

May (Free) Trainings

- ◆ The Spirit of Motivational Interviewing
- ◆ Substance Use and the Adolescent Brain

Jordana Willers, Ed.M., is a Youth Training and Systems Specialist for the Institute for Health and Recovery, providing training and technical assistance to staff in substance use treatment programs, youth-serving systems and state agencies across Massachusetts. She has more than 25 years' experience in agencies serving youth and families, with a focus over the past 15 years on training

The Spirit of Motivational Interviewing

Wed. May 20th 10:00 to 11:00 am
Q & A available until 11:30 am

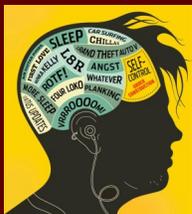


An overview of Motivational Interviewing (MI), an evidence-based method to help people resolve ambivalent feelings in order to find the internal motivation they need to change behavior that will improve their health and well-being (e.g. engage in substance use treatment). This training examines the reasons why people feel motivated to make big changes in their lives. We will focus on understanding the principles or “spirit” of MI to encourage behavior change (Partnership, Compassion, Acceptance, and Evocation). We will then review the four processes of MI (Engaging, Focusing, Evoking, and Planning) and delve into an overview of MI methods - using Open-ended questions, Affirmations, Reflective Listening, and Summarization (OARS) - to help those we are working with to explore and resolve ambivalence about change and move toward positive action.

Zoom <https://uso2web.zoom.us/j/8637435000?pwd=cnFqQzRnamF3L3dhNWNucUJEUEdYUT09>
Meeting ID: 863 7435 0007 Password: 127569
One tap mobile (929)436-2866/(863)743-5000 US (New York)

Substance Use and the Adolescent Brain

Thur. May 21st 3:00 to 4:30 pm
Q & A available until 5:00 pm



Examines how the typical adolescent brain develops over time, and how this development may be significantly impacted by substance use, mental health, and trauma. We will focus on the brain structures and systems involved in addiction, including the reward pathway and the role of learning in the addiction process. We will then review the critical neurological differences between youth and adults, and what this means when working with youth and young adults struggling with substance use. Finally, we will identify strategies to support young people with substance use disorders and help engage them in treatment. Treatment options for youth and recovery supports for their families will be provided.

Zoom <https://uso2web.zoom.us/j/89023690619?pwd=eXNoS21wMkhoaVVVFSU9UV2VOBm1FUT09>
Meeting ID: 890 2369 0619 Password: 490859
One tap mobile (929)436-2866/(890)236-9061 US (New York)

Contact Maria Ruggiero
mruggiero@tewksbury-ma.gov