

Enhancing Evidence-Based Practice for SUD Treatment: Training Video Resources

Monday, July 25th, 2022



University of California Los Angeles
Integrated Substance Abuse Programs

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Indigenous Land Acknowledgement

- We respectfully acknowledge that we live and work in territories where Indigenous nations and Tribal groups are traditional stewards of the land.
- Please join us in supporting efforts to affirm Tribal sovereignty across what is now known as California and in displaying respect, honor and gratitude for all Indigenous people.

Whose land are you on?

Option 1: Text your zip code to 1-855-917-5263

Option 2: Enter your location at <https://native-land.ca>

Option 3: Access Native Land website via QR Code:





NATIONAL MINORITY MENTAL HEALTH AWARENESS MONTH



<https://minorityhealth.hhs.gov/minority-mental-health/>

TOGETHER

for Mental Health



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The use of affirming language inspires hope and advances recovery.

LANGUAGE MATTERS.

Words have power.

PEOPLE FIRST.

The ATTC Network uses affirming language to promote the promises of recovery by advancing evidence-based and culturally informed practices.



ATTC

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



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Disclosures

There are no relevant financial relationships with ACCME-defined commercial interests for anyone who was in control of the content of this activity.



Use of Training Videos

- ▶ The ATTC Network in general and the Pacific Southwest ATTC in particular have developed a series of training videos
- ▶ The purpose of the video clips is to demonstrate skills/techniques of various evidence-based practices including Motivational Interviewing and Cognitive-Behavioral Therapy
- ▶ The Pacific Southwest ATTC demonstration videos can be accessed at: <https://uclaisap.org/SUD-EBP-Video-Demo-Series/>

Eliciting Change Talk

- ▶ This is an excerpt taken from the “Motivational Interviewing - Evoking Motivation to Change” video located at: <https://uclaisap.org/SUD-EBP-Video-Demo-Series/>
- ▶ This excerpt is minutes 3:27-5:33 on the video.

Change Talk Demonstration 1

- ▶ What went well?
- ▶ What would you do differently?

Eliciting Change Talk 2

- ▶ This is an excerpt taken from the “Motivational Interviewing - Evoking Motivation to Change” video located at: <https://uclaisap.org/SUD-EBP-Video-Demo-Series/>
- ▶ This excerpt is minutes 5:34-6:30 on the video.



Change Talk Demonstration 2

- ▶ What went well?
- ▶ What would you do differently?



The Readiness Ruler

- ▶ This is an excerpt taken from the “Motivational Interviewing - Evoking Motivation to Change” video located at: <https://uclaisap.org/SUD-EBP-Video-Demo-Series/>
- ▶ This excerpt is minutes 6:38-8:00 on the video.

Readiness Ruler Demonstration

- ▶ What went well?
- ▶ What would you do differently?

MI Microskills and Strategies to Consider When Trying to Evoke Change Talk

- ▶ Open-ended questions
- ▶ Affirmations
- ▶ Reflective Listening
- ▶ Summaries
- ▶ Decisional Balance (pros/cons)
- ▶ Readiness Ruler (“On a scale of 0-10...”)



How Might You Use These Videos?



Links to Training Videos

- ▶ NWATTC Telehealth Demonstrations

- ▶ <https://attcnetwork.org/centers/northwest-attc/telehealth-video-demonstrations>

- ▶ PSATTC Evidence-Based Practice Demonstrations

- ▶ <https://uclaisap.org/SUD-EBP-Video-Demo-Series/>

Case Vignette

- ▶ George is a 42yo Caucasian male currently enrolled in your MOUD program
- ▶ He is stabilized on a dose of methadone that prevents withdrawal symptoms and opioid cravings
- ▶ However, he uses methamphetamine once or twice/week and is ambivalent about stopping
- ▶ If this was your client or the client of a clinician or counselor you were supervising, what MI skills and/or techniques might be useful in helping George explore his ambivalence and begin to resolve it in the direction of reducing or stopping his meth use?

