



Mental Health Newsletter

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Motivational Interviewing

Motivational Interviewing (MI) has been demonstrated to be an effective tool in promoting positive relationships and behavior change. This issue of the Mental Health Services newsletter explores MI principles, strategies and resources currently available on the ECLKC.

Head Start has more than a fifty-year history of supporting families to achieve their own goals and to enhance the lives of their children. At times, however, staff may feel unprepared to have sensitive discussions with families. Using Motivational Interviewing (MI) strategies and principles can help staff feel more confident when addressing tough issues. MI is a person-centered evidence-based approach for eliciting behavior change by helping people to explore and address feelings of uncertainty. Staff that use MI techniques may also find that these strategies enhance their relationships with families.



What's Relevant on ECLKC?

Motivational interviewing Video Suite

These short videos provide examples of how to use MI strategies in everyday conversations between Head Start and Early Head Start staff and families. In the first video, watch as a parent and a teacher talk about a child's challenging behavior in the classroom. The second video shows a home visitor talking to a parent about the results of a parental depression screening. Staff can use these videos to identify specific communication strategies to enhance their relationships with families. Use the [Viewer's Guide](#) [PDF, 143KB] to note the Motivational Interviewing skills and strategies you observe in the videos. The MI Video Suite also contains debrief videos that allow you to see how the strategies impact how the participants think and feel. Watch the accompanying debriefs to deepen your knowledge.

What Is Motivational Interviewing? Why Use Motivational Interviewing in Head Start and Early Head Start Programs?

This tip sheet provides answers to frequently asked questions about what MI is, the evidence base that supports MI and how it can effectively be used in Early Head & Head Start programs to promote relationships and behavior change. Links to resources that provide more information about MI and demonstrate how MI has been successfully used in partnering with families are also provided.



Make Sure to Watch these Webinars Focused on Motivational Interviewing

NEW!

Engaging Families Using Motivational Interviewing Strategies

In this webinar presenters introduce participants to MI. Topics for the Webinar include:

- What is MI?
- What are MI strategies and principles and how can they enhance home visitors' relationships with families?
- What are some ideas for using MI in home visiting?
- What MI resources are available to support home visiting?

Using Motivational Interviewing Techniques to More Effectively Partner with Parents

MI is an effective tool in promoting relationships and behavior change. The principles and strategies may be used to enhance relationships and help staff feel more confident when addressing challenging issues. This webinar examines how to effectively partner with parents through the use of MI strategies. It also includes video highlighting proven strategies.

Engaging Families Using Motivational Interviewing Strategies & Principles

17th Annual Virtual Birth to Three Institute: Webinar C5

Building healthy, supportive, professional relationships with families provides multiple challenges and opportunities. MI is an evidence-based method of partnering with people to help them prepare for, and commit to, change. Motivational interviewing techniques can support all staff to increase meaningful family engagement with families throughout the families' participation in the program.



NATIONAL CENTER ON

Early Childhood Health and Wellness

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School readiness begins with health!