



Familyhood

TANF Modernization Training

Motivational Interviewing

SEPTEMBER 14-15, 2022



September 14, 2022

DAY 1 AGENDA

10:00 AM	Welcome and Introductions Keith Jossell & Radhika Cruz, Public Strategies <i>Get to know your presenters and your fellow trainees.</i>
10:30 AM	Team Building: Heads Up, Heads Down James Wall, Public Strategies <i>Participants will engage in a fun, energizing activity to promote readiness to learn.</i>
10:45 AM	Break
11:00 AM	Introduction to Training Thad Leffingwell, Ph.D., Head of OSU Department of Psychology <i>In this section, participants will learn about plans for the next two days. They will have their first look at a “motivational interviewing” (also known as MI) conversation to see how it looks and feels. This will set the stage for understanding the content to come.</i>
11:20 AM	How People Change: Part I Thad Leffingwell, Ph.D., Head of OSU Department of Psychology <i>Participants will learn about the challenges “human nature” creates for behavior change and gain a better understanding of why habit change is so difficult. Participants will learn how to navigate these challenges to effectively guide others to make helpful changes in their lives.</i>
12:00 PM	Lunch



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1:00 PM	<p>Team Building: Movin' On Up James Wall, Public Strategies</p> <p><i>Participants will engage in an activity to build rapport and connection among their team members.</i></p>
1:10 PM	<p>How People Change: Part II Thad Leffingwell, Ph.D., Head of OSU Department of Psychology Scotti Wilson, Public Strategies</p> <p><i>Participants will reflect on experiences with behavior changes in their own lives to deepen their understanding of the challenges others may experience.</i></p>
1:30 PM	<p>Principles of MI Thad Leffingwell, Ph.D., Head of OSU Department of Psychology James Wall, Public Strategies</p> <p><i>Motivational Interviewing has both a style and feel, as well as specific strategies and goals. In this section, participants will learn the basic building blocks of MI as a foundation for subsequent skills.</i></p>
2:30 PM	<p>Break</p>
2:45 PM	<p>Engaging Skills Thad Leffingwell, Ph.D., Head of OSU Department of Psychology Radhika Cruz, Public Strategies</p> <p><i>Participants will utilize active listening skills and learn how important these skills are to MI. They will learn how to identify roadblocks that inhibit effective listening and have a chance to reflect on that with a partner.</i></p>



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3:45 PM	Transition to Evoking Thad Leffingwell, Ph.D., Head of OSU Department of Psychology <i>Participants will learn about target behaviors in MI, how to select those target behaviors for the MI conversation, and strategies for focusing the conversation.</i>
4:10 PM	Learned, Wonder, and Unclear Scotti Wilson, Public Strategies
4:15 PM	DHS Closing Remarks



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DAY 2 AGENDA

8:30 AM	<p>Team Building: Catch Me! James Wall, Public Strategies</p> <p><i>Participants will experience how stress can influence executive function skills such as problem-solving skills, working memory, metacognition, and stress tolerance.</i></p>
8:45 AM	<p>Welcome and Clearing up the Unclear Radhika Cruz, Public Strategies</p>
9:00 AM	<p>Identifying Change and Sustain Talk Thad Leffingwell, Ph.D., Head of OSU Department of Psychology Keith Jossell, Public Strategies</p> <p><i>Participants will learn how to identify “change talk” and “sustain talk/resistance” in client language during an MI conversation and why it is critically important in determining how you respond in MI conversations.</i></p>
10:15 AM	<p>Break + Hotel Checkout</p>
10:35 AM	<p>Responding to Sustain Talk Thad Leffingwell, Ph.D., Head of OSU Department of Psychology Scotti Wilson, Public Strategies</p> <p><i>Participants will learn several strategies for responding to sustain talk/resistance to help guide clients away from resistance and in the direction of change talk. There will be a chance to practice these skills with a partner as well. These strategies will help the participant avoid dwelling on resistance in MI conversations that keep a client “stuck.”</i></p>
12:00 PM	<p>Lunch</p>



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DAY 2 AGENDA

1:00 PM	<p>Team Building: The Game of Possibilities James Wall, Public Strategies</p> <p><i>Participants will engage in a group activity to strengthen problem-solving skills, resourcefulness, and team motivation.</i></p>
1:15 PM	<p>Growing Change Talk Thad Leffingwell, Ph.D., Head of OSU Department of Psychology Radhika Cruz, Public Strategies</p> <p><i>Participants will learn several strategies for responding to change talk that guide the client towards a commitment to change. These strategies will help the participant strengthen and grow change talk.</i></p>
2:00 PM	<p>Break</p>
2:15 PM	<p>Developing Discrepancies Thad Leffingwell, Ph.D., Head of OSU Department of Psychology James Wall, Public Strategies</p> <p><i>Participants will learn more about the concept of identifying and developing motivational discrepancies in MI conversations. These strategies will help clients find self-motivation and move toward change.</i></p>
3:00 PM	<p>Putting It All Together Thad Leffingwell, Ph.D., Head of OSU Department of Psychology Keith Jossell, Public Strategies</p> <p><i>We will review the concepts that have been learned over the past 2 days, see examples of the principles in practice, and practice the skills with a partner.</i></p>



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DAY 2 AGENDA

4:10 PM

The New Family Success Plan in Action

Paulette Kendrick, Department of Human Services

Participants will be introduced to the new Family Success Plan and have an opportunity to watch a role play and practice one. There will be time at the end for questions about implementation!

4:45 PM

Clearing up the Unclear & Closing Remarks

Radhika Cruz, Public Strategies





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