



Motivational Interviewing

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The Game Plan

- What is Motivational Interviewing (M.I)
- Background of Motivational Interviewing
- MI for Campus Police

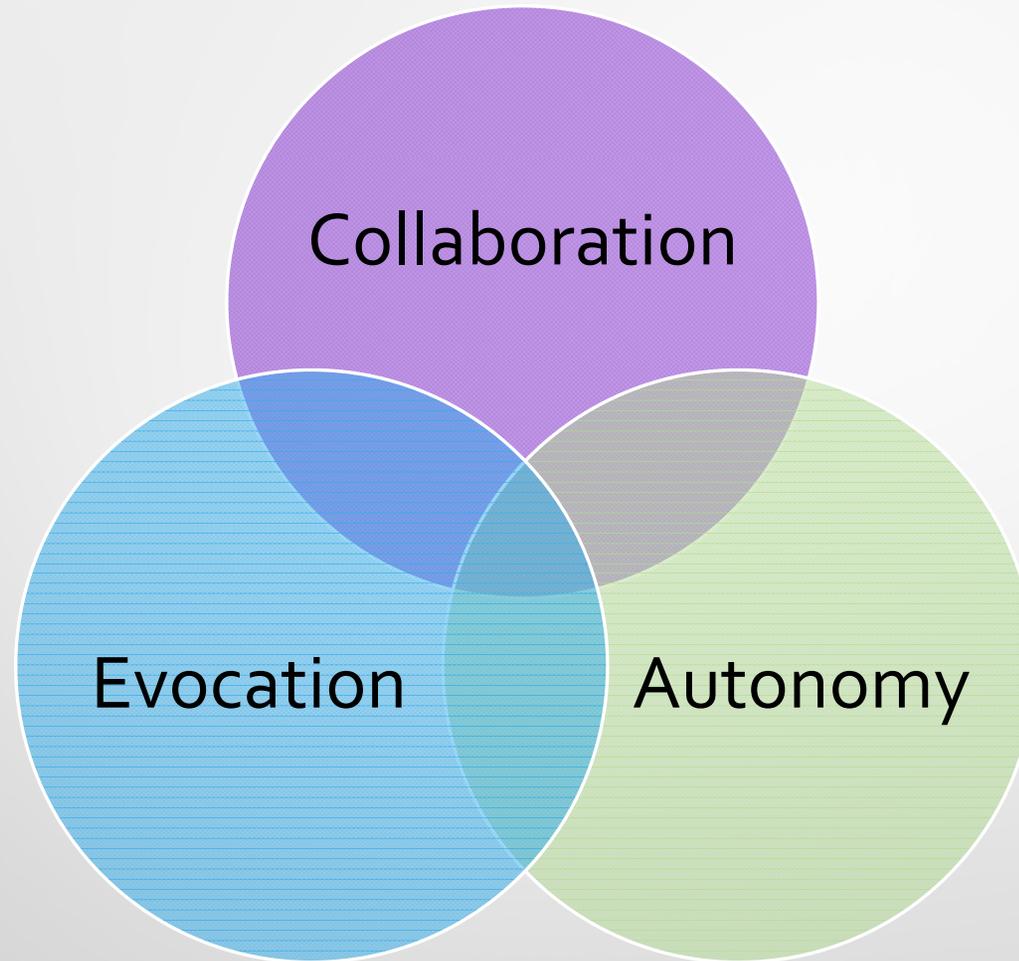
What is Motivational Interviewing

"A person centered form of guiding to elicit and strengthen motivation for change."

(Miller and Rollnick, 2002)

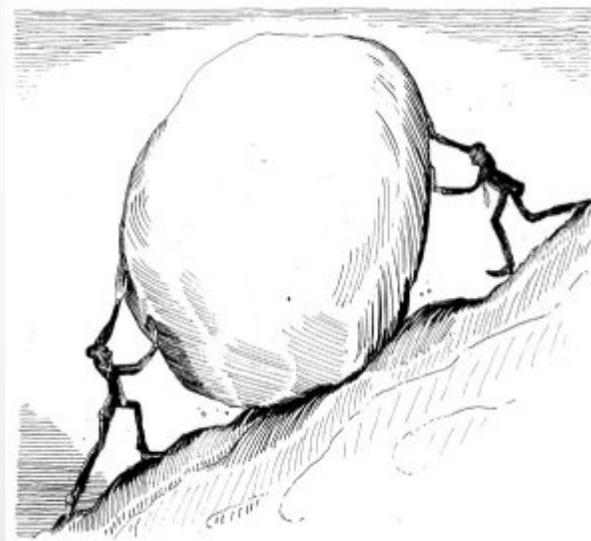
- It is a way of talking to people that builds their internal motivation to change.
- It uses questions and statements to think and talk in a positive, forward direction.

The Spirit of MI



Four Principles of MI

- Express Empathy
 - Build rapport
- Develop Discrepancy
 - Pros and cons of behavior
- Roll with Resistance
 - Respect autonomy
- Support Self –Efficacy
 - Capable of change



Key Processes



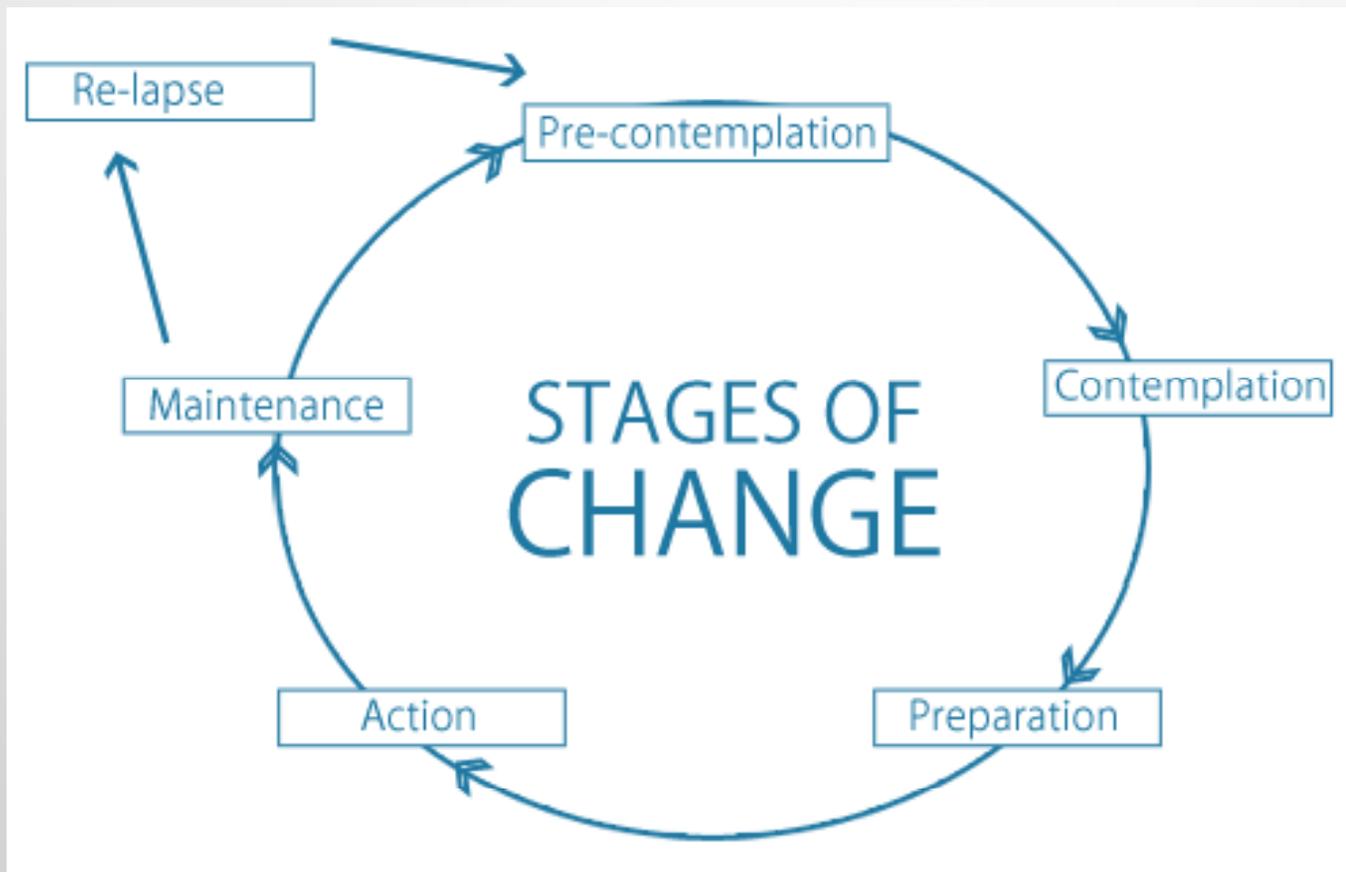
Fundamental Skills

- MI - Skills
 - Open ended questions
 - Affirmations
 - Reflections
 - Summaries



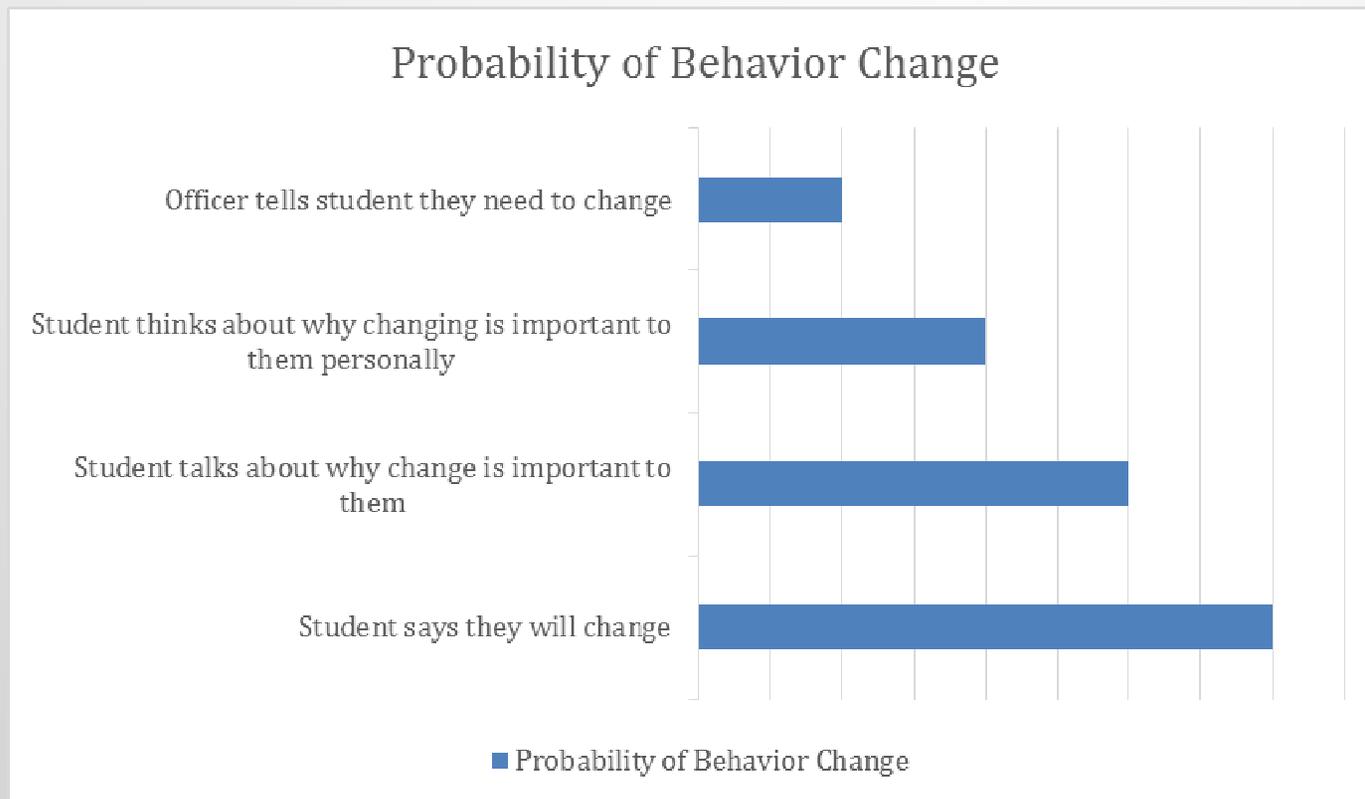
Foundation of MI

- The Stages of Change



Foundation of MI

- Self Perception Theory



The Origins of MI

Counselling

Compared to nondirective counseling, it is more focused and goal directed. The resolving of ambivalence is the central goal, and the counselor is pushing towards it.

Outperformed traditional advice giving by 80%

(Walters 2006)

Who Currently Uses It On Campus

- Counselors
- Student Conduct
- Medical Staff
- Housing Staff
- Alcohol Education Programs
- Health Practitioners
- Corrections Officers
- Probation Officers



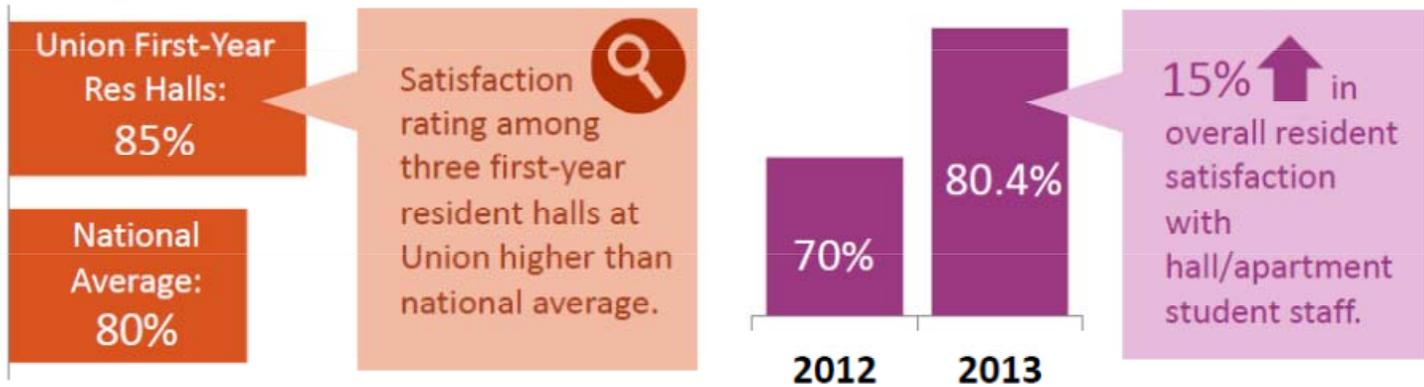
Identification, Prevention and Treatment: A Review of Individual-Focused Strategies to Reduce Problematic Alcohol Consumption by College Students

- At 1-year follow-up, fraternity members reported a decrease in consumption from **15.5 to 12** standard drinks per week compared with an increase in the control group from **14.5 to 17** drinks per week.
- Participants also reported a decrease in estimated peak BAC **.12% to .08%** as compared to the control group, who reported **no change**.

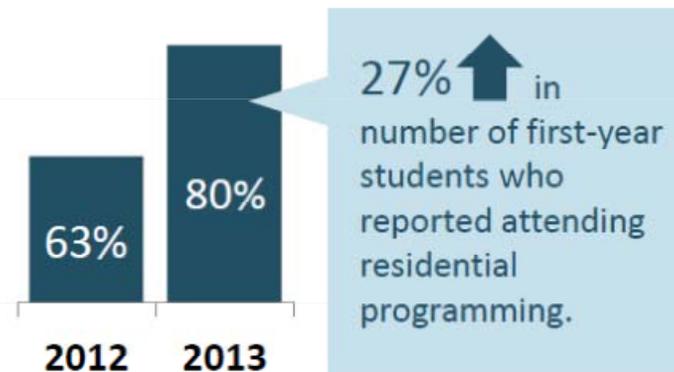
(Larimer 2002)

RA's and MI

Overall Resident Satisfaction



Resident Engagement



Billed to students for vandalism/room damage:

2011/12:
\$38,795.41

2012/13:
\$15,853.27





RA's and MI

MI and Campus Police

- Co-teaching alcohol sanctioning classes
- On Patrol
 - Motivation is already elevated
 - Close the “life goes on” time gap
 - Consistent MI
 - The style of interaction

MI and Campus Police

- Drug Task Force Officers
- Crime Prevention Officers
- Community Policing
- Crisis Intervention



References

- Closson, D. (2015). *Motivational interviewing for campus police*. Charleston, Illinois: DJC Solutions LLC.
- Timpf, K. (2014). *Reframing the resident assistant role in prevention*. EverFi.
- Walters, S., & Baer, J. (2006). *Talking with college students about alcohol*. New York: The Guilford Press.
- Walters, S., Clark, M., Gingerich, R., & Meltzer, M. (2007). *Motivating offenders to change*. Washington DC: U.S, Department of Justice National Institute of Corrections.