Helping others:
Understanding & skills that can make a difference!

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Big Picture for ATOD (alcohol, tobacco and other drug) Issues

Big Picture Friday Night

- Why do people use? To fill a need
- Some get addicted – others not... why?
  - Crash course
    - Recovery Ally Training
    - Trauma informed care
  - Language matters
  - Framework for Substance Use Disorder
    Genetics, Environment, Individual Trauma
    Also - The difference is the dose

Prevention & The big picture

- What type of EDUCATION?
- Facts not fear — health terrorism breaks trust
- Social Norms – not everyone is doing it
- Harm Reduction Strategies: examples
  - Basic Alcohol education “Bartender School”
  - Honest Sex Education

Big Picture: Continued on Sunday

Helping others:
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People are different genetic snowflakes
Anonymously share survey scores
Brainstorm:
  How to step-up based on what others need

Motivational Interviewing Skills
  The way YOU address an ATOD issue matters
  Skills training Exercises

What’s the most devastating drug?

Knowledge + Skills =
  the ability to make a positive difference!
What did the snowballs say?

OK, Who Threw It??!!
Good morning
How stressed do you feel?
Let’s take a moment to center!
Because this is the human condition...
Stop.
Breathe.
Be.
QUIZ- All About YOU!
Learning to use your personality for success

Source: Woicik PA, Stewart SH, Pihl RO, Conrod PJ (2009). The SUPRS: a scale measuring traits linked to reinforcement

SURPS Substances Use Risk Profile Score
Score Sheet

• Read directions.
• Insert numbers Q1-Q23 then total.
• Raise your hand if you need help!

• Circle your score for the 4 temperaments
  • Low/medium/high

When finished, please take a cell picture of your score.
Quiz results

My **impulsivity** score was…

A. Low
B. Medium
C. High
Quiz results

My **sensation seeking** score was…

A. Low
B. Medium
C. High
Quiz results
My anxiety sensitivity score was...

A. Low
B. Medium
C. High
Quiz results
My negative thinking score was…

A. Low
B. Medium
C. High
“PreVenture” Program in Europe & Canada

Dr. Patricia Conrod

Conrod, Castellanos-Ryan, Strang (2010). Arch Gen Psychiatry

Log transformed marginal means of drug use frequency

Intervention
Control
GENETIC TEMPERAMENT + Life Experiences

Personality
Which helps with your success!
The 4 Traits That Put Kids at Risk for Addiction

Anxious
Negative Thinking
Impulsive
Sensation Seeking

But we evolved to have all these traits in our population!

http://www.nytimes.com/2016/10/04/well/family/the-4-traits-that-put-kids-at-risk-for-addiction.html?_r=0
What would be the **WORST** possible prevention program for “externalizing” (impulsive, sensation seeking) youth?
The Stanford Marshmallow Test
by Dr. Dr. Walter Mischel – 1960s

A more social just replication findings article:
What would you do for the internalizing types?

Anxiety Sensitivity & Negative thinking
(it’s good for everyone, especially impulsive folks)

• **MINDFULNESS SKILLS PRACTICE**
• Cognitive Behavioral Therapy

• Resources for YOU & YOURS
  • [www.mindfulschools.org](http://www.mindfulschools.org) (US)
  • [www.mindfulnessinschools.org](http://www.mindfulnessinschools.org) (UK)

• Mindfulness training is
  • substance use prevention!
  • AND, it’s helpful in recovery.
YouTube Just Breathe by Salzman
https://www.youtube.com/watch?v=RVA2N6tX2cg
Learn happiness life skills at... greatergood.berkeley.edu

Greater Good Magazine

Science-based insights for a meaningful life

TOPICS  QUIZZES  VIDEOS  PODCAST  KEYS TO WELL-BEING

How to Gain Freedom from Your Thoughts

Dan Siegel explains how meditation can help us transcend limiting beliefs and discover more presence and possibility in life.

Five Lessons for Adults from the Movie “Eighth Grade”

Do Men Have a Gratitude Problem?

Gratitude Practices

Self-Compassion Skills

Focus on the Positive

Reframing

Resiliency skills

etc
People use substances to meet a need ...

- Curiosity
- To feel good
- To feel better
- To “do” better
- To fit in
Questions about the Big picture?
If people score high in IMPULSIVITY, what might be the...

<table>
<thead>
<tr>
<th>Good things</th>
<th>Not so good things</th>
<th>Skills &amp; campus resources that might be helpful</th>
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What might you “step-up” and say to redirect them, if needed. Keep it real. Be honest with each other.
What do you know about Motivational Interviewing?

A. Zip, Zero, Zilch
B. Heard of it
C. Know a little
D. Have been trained
E. Use it all the time!

Response Counter

0% 0% 0% 0% 0%
William Miller, PhD

Creator of MI

“The Rediscovery of Fire”

(Great Article)

My greatest research crush
“Motivational interviewing is... a collaborative, person-centered form of guiding to elicit and strengthen motivation for change” (page 137).
Find your closest Attc – BELOW IS A GLOBAL CALENDAR
Great MI & SBIRT training resources in your area

https://attcnetwork.org/centers/global-attc/calendar
MI is the MOST useful tool I have to help others!

CAUTION - It is harder for loved ones to use these skills because you have so much skin in the game.
Let’s play a Game

• The game is called
  • WIN AS MUCH AS YOU CAN!!!

• Stand up
• Find a partner
• place right feet side by side
• “shake” right hands
If you push...

people just naturally push back.
What MI is
NOT!
Understanding & Exploring the PICTURE BOOK of someone else’s life
MI Elements

- MI Spirit – Collaboration, evocation, autonomy

- MI Principles (RULE)
  - Resist the Righting Reflex.
  - Understand the person’s motivation.
  - Listen to them
  - Empower them

- OARS Skills
  - Open-ended questions
  - Affirmations
  - Reflective Listening
  - Summarizing

- Change Talk – *comes from the person NOT you!*
Pieces of the Change Puzzle

RESEARCH

• Natural Change – occurs all the time
• Brief Interventions – can make a difference
• Dose Effect... (length/time) not correlated with change
• Faith/Hope Effects- good predictor of change
  • How likely they think they can make the change is a good predictor of what will happen (self-efficacy)

Helper Effects – that is YOU!!!
OARS

- Open Ended Questions
- Affirmations
- Reflective Listening
- Summarize
Reflective listening

• Makes a reasonable guess at the meaning of communication

• In the **FORM OF A STATEMENT**

• The difference is your inflection.
  • Voice goes down at the end of a statement.

• Reflective listening is a way of checking, rather than assuming, that you know what they mean.
The Number Game

• Find a partner
• Turn your chairs to face each other

FIRST CHALLENGE

• Trace the numbers 1-9 in air between you.

SECOND CHALLENGE

• Assigned roles
• One is the NUMBER WRITER
• The other is the Number REFLECTOR
What happens when you use Reflective Listening

Reflective Listening

Confirm

Keep

Deny

Going
Example

• You want to learn more about MI?
  (Voice goes UP at the end)

• You want to learn more about MI.
  (stated in neutral tone, no inflection)
Simple Reflexive Listening statement starters...

• So you feel...
• It sounds like...
• You....
• Your wondering if....

• **Try to Avoid the Q-A trap** *(1 Q to 3-4 Rs)*
• Puts you in the expert role not the collaborative role
2 phases in MI

**Phase 1**
Builds motivation
To change

**Phase 2**
Develops plan
for change

The KEY Question

Summarize
What is the next step?
So what do you think you will do now?
“It is the person who should be voicing the arguments for change.”
The “CHANGE TALK” needs to come out of their mouths!

(Think about it... do you believe what people tell you to do?)

If you do all the talking... What do they have left to say?
Discussion strategies
(ask *then* listen)

What are the good things about______?

What are the not-so-good things about______?
• How important is it for you to....?

Not important

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<th>8</th>
<th>9</th>
<th>10</th>
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Very important

Go down 2
4 PRINCIPLES (RULE)
(But first... set a relationship)

- Resist the “righting reflex”
- Understand their motivations
- Listen to them
- Empower them
What if you hit resistance?
Avoiding the “Kiss of Death”

• Lecturing
• “Righting reflex”
• Nagging

HINT:
All media and written messages should also be in an MI tone.

P.I.E.
Positive
Inclusive and
Empowering
Are you dancing or wrestling?

If you feel or hear resistance (example: the “yeah, buts”) step back and reflectively listen some more!
**MI Skill - EPE**

- Set the Relationship in the beginning, then
- **Elicit**
  - “Is it okay with you if I share some things...?”
- **Provide**
  - “Folks have found...” “Research suggests...”
- **Elicit**
  - “What does this mean to you?
    “How can I help?”
  - “Where does this leave you?”
Practice MI
Work in groups of 2 (for 10 minutes)

PERSON 1

• Pick something about yourself that you
  • want to change
  • need to change
  • should change
  • have been thinking about changing
• but you haven’t changed yet
• i.e. – something you’re ambivalent about!
Tasks – first 9 minutes

• PERSON 2
• Listen carefully with a goal of understanding the dilemma. Give no advice! Give NO advice! GIVE NO ADVICE!!!!!!

• Ask some open questions – but mostly reflect:
  What are the good things...? The not-so-good things...?
  Why would you want to make this change?
  What are the three best reasons to do it?
  How might you go about it?

Use the MI Ruler (Importance/Confidence)
In the last minute, those role playing the listener should...

• Give a short summary and bring together a final reflection of what you heard
  
  *(a simple bouquet of flowers)*

Then ask:

“*So what do you think you’ll do?*”- and just listen with interest
What happened in the case study:  
*AT your table discuss:*

- How did the speaker feel?  
- How did the helper feel?
Common Human Reactions to Being Listened to

- Understood
- Want to talk more
- Liking the counselor
- Open
- Accepted
- Respected
- Engaged
- Able to change
- Safe
- Empowered
- Hopeful
- Comfortable
- Interested
- Want to come back
- Cooperative
Would your team be more successful if some people used less alcohol/drugs?

A. Yes
B. No
A new role for APPLE teams

• You don’t have to *make* change happen.
• You can’t

• You don’t have to come up with all the answers
• You probably don’t have the best ones

• You’re not wrestling
• You’re dancing
What is the most devastating drug?

**GENETICS**
The one you like the best

**ENVIRONMENT**
The one your friends are doing

**Slings & arrows**
The one that meets a need in you
Can you see yourself having factors that might put you at risk for alcohol/drug issues? (CHOOSE ALL THAT APPLY)

A. No, not really
B. Yes, Introversion
C. Yes, Extroversion
D. Yes, low biological response
E. Yes, ACES 4+
F. Yes, lots of use around me
G. Other
My “flakes”
Impulsive Sweet Baby Dave now
The world’s greatest resiliency gift…
LOVE!
Thanks for coming to APPLE!

Knowledge + Skills+ Caring =
the ability to make a positive difference!
Hello there!

I’m one health professional on a mission to change the world.

Join me?

Questions? Comments?
How are you? A little confused? Any questions?