



MITEY Change Online Course



MITEY Change

Motivational Interviewing Training for Empowering Youth towards **Change** provides education and resources to enhance a professional's knowledge, skills, and confidence in using Motivational Interviewing (MI) strategies to provide effective and efficient youth risk coaching.

Skill Building with the MITEY Change Online Course

- Interactive, self-guided skill building modules on youth development, risk and effective use of MI strategies.
- Accessible 24/7, these modules support adult learning by providing a dynamic and engaging experience for participants including
 - Real life examples, video demonstrations, activities, knowledge and skill checks

*includes 8 continuing education credits: nursing, physician, social work, health educator, teacher
















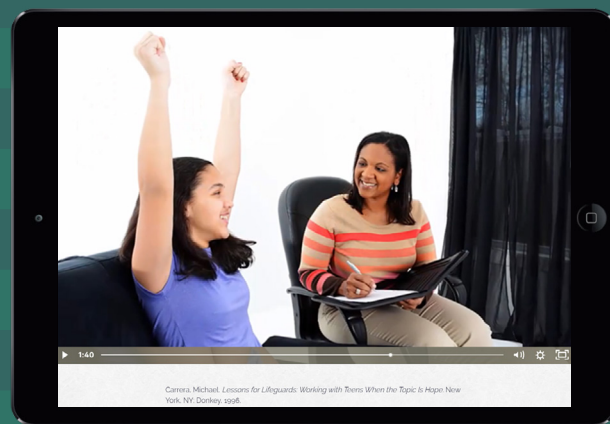
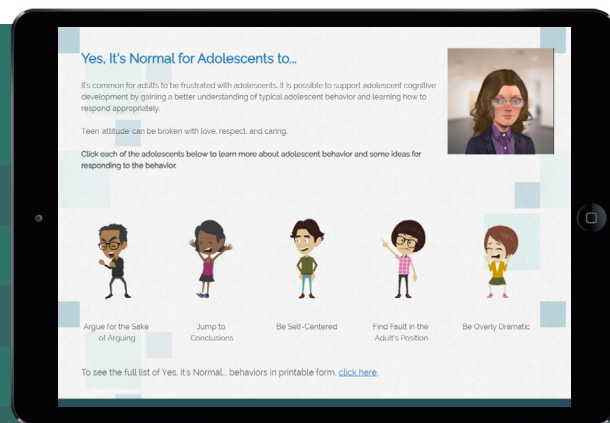
MINNESOTA
MEDICAL
ASSOCIATION

CME Statement:

The Minnesota Medical Association designates this enduring activity for a maximum of 8 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Course Outline

-  Module 1 Youth Development
-  Module 2 Health and Related Risk Status of Youth
-  Module 3 Strength-Based Approach
-  Module 4 Assumptions and Personal Comfort Levels
-  Module 5 Motivational Interviewing – The Basics
-  Module 6 Behavior Change
-  Module 7 OARS
-  Module 8 Change Talk
-  Module 9 SMART Plans
-  Module 10 Resistant Youth
-  Module 11 Communication Errors
-  Module 12 Youth Confidentiality
-  Module 13 Motivational Interviewing Elements WrapUp



MITEY Change Meets Your Needs to:

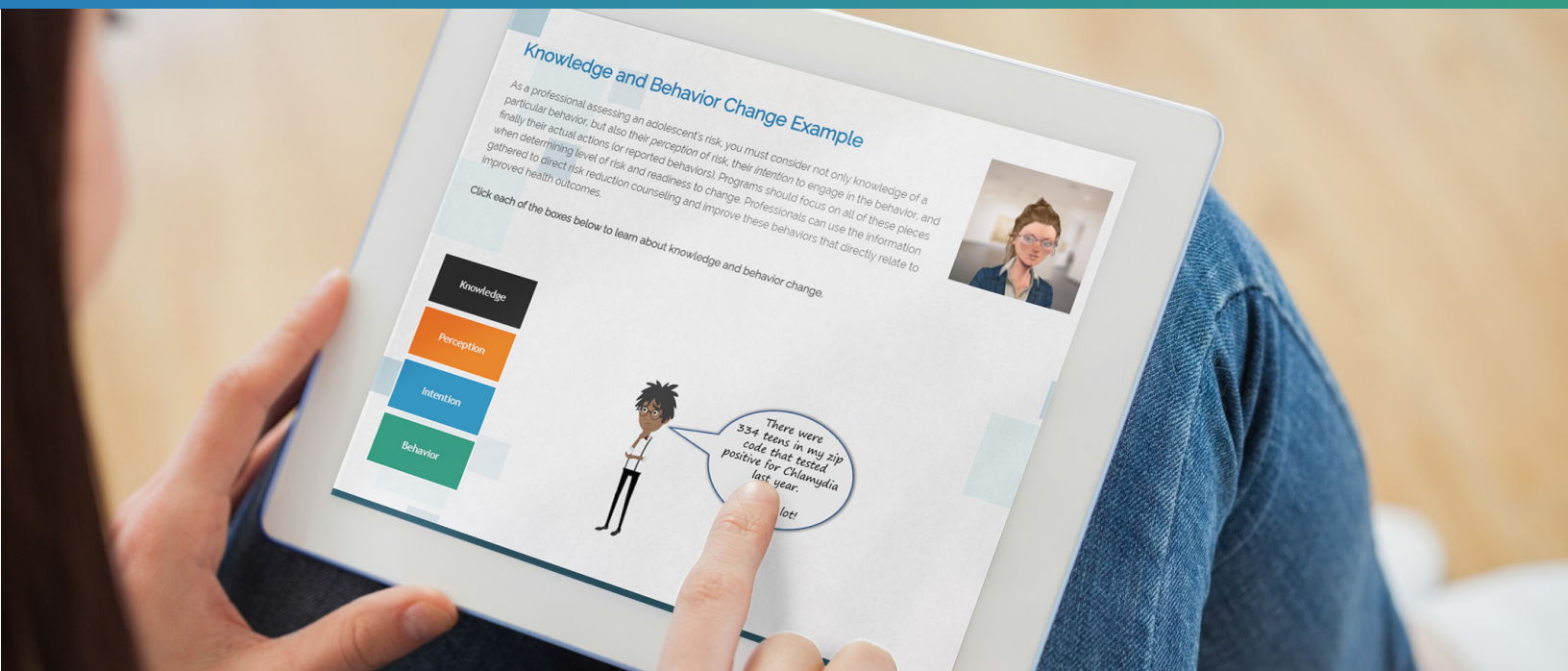
- ✓ **Support staff** to feel more equipped and confident in finding youth motivation and guiding them towards change
- ✓ **Standardize** youth screening and coaching services
- ✓ **Meet requirements** for professional development by providing options that best fit your staff needs
- ✓ Provide **year-round, on demand** staff training

88%

of participants had significant improvements in their confidence in providing youth risk reduction coaching

After completing the MITEY Change online course, participants will be able to:

- Identify youth risks & strengths and their impact on health outcomes.
- Understand personal comfort levels and barriers to effective communication.
- Identify motivational interviewing strategies to promote positive change specific to youth developmental milestones and stages of behavior change.
- Recognize how to apply motivational interviewing strategies into youth interactions.
- Identify motivational interviewing strategies that can be used to overcome youth resistance.
- Demonstrate effective use of motivational interviewing strategies.



For a **FREE** preview or to individually enroll and start the course **TODAY**

[View the course page](#)

[Contact us for discounted group pricing!](#)

For more information on the MITEY Change training:

[Learn More](#)

info@pos4chg.org

[Schedule Call](#)