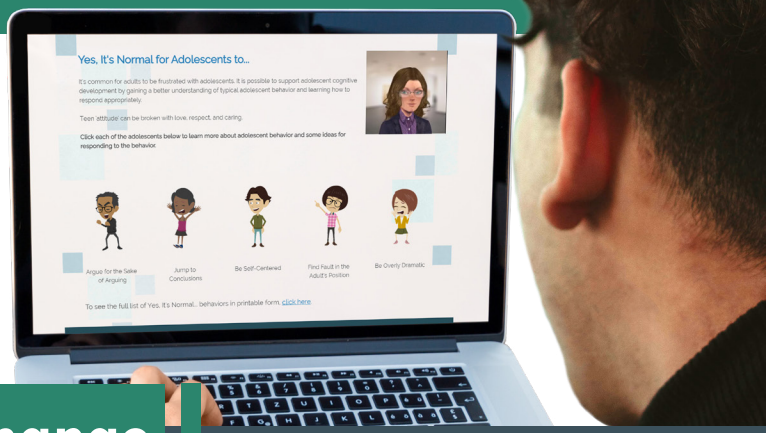
# MITEY Change Training Options




## MITEY Change

**M**otivational **I**nterviewing **T**raining for **E**mpowering **Y**outh 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.

## Select Training Options to Meet Your Needs:

### #1 Get Started with MI: Introductory Webinar

This interactive introductory webinar is designed specifically for professionals who are dedicated to identifying and reducing risk factors among their youth populations and want to take their skills to the next level.

In just 2 hours participants will strengthen their ability to talk with youth about risks, healthy lifestyles, and more.

### #2 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, medical, social work, health educator, teacher*

### MITEY Change Helps You:

- Support staff to feel more equipped and confident in finding youth motivation and guiding them towards change
- Standardize evidence-based risk coaching services
- Meet requirements for professional development by providing options that best fit your staff needs

## #3

## Maximize Learning with Engaging Practice Sessions

### Option A: Organization Hosted Live Workshop

Our 3-4 hour workshops (hosted virtually or in person) translate MI knowledge gained from the online course into effective practice. The workshops support adult learning by providing a dynamic and engaging experience for participants with personalized feedback from experienced MI trainers.

### Option B: Join Our Quarterly Live Virtual Workshop

To assist in translating new MI skills into practice, coaching from experienced trainers will be offered quarterly for participants who have completed the online course.

*additional fee required

## #4

## Deepen and Maintain Skills with our Webinar Series

Following a MITEY Change workshop, organizations can support professionals in continuing to deepen their skills through a series of four 60-minute interactive webinars, which include case discussion and coaching.

Minnesota Medical Association

**Accreditation Statement:**

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the Minnesota Medical Association and Possibilities for Change. The Minnesota Medical Association (MMA) is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Other health professionals (physician assistants, nurse practitioners, nurses, etc.) who participate in this CME activity may submit their Statements of Attendance to their appropriate accrediting organizations or state boards for consideration of credit. The participant is responsible for determining whether this activity meets the requirements for acceptable continuing education.

**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.

For more information on the MITEY Change training:

**Learn More** | **info@pos4chg.org** | **Schedule Call**