

# **Brief Introduction to Motivational Interviewing for Adolescent Vaping**

**Mallori DeSalle**

**MA, LMHC, NCC, CCMHC, CPS, MATS**  
**Member of Motivational Interviewing Network of Trainers**  
**Prevention Insights**



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# What If....



YAY!



# Ambivalence

**Feeling two ways about a change.**

**With no clear direction, people are stuck!**





**“MI hypothesizes  
that client  
monitor their  
speech for clues  
about their  
attitudes and  
emerging intent  
to change....”**

**“If they find themselves arguing for  
change they are more likely to talk  
themselves into making a specific,  
adaptive behavior change..... “**

**(Moyers et al, 2007)**



# What is MI?

“Motivational Interviewing is a person-centered counseling style for addressing the common problem of ambivalence.”

-Miller & Rollnick

# Application of MI

- ✓ Emergency Medicine
- ✓ Primary Care
- ✓ Chronic Disease
- ✓ Mental health
- ✓ Substance Abuse
- ✓ Dentistry
- ✓ Physical Therapy





**Avoid Fixing**  
**Use our MI Mindset**  
**MI Skills focused on Change Talk**  
**Avoid Rushing the Process**



## “Righting Reflex”



**Desire to set things right, to heal, to prevent harm, or fix.**



Empowerment  
Autonomy  
No Judgement  
Understand their  
Values  
**Listen *more than***  
**Speak**

# MI Mindset

# Skills of MI



O pen-ended Questions

A ffirmations

R eflexions

S ummaries

\* Advice with Permission

“Why aren’t you using your inhaler?”



“How does using your inhaler help you?”



“Do you want to quit vaping?”

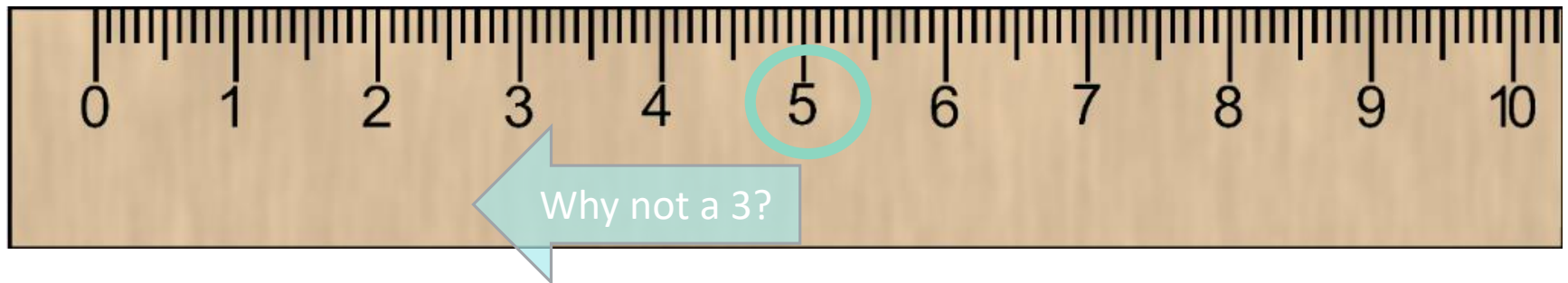
“What would be a reason you would ever consider cutting back or quitting vaping?”

**On a scale from 0-10 where would you put yourself:**

How **Important** this change is?

How **Willing** you are to take the step?

How **Confident** you are that you can make this change?



# Scaling Questions

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A photograph of two women embracing. The woman on the left is wearing a green short-sleeved shirt and has long, dark, wavy hair. She is smiling and looking towards the right. The woman on the right is wearing a pink short-sleeved shirt and has her arms around the first woman. She is also smiling and looking towards the camera. The background is a blurred indoor setting, possibly a hallway or office.

**“I know you can succeed when you do your personal best.”**

**“You worked hard in the past and are wondering if you can do it again.”**





“It’s great you have not vaped today.”

“You are committed to quitting and are taking it one day at a time.”

A young woman with long dark hair, wearing a white collared shirt and a red and black plaid vest, is sitting at a computer workstation in a library. She is looking off to the side with a thoughtful expression. In the background, other students are working at computers, and bookshelves are visible. The scene is brightly lit with overhead fluorescent lights.

“Don’t worry, you are a hard-working student.”

“You feel stressed and are looking for ways to feel prepared.”

“C’mon, you are smart, you’ll find a way to say no to your friends.”

A young woman with long dark hair is sitting on a red ledge against a bright yellow wall. She is wearing a grey sweater with a rainbow-colored stripe across the chest, black leggings, and white sneakers. She is looking to her right with a thoughtful expression. The scene is brightly lit, casting a shadow of her onto the wall behind her.

“You are nervous that you won’t know what to do

when you are asked to vape.”



# Advice With Permission

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A young man with dark hair, wearing a maroon hoodie and a backpack, is looking down at his smartphone. He has white earbuds in his ears. The background is a blurred outdoor setting with green and yellow foliage. The text is overlaid on a semi-transparent grey box.

“What do you already know about vaping?”

“Would it be alright if I share a little information with you about vaping?”

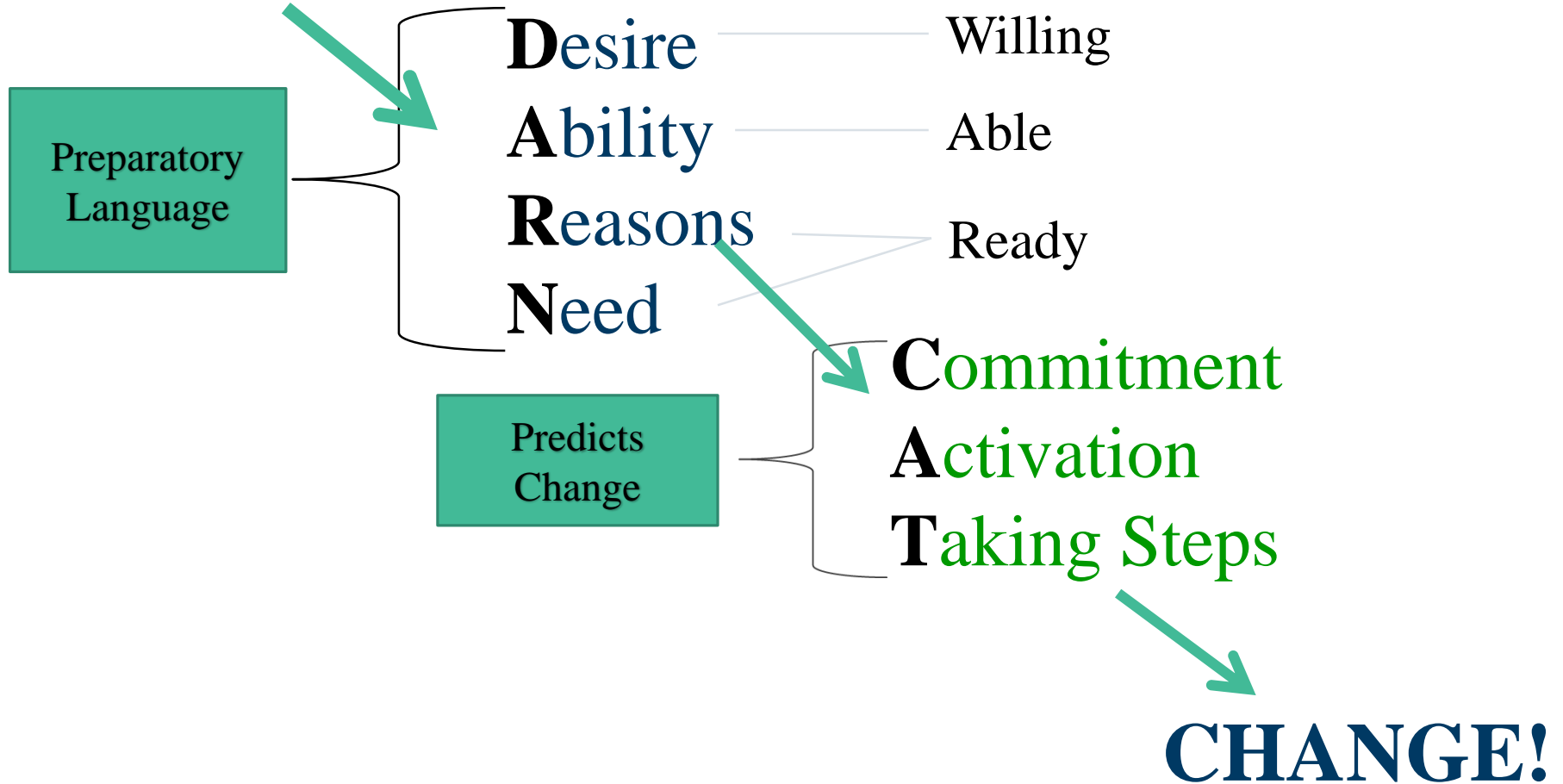


# Strategy to MI

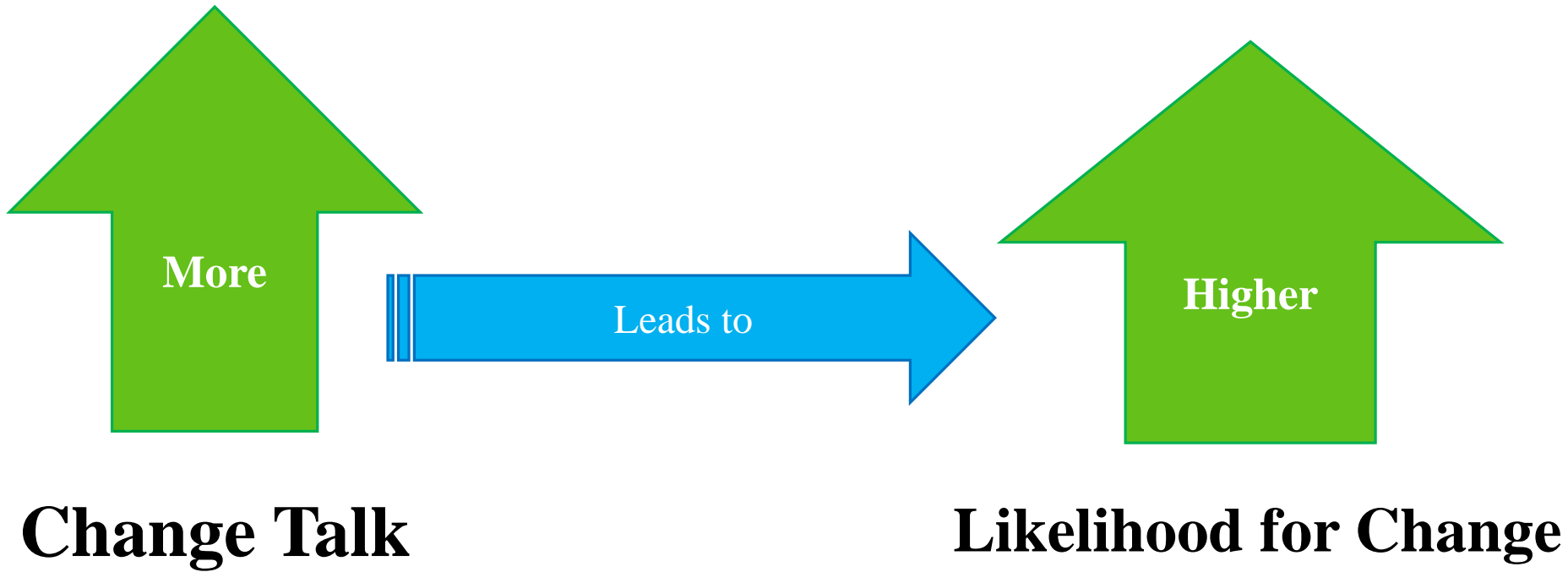
**Engage** **Focus** **Evoke** **Plan**

# The Flow of Change Talk

## Motivational Interviewing



# Change Talk Influences Change







Change doesn't happen all at once.

Using MI will help you invite change with those you meet.

# Motivational Interviewing Books

1. **Motivational Interviewing: Helping People Change (3<sup>rd</sup> Edition) by William Miller And Stephen Rollnick, Guilford Press**
2. Motivational Interviewing In The Treatment Of Psychological Problems by Hal Arkowitz Et Al, Guilford Press
3. Building Motivational Interviewing Skills by David Rosengren, Guilford Press
4. Motivational Interviewing In Health Care: Helping Patients Change Behavior by Stephen Rollnick, William Miller And Christopher Butler, Guilford Press
5. **Motivational Interviewing With Adolescents And Young Adults by Sylvie Naar-king And Mariann Suarez, Guilford Press**
6. Motivational Interviewing In Social Work Practice by Melinda Hohman, Guilford Press
7. Motivational Interviewing in Groups by Christopher C. Wagner, Karen S. Ingersoll

# Motivational Interviewing Websites

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MINT Website:

[www. Motivationalinterviewing.org](http://www.Motivationalinterviewing.org)

Prevention Insights Training Portal:

<https://iprc.iu.edu/training/training.php>

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America...



## Thank You!

Mallori DeSalle  
[mdesalle@indiana.edu](mailto:mdesalle@indiana.edu)