

MOTIVATIONAL INTERVIEWING TO ENHANCE INTIMATE PARTNER VIOLENCE AMONG SCREENING & REFERRAL: PRELIMINARY RESULTS OF MOTIVATIONAL INTERVIEWING TRAINING FOR HOME VISITORS



Summary: The Hawaii Core State Violence and Injury Prevention Program (Core SVIPP), in coordination with *Your Ohana*, are working to increase the number of home visitor paraprofessionals trained in Motivational Interviewing (MI). Trainings were held at the Fourth Annual Home Visiting Conference. Pre- and post-assessments were conducted and results indicated increase in MI knowledge and reported confidence for performing Intimate Partner Violence (IPV)-related activities among participants. The Hawaii Core SVIPP team will continue to work with *Your Ohana* to evaluate and improve MI trainings.

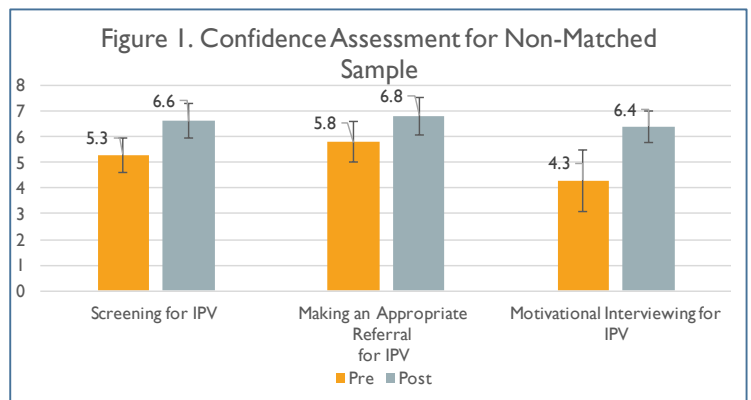
Background of Motivational Interviewing: MI is a client-centered, practitioner-directed method for enhancing intrinsic motivation to change by exploring and resolving ambivalence. MI is an important method to utilize because it emphasizes negotiation over conflict in the counseling relationship, with a focus on developing an individual's autonomy, confidence and determination for change. Over the years, MI has been recognized as an evidence-based approach that has become widely adopted as a counseling style for facilitating behavior change.¹ Due to this, MI and adaptations of MI have been extended to a wide range of behavior change contexts such as substance drug abuse², HIV prevention³, smoking cessation⁴, and domestic violence⁵.

Core SVIPP and *Your Ohana*: The Core SVIPP is a federal grant that focuses on several priority areas of injury and violence prevention, two of which include IPV and Child Abuse and Neglect (CAN). The Hawaii Core SVIPP team is working with *Your Ohana*, Hawaii's Home Visiting Services Network (HHVN), to enhance IPV screening and referrals to appropriate resources by increasing the number of home visiting paraprofessionals trained in MI skills.

Evaluation of MI Trainings: MI Trainings were conducted at the Fourth Annual Home Visiting Conference where all programs within *Your Ohana* network from all islands were represented. Four break-out sessions on MI were offered, and conducted by Robin Arndt, MSW, LSW. To evaluate the effectiveness of the MI training, brief pre-assessments and post-assessments via survey were conducted. These assessments measured the participants' **knowledge and application of MI**, and participant's **confidence levels** in screening for IPV, making an appropriate referral for IPV, and using MI skills for IPV. Participants were also asked about their current role in the home visiting program, their prior experience in MI, as well as demographic questions.

Preliminary Results for Pre- and Post-Assessment Groups:

Results indicated that for the pre-assessment group, participants' (n=96) scores averaged 69% accuracy (range =38% to 100%). The post-assessment group results (n=55) indicated a **slight increase in knowledge** where scores averaged 71% accuracy (range=31% to 92%). Participants also reported **increase in average confidence levels** for performing IPV-related activities when comparing the pre-assessment and post-assessment groups (see Figure 1).



"Have more in-depth trainings and longer sessions"
"Provide more real-word scenarios/role-playing"
"Provide more examples of MI trainings (i.e. videos)"

Open-ended questions also elicited positive feedback from participants about the training, trainer, and goals for utilizing skills learned.

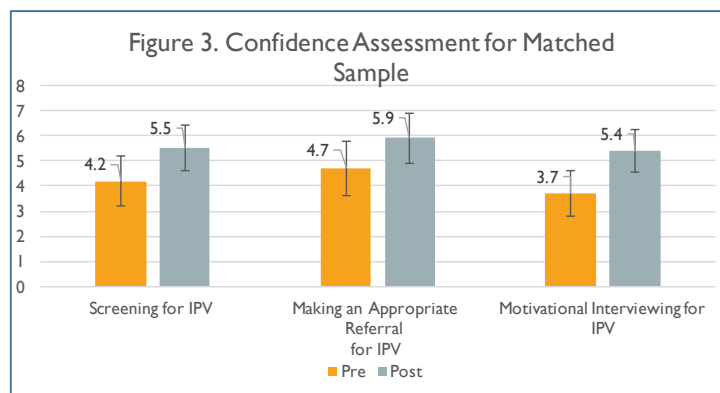
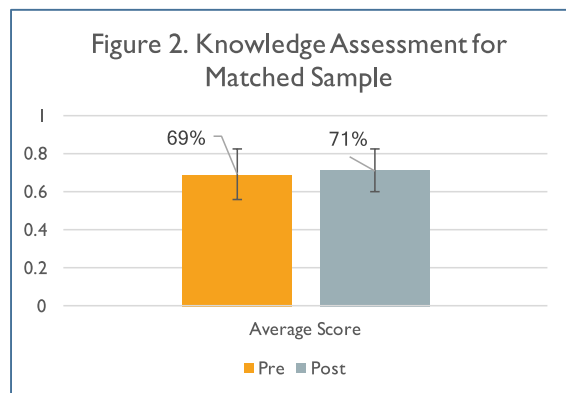
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Preliminary Results for Matched Pre- and Post-Assessment Sample: Although a smaller subset (n=43), the *matched* pre- and post-assessment responses showed that there was a *slight increase in average knowledge* score (see Figure 2). The larger gain was seen in participants reporting *more confidence when screening, making a referral, and performing MI after training* as (see Figure 3).



Suggestions for Improvement in Future Trainings: The qualitative feedback indicated that the participants wanted to have more in-depth trainings and longer sessions, more real-world scenarios/role-playing, and more examples of MI in the professional environment. **A key takeaway from the responses received is that home visiting paraprofessionals and workers in this field are interested in receiving multiple trainings and more advanced MI trainings.** A future consideration is to have the first training be designed as an introductory session and have subsequent trainings be more advanced in the real-world application of MI.

Future and Ongoing Evaluation Efforts: The CORE SVIPP evaluation team will continue to work with *Your Ohana* to track the home visitors that are trained on MI skills and knowledge over time. Evaluation efforts will be ongoing with pre- and post-assessment for future MI trainings. Follow-ups will also be conducted after MI trainings to assess if MI knowledge and skills are retained and used when home visiting paraprofessionals are working with their clients. Indicators for shared risk and protective factors for IPV and CAN in screening and referral for IPV will also be tracked over time using available statewide datasets.

References:

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