



AFLP Training:

Case Management & Motivational Interviewing



<u>Northern California</u>	<u>Central Valley</u>	<u>Southern California</u>
March 5th 9:00AM-5:00PM	March 7th 8:30AM-4:30PM	March 8th 9:00AM-5:00PM
Sierra Health Foundation Bannon Island 1321 Garden Highway Sacramento, CA 95833	Fresno Regional Center 142 E. California St. Room 207, ABCD Fresno, CA 93706	Foothill Family Services 2500 E. Foothill Blvd., Ste. 300 Pasadena, CA 91107

At the end of the Case Management training, participants will be able to:

- Identify the steps and stages of effective Case Management (CM)
- Utilize specific techniques to work effectively with resistance
- Enhance communication skills for working with clients who are less motivated/more resistant to change
- Demonstrate improved confidence in CM's use of effective case management techniques.

At the end of the Motivational Interviewing training, participants will be able to:

- State the 6 Stages of Change within the Transtheoretical Model of Change (pre-contemplation, contemplation, preparation, action, maintenance and relapse)
- Identify a client's current stage of change
- Understand that ambivalence and relapse are a natural and expected part of sustained behavior change
- Demonstrate increased skill in using the key methods of MI in their work (open questions, affirmations, reflective listening, summary and eliciting change talk)
- Understand and be able to use the OARS (open ended questions, affirmation, reflection and summarizing) as a way to track their acquisition of MI skills

This training is mandatory for AFLP PYD Managers and Supervisors

Pre-registration is required. Please register by **Monday, February 27th** at:

<http://www.californiateenhealth.org/uncategorized/aflp-pyd-motivational-interviewing>

Registration is guaranteed for AFLP-PYD funded sites and will be open on a first come, first serve basis for community partners and other AFLP sites.

Questions? Please email alison.hunter@phi.org