

The BRAIN TRUST

Meeting Notes

June 12, 2018

4:30 PM to 5:30 PM

UTEP Health Science Center and School of Nursing

Building (Across from the UTEP Library)

1851 Wiggins Rd.

El Paso, TX 79968

2nd Floor Room 213

Attendees:

Joshua Acevedo
Leon Armstrong
Sharon Butterworth
Maria Carrillo
Jina Jung
Karla Llanes
Olivia Narvaez?
Maria Martinez
Tony Martinez
Enrique Mata
Dr. Holly Mata
Lupita Pena?
Kathy Revtyak
Denise Uga
Dr. John Wiebe
Dr. Bernard Wazlavek

Representing:

Empower Change
Empower Change
Mental Health Advocate\PdNHF Board Chair
Centro de Salud Familiar La Fe
Empower Change
Empower Change
EPISD
Texas Health and Human Services (HHS)
UTEP Psychology/ LAHDR
Paso del Norte Health Foundation
Empower Change
Emergence Health Network
El Paso Child Guidance Center
NAMI El Paso
Empower Change
Veterans Affair

Introductions

Presentation: Screening and Brief Motivational Intervention for health behavior change in healthcare settings

Presenter: Patricia Juarez, Training Director and MINT member
Latino Alcohol and Health Disparities Research Center

Presentation

LADHR Center

- One focus of the LAHDR center is on reducing health inequities by using culturally sensitive evidence-based interventions based on Motivational Interviewing (MI).
- Currently funded by the Paso del Norte Health Foundation's SHIFT + initiative.
 - Provide training/coaching in the use of Screening and Brief Motivational Interventions (SBMI)

Heavy Drinking

- Treatment Paradox: If we could develop a treatment that was 100% effective and cured everyone with an alcohol use disorder, we would not eliminate the majority of alcohol problems in the community.
- Statistics of alcohol use
 - 4% severe alcohol use disorder
 - 25% high-risk drinking
 - 71% low or no risk drinking
- SAMHSA defines SBMI as a comprehensive, integrated public health approach to the delivery of early intervention and treatment services for people with substance use disorders, as well as for those who are at risk. The focus is on the 25% high-risk drinking.
 - Screening: Early identification that does not result in a clinical diagnosis, instead it indicates the probability that the condition of interest is present.
 - B: build awareness and educate people on guidelines for low-risk drinking and the risk associated with exceeding those guidelines
 - Motivate those at risk to reduce those behaviors
 - Increase help and access to care for those at high-risk levels.

Motivational Interviewing

- **MI definition:** a conversation style that people convince themselves to change based on their own values and interest.
 - Client-center
 - Brief 15-30 minutes
 - Intrinsic motivation focused
 - Assess and match the level of readiness/motivation to change
- **Why don't people change?**
 - Four themes (the approach of traditional interventions)

- 1) Lack of appreciation of the seriousness or importance of the situation (confront/make them see the truth)
 - 2) Lack of information (educate)
 - 3) Lack of skills and confidence (teach/reinforce skills)
 - 4) Lack of interest or apathy toward what can happen (hopelessness or increased attempts to direct, warn, or threat)
- These approaches are known as the righting reflex and differ from MI
 - They are based on good intentions of wanting to help.
 - Played video demonstrating an example of traditional interventions aka the “Righting Reflex.”
 - Joe comes in for injury related to their drinking.
 - What do you think was helpful?
 - Answers: Patched up an injury, draw attention to the norms of drinking
 - What was less than helpful?
 - Answers: His confrontation style. “don’t you realize” “Let me explain” Have you tried.”
 - Psychological reactance: nobody likes to be told what to do and respond on the defensive. It is human nature.
 - Why do you think persuasion does not work?
 - It is not coming from within.
 - How is it that people do change?
 - According to the Transtheoretical model of change, people are in different stages of change (precontemplation, contemplation, preparation, action, maintenance, relapse). Change is a process.
 - Ambivalence is part of the change process.
 - There are arguments to make the change and arguments not to make the change
 - In MI you get change talk and sustain talk in the conversation, you guide individuals to tip the balance toward change.
 - Video using an MI style interview
 - What was helpful?
 - Answers: Allowed the person to talk and the type of questions asks, He also asked for his permission, He did provide the useful normative information using an approach that would make Joe more receptive to get the message.

What is the evidence?

- **What is the evidence?**
- More than 800 clinical trials
- 100 meta-analysis
- 2500 articles citing MI
- 66,000 Google scholar citations

- There are 3,000 members of the MINT in over 50 languages
 - <http://www.motivationalinterviewing.org>
 - Effective at reducing destructive behaviors (e.g. tobacco use, drug use, and gambling) and effective at promoting health behaviors (e.g., physical activity, diet, medication adherence).
 - Effective when compared to no treatment/ standard care
 - Has specific mechanism of action (that is how it works)
 - Verifiable tools are available with regard to whether it is done right (quality control).
 - It can be used as a complementary intervention; when adding MI to an established treatment program, it improves positive outcomes
 - It is brief, and it is comparable to evidence-based (CBT).
 - MI works best when clients are angry, resistant, or less ready to change.
 - Work less for clients that are already ready and committed.
 - Double its impact on minority populations.
 - Can be done by different providers/professionals using the adequate training.
- **Change ingredients**
 - Motivation is the key to change and
 - Helper behavior greatly influences motivation
 - Positively by empathetic listening and evocation or
 - Negatively by confrontation (righting reflex)
- **LAHDR Center Model**
 - You need high-quality training and supervision to become competent in MI to facilitate behavioral change.
 - The training using in LAHDR SBMI which sums to 22 hours
 - Contact information:
 - ammartinez@utep.edu
 - rppuentes@utep.edu
 - pjuarez32@utep.edu

Discussion

- The coding sessions on how to improve their MI skills.
- The target behavior also matters.
- There is evidence that works for teens. It has been shown to be effective. There is evidence from the criminal justice system.
- There is a study that MI was used in combination with family therapy.

Community Updates or Announcements:

- 1) There will be a community training for Motivational Interviewing (MI) available at a reduced cost. Next one is October 3, 2018. Email Tony (ammartinez@utep.edu) if your organizations are interested in receiving MI training.
- 2) Join the Brain Trust NAMI walk team. Register at (www.namiwalks.org/elpaso). It will be held on Saturday, September 22 at Memorial Park (3100 Copper Ave., El Paso, Texas 79930). Check in by 8:30 a.m.
- 3) NAMI Peer-to-Peer Education Program recruitment. Registrations are required. It is held at the NAMI El Paso Program Office (6044 Gateway Blvd E #401, El Paso, TX 79905). Contact Denise Uga (duga@namielp.org).
- 4) NAMI El Paso's Ask the Doctor first Friday of every month. The next event will be held on July 6 at the Steven A. Cohen Military Family Clinic at Family Endeavors, Inc (1390 George Dieter Dr. Suite 140, El Paso, 79936).
- 5) July is National Minority Mental Health Month.
- 6) Fifth Annual Forum will be held in Region 19 on July 26th. An invite will be sent out.
- 7) There will be a community forum on July 20th. An invite will be sent out.
- 8) Four psychologists in the region are graduating.
- 9) Community outreach for residents with intellectual disabilities will be held on July 19 at the El Paso State Supported Living Center (6700 Delta Dr, El Paso, TX 79905).
- 10) VA posted jobs in USA jobs for counselors?
- 11) La Fe (721 S. Ochoa, El Paso, TX 79901) is having "Father's Day" Community Health 5K Run/Walk on Saturday, June 16, 2018. It starts at 7:30 am.

Next Meeting:

The Brain Trust now has a standing meeting time of 4:30 pm every 2nd Tuesday of the month.

The Next Brain Trust Network meeting is scheduled for 4:30 pm, Tuesday, July 10, 2018, in room 384 at the UTEP Health Sciences Center and School of Nursing Building.

For more information contact Joshua Acevedo at jacevedo3@utep.edu or (915) 747-7707