

## MITEY Change

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

**Choose the option below or combination of options that will best meet your training needs!**

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

#### Get a birds eye view of what MI is all about

- 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: MITEY Change Online Course

#### Interactive, self-guided skill building modules

- Interactive education and skill building on youth development, risk and effective use of MI strategies.
- Accessible 24/7, these modules support effective 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**

#### 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

### #3 Practice, Practice, Practice

Solidify the foundation of MI you've built with individualized feedback, and practice with trained professionals and group activities.

#### Option A: Organization Hosted Live Workshop

Our 3-hour workshops (hosted virtually or in person) translate MI knowledge gained from the self-guided learning modules 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 Continue to Deepen Skills

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