

# Integrating Motivational Interviewing in Case Planning with Youth in Foster Care

*Motivational interviewing is an approach that can be used to promote the characteristics and skills that contribute to youth's resilience and positive outcomes<sup>1</sup> and can be helpful when youth struggle with completing tasks or engaging in behaviors that support a successful transition from foster care.*

## Apply the four processes of MI:

- 1 Engaging** - displaying attitudes and behaviors (e.g., empathy, mutual respect and trust, respect for autonomy) that establish a collaborative working alliance.
- 2 Focusing** - clarifying and deciding on what are the changes in behaviors and attitudes needed to help achieve goals.
- 3 Evoking** - eliciting motivation and working through ambivalence related to changing behaviors.
- 4 Planning** - making decisions and setting goals by switching the emphasis of the discussions from why to how.

## Support productive conversations:

- 1** Encourage goals that increase self-efficacy
- 2** Ask questions that prompt youth to generate solutions when they mention problems or obstacles
- 3** Embrace ambivalence - it as an indicator of conflicting motivations within individuals
- 4** Avoid directive or demanding approaches that do not allow for collaboration
- 5** Use a non-confrontational style that does not include arguing or debating

# Elicit Change Talk (*a desire to change*)

## Use probing statements to facilitate exploration of motivation:

- 1 Why would you want to make this change or enroll in this program?
- 2 How might you go about it in order to succeed?
- 3 How does this change move you closer to your goals?
- 4 What are the best reasons for you to do it?
- 5 How important is it for you to make this change, and why?

## Listen for and reinforce statements where youth indicate:

- 1 **Desire for change** – “I want to graduate from high school”
- 2 **Ability to change** – “I could go to school regularly if I had better transportation”
- 3 **Reasons for change** – “It would be nice to graduate with my friends”
- 4 **Need to change** – “I want to graduate so I can get a better paying job”

<sup>1</sup> Miller, W. R., & Rollnick, S. (2002). *Motivational Interviewing (2nd ed.)*. New York: Guilford Press