supervision

The costs of implementing MI Assessment

- Time to learn and implement the protocol
- Regular review and feedback on MI skills
- Ongoing clinical supervision, including:
 - Training
 - Mentoring
 - Practice
 - Review of recorded interviews
 - Feedback
 - Development of learning plans
- The cost of recorders and supplies

Why consider this approach when staff are already trained in MI?

- Most trained clinicians do not use MI appropriately, effectively or consistently
- MI is more difficult than clinicians expect
- The key to successful implementation of MI is supervisory feedback and coaching

Development of the protocol

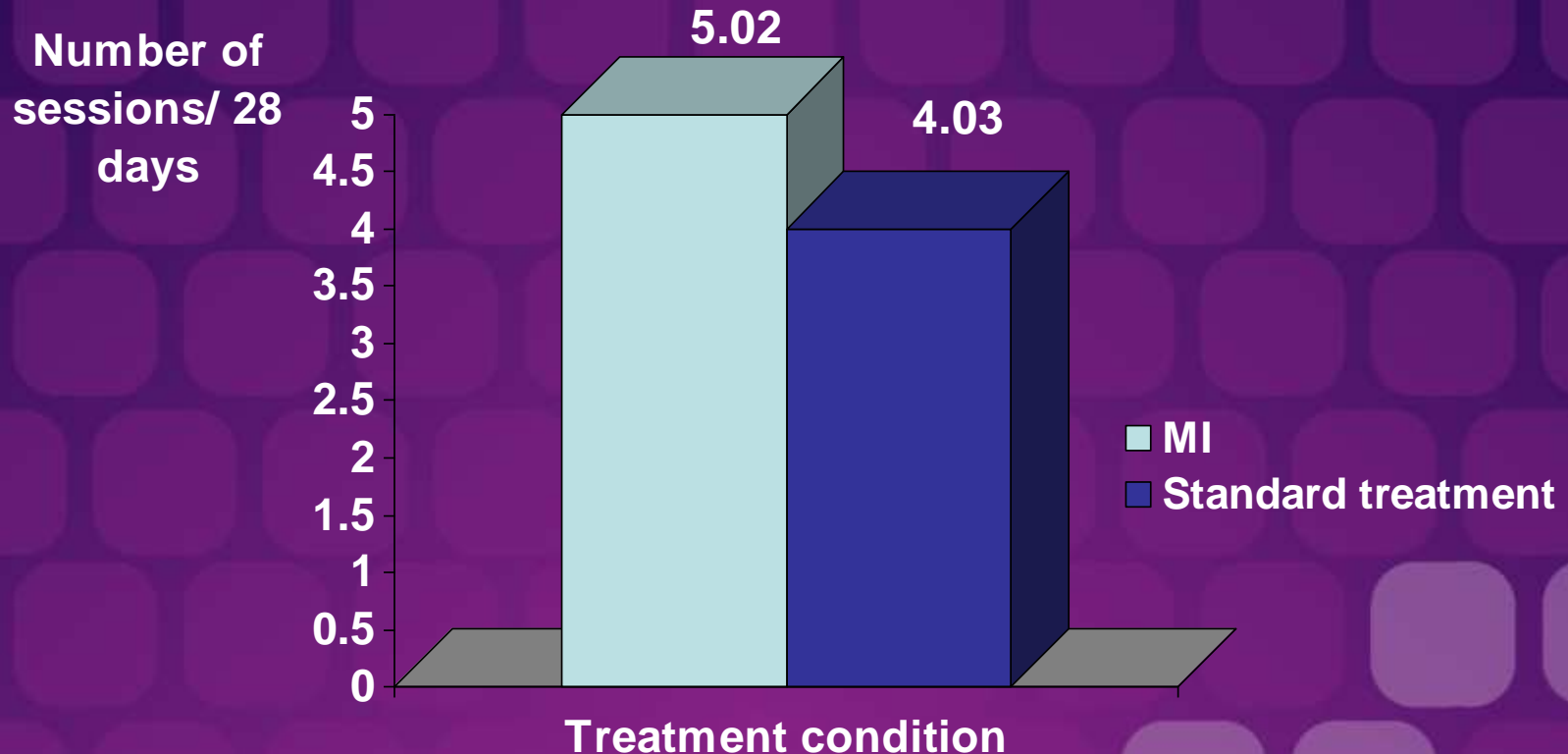
- The NIDA Drug Abuse Treatment Clinical Trials Network designed the protocol
- Designed as something that all outpatient community treatment providers could use
- Researchers worked directly with MI experts and treatment providers on both development and implementation.

Profile of CTN study participants

- Average age: 32
- Gender: 40% female
- Race: 76% White
- Marital Status: 21% married
- Referral source: 32% referred by criminal justice system
- Average years of education: 12
- Primary drug problem: alcohol (48%) followed by marijuana, cocaine, stimulants

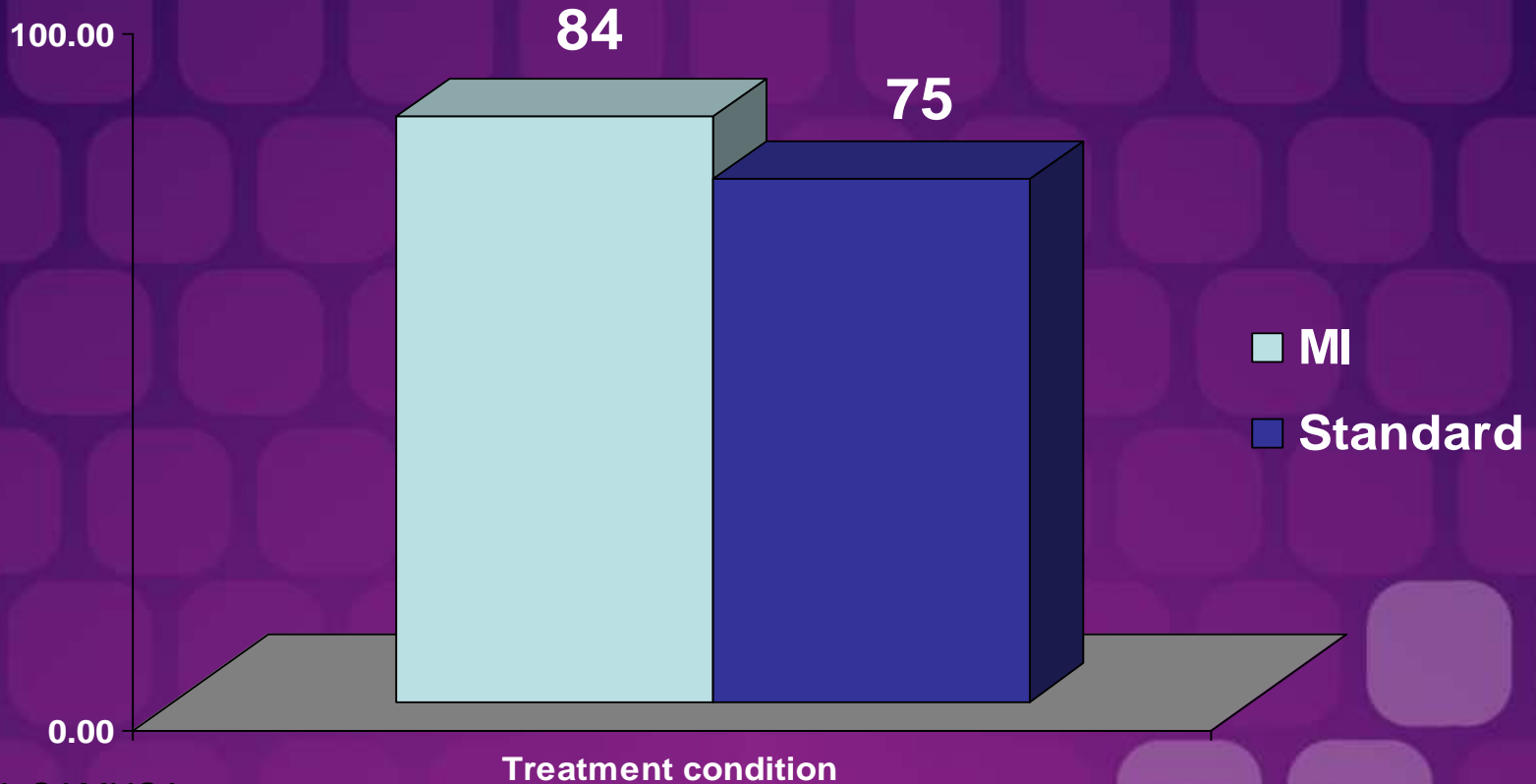
Research findings

1. People receiving MI assessment completed more sessions in 4 weeks than those receiving standard intake.



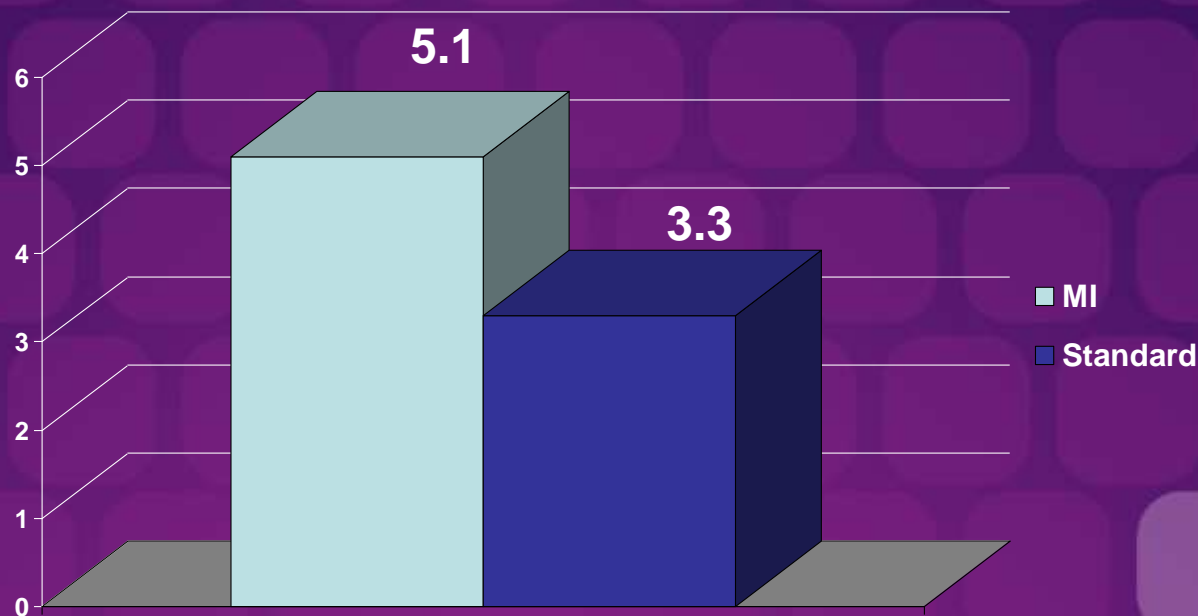
Research findings

2. MI retained more people in treatment at the 4 week point than standard assessment.



Research findings

3. For alcohol users only, there was a more pronounced difference in treatment sessions attended at 4 weeks that was maintained at the 84 day follow-up.



Sessions Attended at 4 Weeks

MIA:STEP Toolkit Overview

1. Briefing materials
2. Summary of the MI Assessment intervention
3. Results of the NIDA CTN Research
4. Teaching tools for enhancing and assessing MI skills
5. Interview rating guide and demonstration materials
6. Supervisor training curriculum