

Motivational Interviewing: A Tool to Engage Transition-Age Youth & their Families

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Want to keep families on track to accomplish important transition milestones?

Want to help keep families out of crisis during the transition years?

Want to help your families be ready for the changes to come?

Then Motivational Interviewing (MI) is the tool for you! Motivational Interviewing is an evidence-based, client-centered communication tool that helps elicit and resolve ambivalence to behavior change. Motivational Interviewing will help you to encourage transition-age youth (TAY; age 14 to 26) with developmental disabilities and their families to be as active as possible in transitioning from school to work, day programs, independent or supported living, adult medical insurance, etc. Improved communication with families and increased motivation of TAY during the transition process will produce better outcomes along the path to adulthood.

Don't wait – Sign up today!

Register online for ONE of the 2-day, all-day training session for WRC service coordinators and program managers. Attendance at **BOTH** days is required. Training will be held at WRC. **SPACE IS LIMITED.**

MI Training: Session 1

- August 15th and August 29th , 2013
- Website: <http://wrc-mi-training-august.eventbrite.com>

MI Training: Session 2

- September 12th and September 26th , 2013
- Website: <http://wrc-mi-training-september.eventbrite.com>

MI Training: Session 3

- October 10th and October 24th , 2013
- Website: <http://wrc-mi-training-october.eventbrite.com>

MI Training: Session 4

- November 7th and November 21st , 2013
- Website: <http://wrc-mi-training-november.eventbrite.com>

OBJECTIVES: As a result of attending this training, you will be able to:

- Understand the concepts, principles and theory of motivational interviewing as it pertains to transition-age youth with developmental disabilities
- Identify at least 3 examples of “change and sustain talk”
- Identify situations where motivational interviewing skills are most appropriate
- Develop a personal plan for practicing and incorporating the skills and strategies of motivational interviewing into your work

If you have any questions, please call (310)258-4254 or email agas@westsiderc.org

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