

# Midland Regional Mental Health and Addiction Advanced Motivational Interviewing Evaluation Report



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# 1. Executive Summary:

Motivational Interviewing (MI) is an evidence based treatment modality that had its roots in the addiction treatment sector. MI is finding a growing body of evidence to support its use with other issues including domestic violence, homelessness, and other target health behaviors.

In the past this training has been provided nationally by Matua Raki (Addiction Workforce Centre). However, since the downsizing of Matua Raki their budget has not stretched to enable workshops in 2018/19.

The Midland Regional Mental Health and Addiction (MRMHA) Opioid Substitution Clinical Network identified at their March 2019 meeting that there was a clear need for an advanced Motivational Interviewing workshop. This was endorsed by the Midland Addiction Leadership Network and approved by Clinical Governance.

A two day workshop was held in Hamilton on the 15<sup>th</sup> and 16<sup>th</sup> of May. The workshop was facilitated by Tipene Pickett.

*Nga Ngaru a Te Huki te Maunga – The waves of Te Huki is my Mountain  
Waihua te Awa – Waihua is my River  
Kahungunu te Iwi – Kahungunu is my tribe  
Kurahikakawa te Hapu – Kurahikakawa is my Sub-tribe  
Waihua te Marae – Waihua is my Marae  
Ko Tipene Pickett toku ingoa – Tipene Pickett is my name*



**P Grad Cert Health Sciences, BA Soc Sci – Psych & Anthro,  
Member of Motivational Interviewing Network of Trainers (MINT).  
DAPAANZ Registered Practitioner and Supervisor**

Tipene has been an Alcohol and Drug counsellor for the past 20 years and has his own recovery story. He has worked across a variety of settings, governmental, NGO's, as well as a private capacity. Tipene has a strong background in group facilitation, Motivational Interviewing, Relapse Prevention, Tikanga Māori based ways of healing. These include Te Ware Tapa Wha (the four sides of the house), Powhiri (process of engagement), Poutama (Journey of healing and enlightenment), Pātūwatawata o te Marae (The palisades of the Pā) and others.

Tipene has a special interest in the relationship between Tikanga Māori and MI and has developed a model utilising the Pātūwatawata and Pōwhiri process. The model includes the conversation of change that MI offers by making it Tikanga consistent and acknowledging both the indigenous and western worldview and processes.

As a member of the Motivational Interviewing Network of Trainers, Tipene is part of a global community of people who share a similar vision of change and scrutiny of professional practice in order to be the most effective clinicians we can be by embracing the way of being MI offers.

## Recommendations:

1. Introductory Motivational Interviewing workshops be scheduled
2. A further Advanced Motivational Interviewing workshop be held in a years time

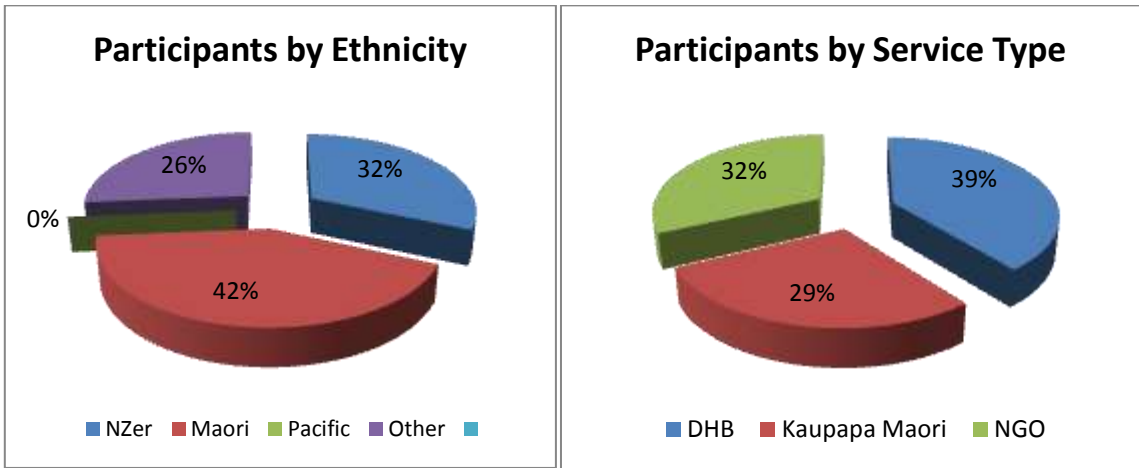
The Midland Regional Mental Health and Addiction team would like to thank all of those who participated in the workshops.

# 2. Workshop Participant Information:

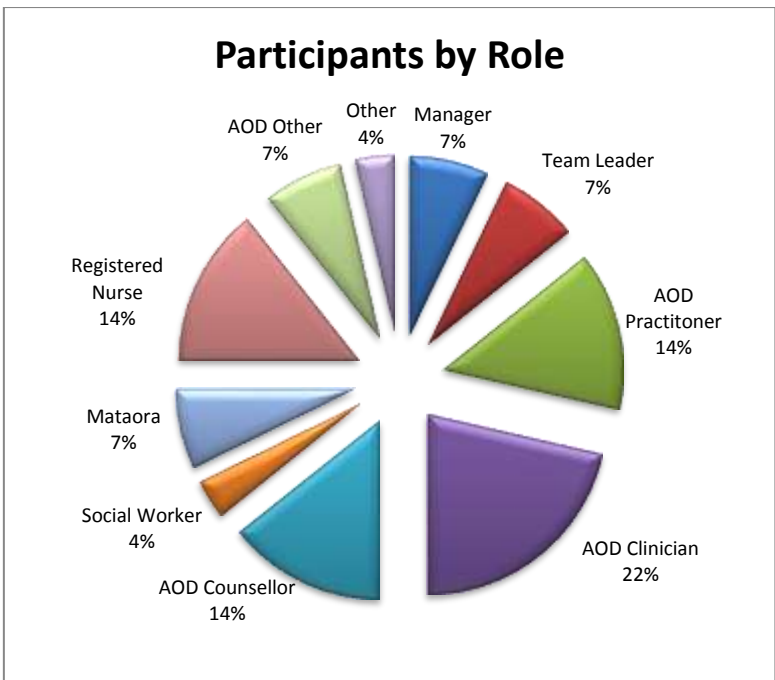
## 2.1 Participant Demographics

A total of 28 participants attended the two day workshop held in Hamilton with 23 completing the Evaluation Feedback form.

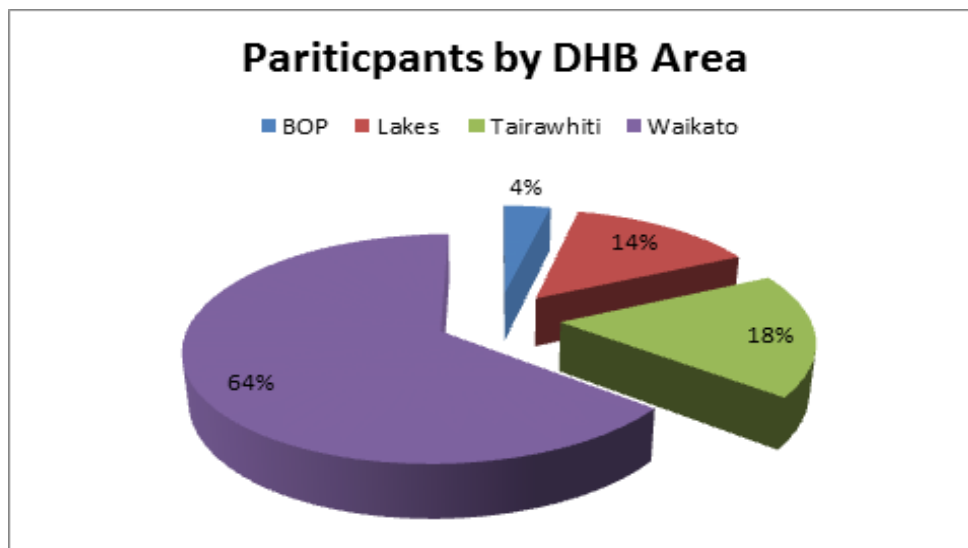
The following tables provide a regional snapshot of the demographics of the attendees.



- 42% of participants identified as being Māori
- 61% of participants work in Kaupapa Māori or NGO services



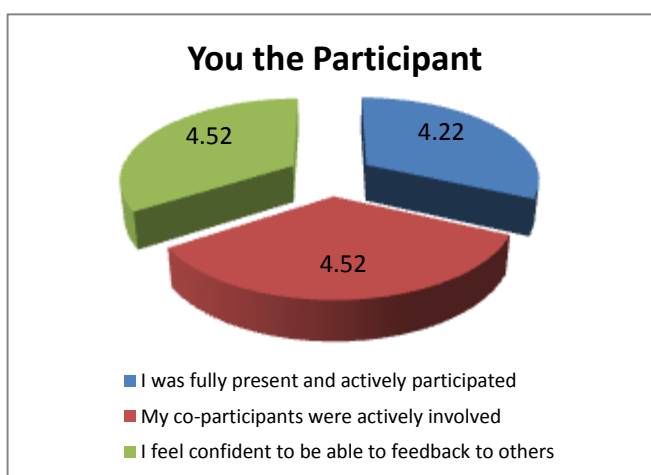
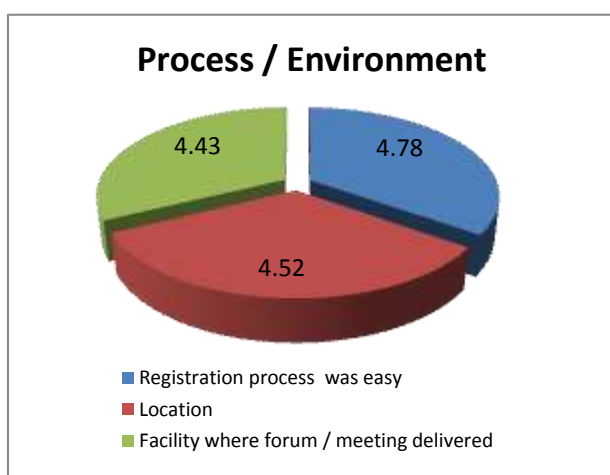
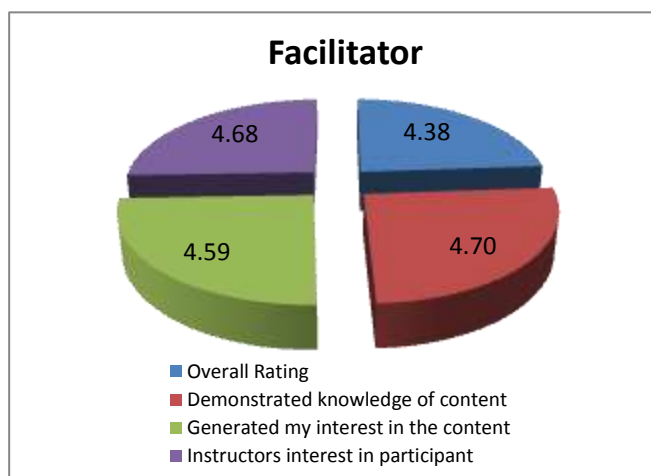
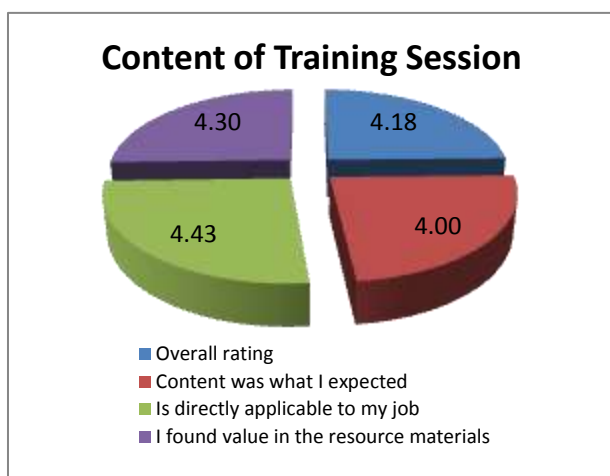
- All participants held roles within the Addiction sector both in provider, NGO and Kaupapa Māori services.



- 64% of the participants were from the Waikato, 18% from Tairāwhiti, 14% from Lakes and 4% from the Bay of Plenty districts.
- Taranaki did not attend.

## 2.2 Participant Feedback:

Formal feedback regarding the workshops was provided by 23 participants (82%). The feedback was scored an average of 4.4 out of 5 across four criteria (Content of the Training (scoring 4.2 out of 5); Facilitator (4.6); Process and Environment (4.6); and You the Participant (4.4)).



## 2.3 Participant Aggregated Results

Total Participants

28

Total Evaluations

23

Content of Training Session	1	2	3	4	5	Avg	Aggregated Data
Overall rating	0	0	4	10	8	4.18	
Content was what I expected	0	1	5	10	7	4.00	
Is directly applicable to my job	0	1	4	2	16	4.43	
I found value in the resource materials	0	0	4	8	11	4.30	
<b>Facilitator</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>		
Overall Rating	0	1	4	2	14	4.38	
Demonstrated knowledge of content	0	0	2	3	18	4.70	
Generated my interest in the content	0	0	3	3	16	4.59	
Instructors interest in participant	0	0	2	3	17	4.68	
<b>Process / Environment</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>		
Registration process was easy	0	0	2	1	20	4.78	
Location	0	0	4	3	16	4.52	
Facility where forum / meeting delivered	0	1	3	4	15	4.43	
<b>You the participant</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>		
I was fully present and actively participated	0	1	2	10	8	4.22	
My co-participants were actively involved	0	0	1	9	13	4.52	
I feel confident to be able to feedback to others	0	0	1	9	12	4.52	

The full workshop evaluation can be viewed in [Appendix 1](#).

## 2.4 Return on Investment:

The overall cost of the workshops was \$5,477.82, with a return of investment of \$182.59 per participant.

<b>Total Participants</b>	<b>Totals</b>
	<b>30</b>
Venue & Catering (2 Days)	\$ 2,295.65
Facilitator	\$ 2,800.00
Facilitator Travel	\$ 51.30
Facilitator Accommodation	\$ 330.87
Other (incl 10% overheads)	
<b>Total</b>	<b>\$ 5,477.82</b>
<b>Per Person Cost</b>	<b>\$ 182.59</b>

## 3. Recommendations:

The following recommendations have been identified:

- 1. Deliver Introductory Motivational Interviewing Workshops:**
  - Additional introductory workshops will be held throughout 2019
- 2. Deliver an Advanced Motivational Interviewing Workshop:**
  - Undertake another Advanced Motivational Interviewing workshop in 2020/21

## Appendix 1: All Comments from Evaluation Questions

What did you find most interesting?		What would you like more info on?	Any further comments	Would you recommend to others?
The horse whisperer	The different approaches	Case presentations	Thank you for the last two days	New clinicians or people that have not learned MI
It was all interesting, I do feel I did know a lot of what was covered however being reminded is a great thing	Relating my experience and of being pakeha & tikanga in life and my practice	How to ensure I continue using MI / the skills	Ka nui te mihi ki a koe Tipene. This is your workshop own it with confidence & don't fear telling your audience to listen or shut up	Yes, highly
The process of focus on MI and staying on track	Whole training	Taking time to explain handouts	Would like to have a refresher again in the future	Other practitioners & counsellors
Ignore sustain talk - don't explore. Reflect on change talk and offer a reflection	Exercises, our Māori whānau their fabulous feedback and observing the mahi	Unsure, tired	To attend in two years time	Other AOD / Counselling colleagues
Māori worldview interesting, as intertwined with MI	New ways of structuring interviewing	Handout print was very small	Thank you very much. I really enjoyed the learning & how to apply it to my practice	All my colleagues
The new changes to MI especially spirit & approach to some aspects improves its effectiveness	Kaupapa Māori context - awesome, filled up	MI in group session - Wananga	Great learning felt more confident	Doctors
The experiential exercises	The alignment of MI to Kaupapa Māori	More skill building	Valuable learning	
The Māori approach and how it connects to MI or the tikanga and MI	I was kept interested by the topical relevance to all participants ie. Cultural understanding shared continues to develop my own understanding	More role play or demonstrations from the facilitator	An awesome two days a privilege to be here. I am better for it and hopefully with my work with people in general	



What did you find most interesting?		What would you like more info on?	Any further comments	Would you recommend to
Really enjoyed the exercises an opportunity to reflect on own practice	Te Ao Māori - different ways of thinking, working and relating, very helpful + apply MI practice to different worldview	Further exploration of MI	Thanks heaps - awesome	
Popcorn exercises	Changes to MI that have evolved since I did my training	How to work with MI in a group setting	Was a good hui	
Reflective listening	Interaction from participant's in the training	Everything was relevant - thank you	Workshop was well balanced between information & interactive participation	
The depth of insight into the different ways Māori NGO are engaging whānau	Reflection, change talk exercise & cultural responsiveness	More of Tipene's teaching from past → what works	Thank you very much Tipene, a great course	
Hearing the ?? was good reminded me of my father telling us them as a child		More attention on new tools and change in spirit in MI	Maybe a couple more live demonstrations rather than so many role plays	
		Working with resilience rather than dealing with resistance & practicing change talk	Day one appeared to be pitched at beginners rather than advanced however it may have been due to the topic being diverted. Day 2 inspiring & encouraging	
		What the agenda was and how MI fitted	Not what I expect but immensely useful	
			Thank you for enjoyable & informative two days. Looking forward to using in day to day practice	
			Felt the presenter split the group into them and us. Presented as it was 'them'. I had no awareness of knowledge or interest in Tikanga	