

The Webinar Is Now Live

**This webinar is being
recorded**

Your audio will remain muted



Technical Information

This webinar is being recorded and archived, and will be available to all webinar participants. Please contact the webinar facilitator if you have any concerns or questions.

This training was developed under the Substance Abuse and Mental Health Services Administration's Prevention Technology Transfer Center task order. Reference # 1H79SP081018.

For training use only.

Funding for this presentation was made possible by SAMHSA grant no. 1H79SP081018. The views expressed by speakers and moderators do not necessarily reflect the official policies of HHS; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.



Housekeeping

The **Chat and Questions** chat box to the right of the presentation is for general discussion. Use this space to...

- Interact with other participants
- Submit questions for the presenter(s)
- Respond to discussion questions

These messages are public and can be seen by everyone in the room.



Chat and Questions (Everyone)

[Empty chat area]

[Input field] [Send icon]

Everyone



Today's Audio

Please connect audio via phone OR computer - not both. 888-858-6021; Conf code: 691 584 5839

If you dialed in, you need to turn your computer speakers off or you will hear an echo.

Additionally, if you are connecting via phone, please MUTE your device to minimize

Tech Support

[Empty chat area]

[Input field] [Send icon]

Housekeeping

If you have any technical difficulties, you can type your issue in the **Tech Support** chat box found below the slides.

These messages will only be seen by Tech Support staff.



Today's Audio

Please connect audio via phone OR computer - not both. 888-858-6021; Conf code: 691 584 5839

If you dialed in, you need to turn your computer speakers off or you will hear an echo.

Additionally, if you are connecting via phone, please MUTE your device to minimize

Tech Support

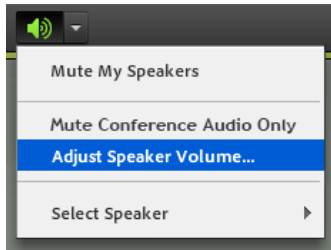
[Empty chat box with a text input field at the bottom]

Chat and Questions (Everyone)

[Empty chat area with a text input field and a send button at the bottom]

Everyone

Housekeeping



If you need to adjust your speaker audio, click the dropdown arrow next to the speaker icon and click **Adjust Speaker Volume**.



If you need to troubleshoot your computer audio you can access the **Audio Setup Wizard** by clicking the *Meeting* button.

Today's Audio information is available below the slides. If you are calling in on your phone, please leave your line muted.



Today's Audio

Please connect audio via phone OR computer - not both. 888-858-6021; Conf code: 691 584 5839

If you dialed in, you need to turn your computer speakers off or you will hear an echo.

Additionally, if you are connecting via phone, please MUTE your device to minimize

Tech Support

[Empty chat area]

Chat and Questions (Everyone)

[Empty chat area]

Everyone

Housekeeping

**Webinar
Recording**
available online
in 2-3 weeks at
bit.ly/ce-pttc

After the webinar:

Complete the
brief, 10-question
Evaluation Form



to gain access to

Resource Page

1. List of resources shared today
2. PowerPoint slides
3. Link to request Certificate of Attendance



Welcome

Central East PTTC Webinar: Culturally-Informed Motivational Interviewing Skills for Addressing Substance Misuse for African American Males

The Central East PTTC is housed at the Danya Institute in Silver Spring, MD

Renata Henry
Executive Director

Deborah Nixon Hughes
Project Director



Each TTC Network includes 13 centers.*



Network Coordinating Office

National American Indian and Alaska Native Center

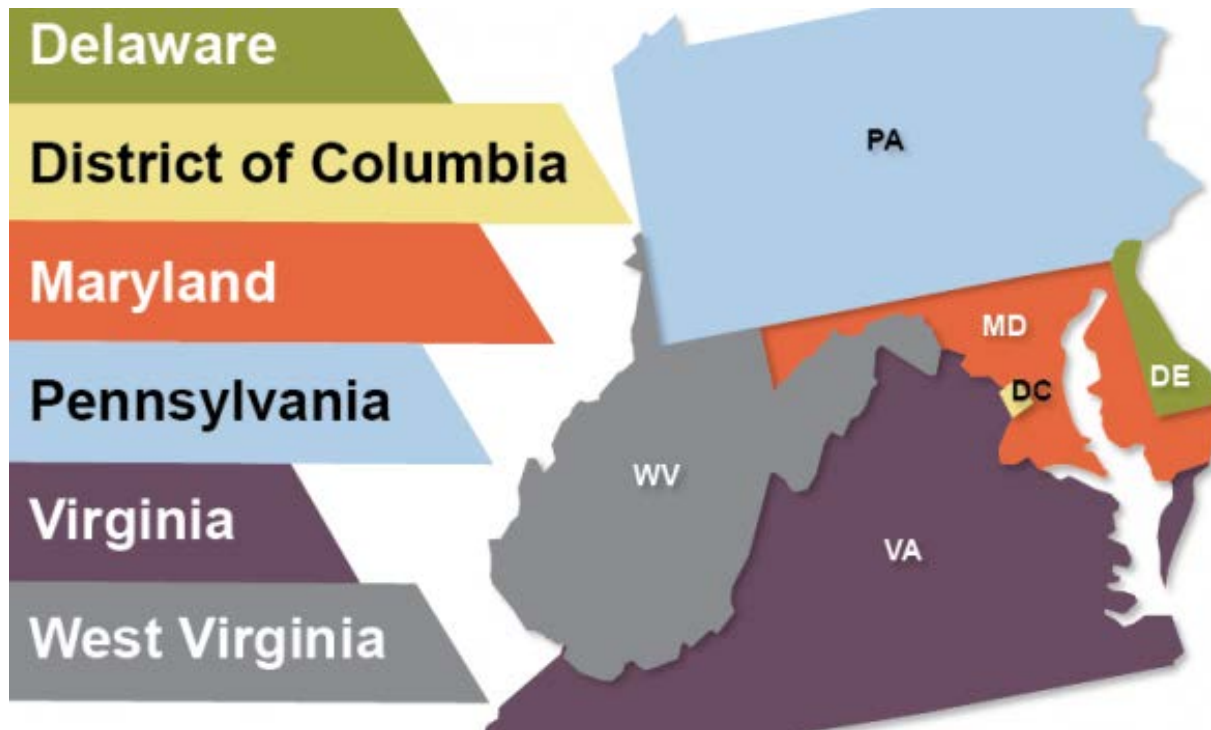
National Hispanic and Latino Center

10 Regional Centers (aligned with HHS regions)

**The ATTC Network also includes 4 international HIV centers funded by the President's Emergency Plan for AIDS Relief.*

Central East Region

HHS REGION 3



What We Do

- **Accelerate** the adoption and implementation of evidence-based and promising treatment and recovery-oriented practices and services
- **Strengthen** the behavioral health awareness, knowledge, and skills of the health care and prevention workforce that address the needs of people with behavioral health disorders
- **Foster regional** and national alliances among culturally diverse practitioners, researchers, policy makers, funders, and the recovery community
- **Ensure** the availability and delivery of publicly available, free of charge, behavioral health training and technical assistance to health care and prevention professionals



PTTC Mission



To Strengthen **the Capacity of the Workforce to Deliver Evidence-Based Prevention Strategies and Facilitate Opportunities for Preventionists to Pursue New Collaboration Opportunities, which include Developing Prevention Partnerships and Alliances**



Central East PTTC Specialty Area

Engaging and Collaborating with Primary Care Providers for Substance Use Prevention



Eligibility

Behavioral health and health care providers, consumers, families, state and local public health systems and other stakeholders

**Consistent with
Regional, State
and Local
Needs**

No cost

Data Driven

**EBPs provided
by Subject
Matter Experts**



PTTC Focus Areas

- Opioid/harm reduction strategies
- Suicide prevention and substance use overdoses
- Youth vaping/tobacco
- Youth alcohol and suicide
- Health equity and the elimination of disparities
- Trauma
- Workforce leadership development series-
strategic planning/SPF; data-informed decision-
making; environmental strategies



Upcoming Webinars

- Shifting the Attitudes of Law Enforcement in Addressing the Opioid Epidemic- **June 3**
- Preventing Youth Vaping Parts 1 & 2- **June 25, August 6**
- Building Capacity for a Public Health Approach to Prevention- **July 16**
- Identifying Emerging Drug Trends- **September 24**



Other Resources in Region 3



Central East (HHS Region 3)

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



Central East (HHS Region 3)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



Central East (HHS Region 3)

PTTC



Central East (HHS Region 3)

PTTC

Prevention Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

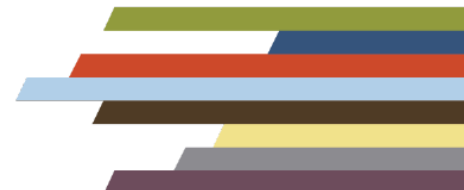
Culturally-Informed Motivational Interviewing Skills for Addressing Substance Misuse for African American Males

May 27, 2020

Jessica Young Brown, PhD, LCP

Owner, Choices to Change, LLC

Jessica@drjessicabrown.com



Presenter: Jessica Young Brown



- Psychologist in private practices
- Specialty Areas:
 - African Americans
 - Substance Use and Abuse
 - Trauma
 - Incorporating faith practices



Objectives

- Understand how motivational interviewing can be used as a framework for addressing substance use concerns
- Understand how generational trauma can impact/exacerbate substance use
- Define how issues of generational trauma/cultural mistrust interrupt stages/processes in this model
- Improve skills and strategies for executing culturally competent MI



Basics of MI (Miller & Rollnick)

- Distinct Stages of Change
- Focus on self-determination and increasing motivation
- Key Principles
 - Expressing empathy
 - Developing discrepancies
 - Rolling with resistance
 - Supporting self efficacy



The Stages of Change Model

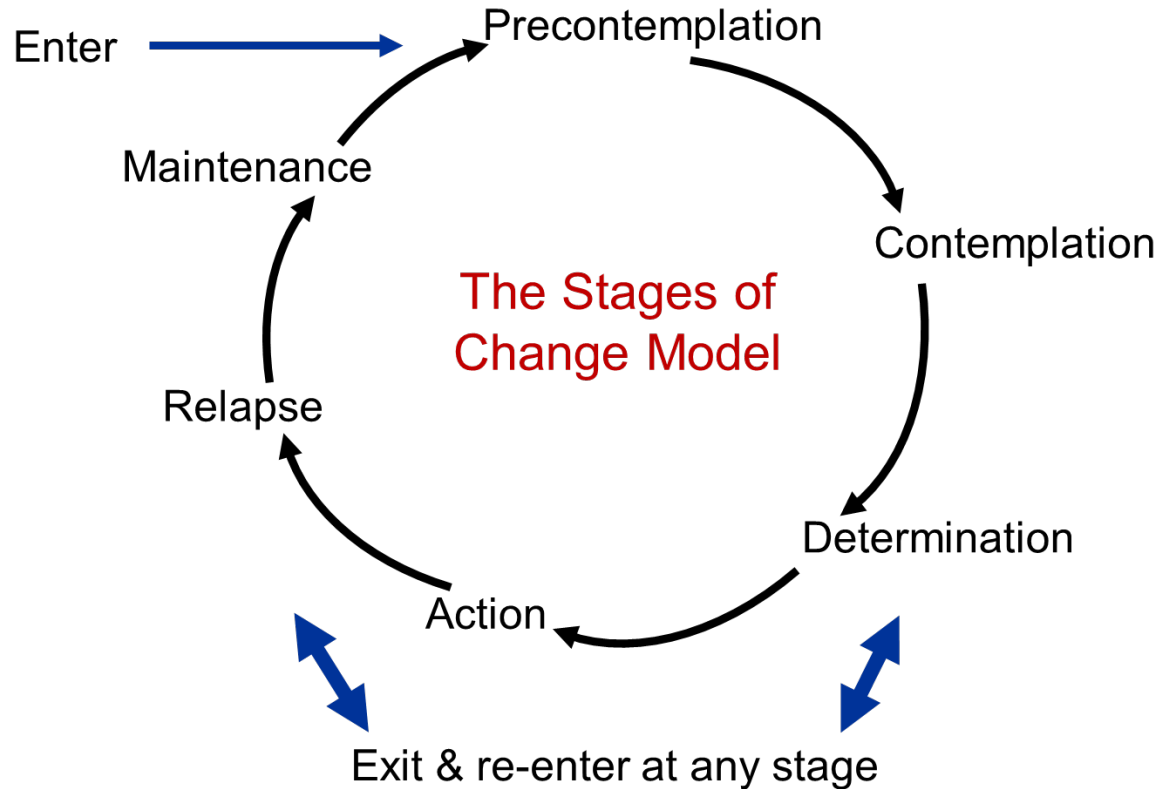


Image from: <http://sphweb.bumc.bu.edu/otlt/MPH-Modules/SB/BehavioralChangeTheories/BehavioralChangeTheories6.html>



Realities for African Americans

- Regarding treatment- less satisfaction, less treatment compliance, lower utilization rates, early termination
- Equity issues in medical systems and in court systems
- Internal and external stigma
- Masculinity and Vulnerability (Burley et al, 2011)



MI for Substance Use/Abuse



- Decrease Ambivalence
- Increase self-confidence and motivation to change
- Build planning skills and address barriers to behavior change



Generational Trauma in African Americans

- Historical Impacts of Cultural Trauma (DeGruy Leary, 2005)
- Current Behavioral Indicators
 - Emotional cutoff
 - Lack of Safety
 - Opportunity Deficits



Generational Trauma in African Americans

- Suspicion/mistrust in the clinical relationship
- Emotional dysregulation and cutoff
- Impact of systems on the self-determination process



Culturally Competent MI

- Talk about Culture
- Understand and Address Dysregulation in a societal context
- Culture as a protective factor (Gil, Tubman, and Wagner, 2004)
- Consistent attention to RTC helps retention



Culturally Competent MI

- Engage multiple spheres of influence
- Conflicts between individualistic approach and cultural norms (Oh and Lee, 2016).
- Tailoring approaches- high specificity in planning stages (Chlebowy, et al, 2015).
- Attend to power dynamics (Outlaw et al, 2010)



Evaluation

Your feedback is important!

Evaluation Form

To complete the evaluation form, go to <https://ttc-gpra.org/P?s=526849> or scan the QR code.



Evaluation Form
QR Code

Resource Page

Upon completion of the evaluation form, your browser will redirect to the resources page from today's webinar, which will include a PDF of the PowerPoint slides.

Certificate of Attendance / Contact Hour

For viewing the live webinar today, you can receive up to one (1) NADAAC contact hour of attendance. You may request a certificate from a link provided at the TOP of the RESOURCES PAGE. Certificates must be requested within 1 week of the webinar. Certificates will be processed within 30 days.

Recording

A recording of today's webinar will be available online at <http://bit.ly/ce-pttc> in 2-3 weeks.



Contact Us



Central East (HHS Region 3)

PTTC

Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

a program managed by



Central East PTTC website:

www.pttcnetwork.org/centraleast

Danya Institute website:

www.danyainstitute.org

Deborah Nixon-Hughes, Director:

dhughes@danyainstitute.org

Danya Institute email and phone:

info@danyainstitute.org

(240) 645-1145

Funding for this presentation was made possible by SAMHSA grant no. 1H79SP081018. The views expressed by speakers and moderators do not necessarily reflect the official policies of HHS; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.



Central East (HHS Region 3)

PTTC

References

- Boutin-Foster C., Scott E., Rodriguez, A., Ramos R., Kanna, B., Michelen, W., Charlson, M., & Ogedegbe, G., (2013). The trial using motivational interviewing and positive affect and self-affirmation in African-Americans with hypertension (TRIUMPH): from theory to clinical trial implementation. *Elsevier*, 35, 8-14. <http://dx.doi.org/10.1016/j.cct.2013.02.002>
- Burke Harris, Nadine. *The Deepest Well: Healing the Long-Term Effects of Childhood Adversity*. London, U. K., Pan MacMillan, 2018.
- Chlebowy, D. O., El-Mallakh, P. R., Myers, J., Kubiak N., Cloud, R., & Wall, M. P. (2015). Motivational interviewing to improve diabetes outcomes in African Americans adults with diabetes. *Western Journal of Nursing Research*, 37(5) 566–580. doi:10.1177/0193945914530522
- Gentry, J. Eric. *Forward Facing Trauma Therapy: Healing the moral wound*. Sarasota, FL: Compassion Unlimited. 2016.
- Gil, A. G., Wagner, E. F., & Tubman J. G. (2004). Culturally sensitive substance abuse intervention for Hispanic and African American adolescents: empirical examples from the Alcohol Treatment Targeting Adolescents in Need (ATTAIN) Project. *Society for the Study of Addiction*, 99(2), 140-150.



References cont'd

- Leary, Joy DeGruy. Post Traumatic Slave Syndrome: Americas Legacy of Enduring Injury and Healing. Portland, OR: Joy DeGruy Publications, 2005.
- Levensky, E. R., Forcehimes, A., O'Donohue, W. T., and Beitz, K. (2007). Motivational Interviewing: An evidence-based approach to counseling helps patients follow treatment recommendations. *American Journal of Nursing*, 107 (10), 50-59.
-
- MacDonell, K., Brogan, K., Naar-King, S., Ellis, D., & Marshall, S. MD. (2012). A pilot study of motivational interviewing targeting weight-related behaviors in overweight or obese African American adolescents. *Journal of Adolescent Health*, 50, 201–203. doi:10.1016/j.jadohealth.2011.04.018
-
- Manakem, Resmaa. My Grandmothers' Hands: Racialized trauma and the pathway to healing our hearts and bodies. Las Vegas, NV. Central Recovery Press, 2017.
-



References cont'd

- Mennis, J., & Stahler J.G. (2016). Racial and ethnic disparities in outpatient substance use disorder treatment episode completion for different substances. *Journal of Substance Abuse Treatment*, 63, 25-33.
<http://dx.doi.org/10.1016/j.jsat.2015.12.007>
- Miller S. T., Oates V. J., Brooks, M. A., Shintani A., Gebretsadik, T., & Jenkins D. N. (2014). Preliminary efficacy of group medical nutrition therapy and motivational interviewing among obese African American women with type 2 diabetes: a pilot study. *Journal of Obesity*, 1-7. <http://dx.doi.org/10.1155/2014/345941>
- Miller, W. R., Hendrickson, S. M. L., Venner, K., Bisonó, A., Daugherty, M., & Yahne, C. E. (2008). Cross-cultural training in motivational interviewing. *Journal of Teaching in the Addictions*, 7(1), 4-15. doi:10.1080/15332700802070302
- Montgomery, L., Burlew, A. K., & Korteb, E. J. (2017). Does change in readiness influence retention among African American women and men in substance abuse treatment?. *Journal of Ethnicity in Substance Abuse*, 16(4), 420-431.
<https://doi.org/10.1080/15332640.2017.1300553>



References cont'd

- Montgomery, L., Burlew, K. A., Kosinski, A. S., & Forcehimes, A. A. (2011). Motivational enhancement therapy for African American substance users: a randomized clinical trial. *Cultural Diversity and Ethnic Minority Psychology, 17*(4), 357-365. doi:10.1037/a0025437
- Oh, H., & Lee, C. (2016). *Correspondence: Culture and Motivational Interviewing, Patient education and counseling.*, 99, 1914-1919. <http://dx.doi.org/10.1016/j.pec.2016.06.010>
- Outlaw, A. Y., Naar-King, S., Parsons, J. T., Jones-Green, M., Janisse H., & Secord, E. (2010). Using motivational interviewing in HIV field outreach with young African American men who have sex with men: a randomized clinical trial. *American Journal of Public Health, 100*(1),146-151.
- Outlaw, K. R., & Toriello, P. J. (2014). Off the court: helping African American athletes address behavioral health concerns while using motivational interviewing. *Journal of Human Behavior in the Social Environment, 24*, 557-564. doi:10.1080/10911359.2014.914761



References cont'd

- Rothschild, Babette. *The Body Remembers*. New York: Norton, 2017.
- Schorling, J.. (1995). The stages of change of rural African American smokers. *American Journal of Preventive Medicine*, 11(3), 170-177.
- Van Der Kolk, Bessel A. *The Body Keeps the Score Brain, Mind and Body in the Healing of Trauma*. New York, NY: Penguin Books, 2015.

