



**National Behavioral
Health Network**

for Tobacco & Cancer Control

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

Motivational Interviewing to Enhance Youth Tobacco Cessation

November 7th, 2023

Welcome from The National Behavioral Health Network Team!



Samara Tahmid, MPH

She, hers

Project Manager



Coyle Shropshire

She, hers

Project Coordinator



**National Behavioral
Health Network**

for Tobacco & Cancer Control

*from NATIONAL COUNCIL FOR
MENTAL WELLBEING*

Housekeeping

This session is being recorded.

For audio access, participants can either dial into the conference line or listen through your computer speakers.

You can ask questions by typing them into the Q&A box.

Closed captioning can be accessed by turning on the closed captioning feature on the zoom dashboard.



**National Behavioral
Health Network**

for Tobacco & Cancer Control

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

A Note on Language & Terminology

- **Mental wellbeing:** Thriving regardless of a mental health or substance use challenge.
- **Commercial tobacco use/tobacco use:** The use of commercial tobacco and nicotine products (including electronic nicotine devices, otherwise known as ENDS).*
- ***All references to smoking and tobacco use is referring to commercial tobacco and not the sacred and traditional use of tobacco by some American Indian and Alaskan Native communities.**



Agenda

- ✓ Housekeeping
- ✓ Introduction to NBHN
- ✓ Didactic Presentation
- ✓ Q & A
- ✓ Wrap-up



National Behavioral Health Network for Tobacco & Cancer Control

Jointly funded by CDC's *Office on Smoking & Health & Division of Cancer Prevention & Control*

Provides resources and tools to help organizations reduce tobacco use and cancer among individuals experiencing mental health and substance use challenges

1 of 9 CDC National Networks dedicated to eliminating cancer and tobacco disparities in priority populations

Visit www.BHtheChange.org and Join Today!

Free Access to...

Toolkits, training opportunities, virtual communities and other resources

Webinars & Presentations

State Strategy Sessions

Communities of Practice



Smoking Cessation
Leadership Center



University of California
San Francisco

**National Behavioral
Health Network**

for Tobacco & Cancer Control

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

Networking2Save: A National Network Approach to Promoting Tobacco and Cancer-Related Health Equity in Special Populations

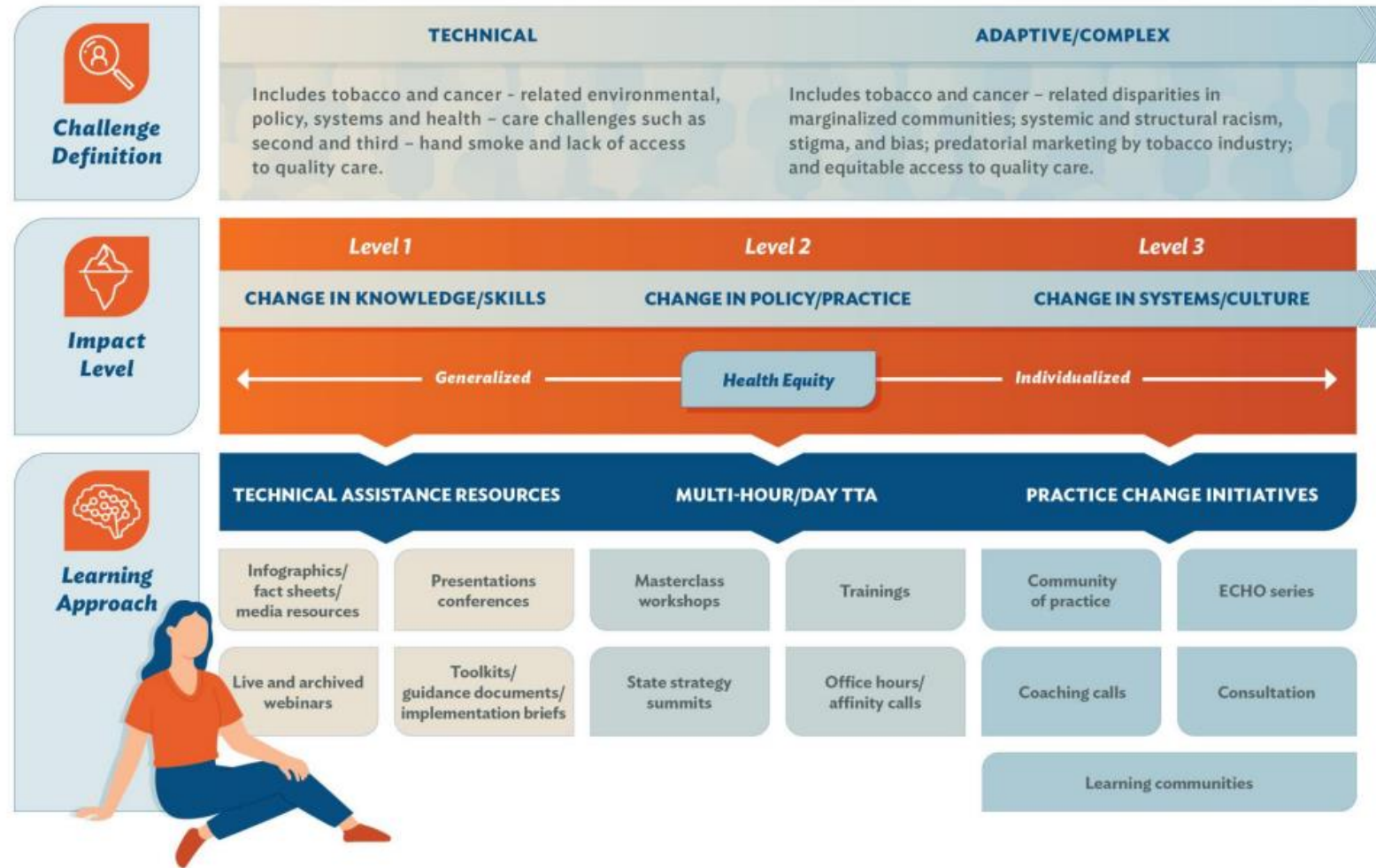


- A consortium of nine national networks sponsored by the CDC's Office on Smoking and Health and Division of Cancer Prevention and Control.
- Our partnership provides leadership on and promotion of evidence-based approaches for preventing commercial tobacco use and cancer for priority populations on a national, state, tribal and territorial level.
- <https://www.cdc.gov/cancer/ncccp/related-programs/Networking2Save.htm>



National Behavioral Health Network for Tobacco & Cancer Control

Learning Agenda





National Behavioral Health Network

for Tobacco & Cancer Control

from NATIONAL COUNCIL FOR MENTAL WELLBEING

NBHN's learning agenda is designed to advance health equity by...



Reducing tobacco and cancer-related disparities among individuals with mental health and substance use challenges.



Addressing social and political that influence tobacco and cancer-related disparities.



Strengthening, supporting and mobilizing communities and partnerships in tobacco control, cancer control and behavioral health.



Building, championing, and implementing tobacco-free policies, plans and laws.



Improving the availability, accessibility and effectiveness for cessation and counseling services.



Implementing trauma-informed resilience oriented prevention and cessation messaging.



Building a diverse and skilled tobacco control, cancer control and behavioral health workforce.



Promoting the improvement, access, and utilization of tobacco, cancer and behavioral health data.

Learning Objectives

During this webinar, you will:

- Increase understanding of MI's core components.
- Understand how MI can enhance behavior change in youth.
- Practice MI strategies to address youth nicotine dependence and cessation.





Guest Speaker

Pam Pietruszewski, MA

Senior Advisor,

Member of the MI Network of Trainers (MINT),
National Council for Mental Wellbeing

PamP@thenationalcouncil.org



**National Behavioral
Health Network**

for Tobacco & Cancer Control

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

Supporting adolescents leads to healthier and more connected communities



We need to reframe adolescence from eye roll to opportunity.

Nat Kendal-Taylor, CEO of The Frameworks Institute



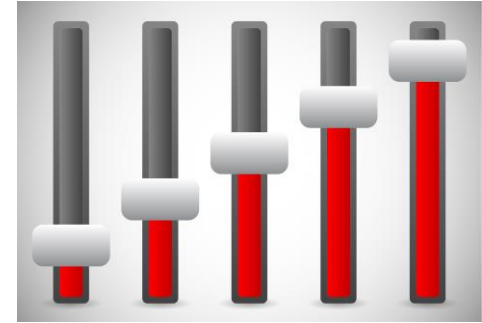
All young people should have a fair and just opportunity to be as healthy as possible

Unfair practices and unjust conditions can harm specific groups of people who face systemic challenges including:

- Being targeted with commercial tobacco marketing and advertising.
- Experiencing increased levels of stress from discrimination, racism, unjust social conditions, and/or poverty which can increase commercial tobacco use.
- Encountering significant barriers to health care and treatment.



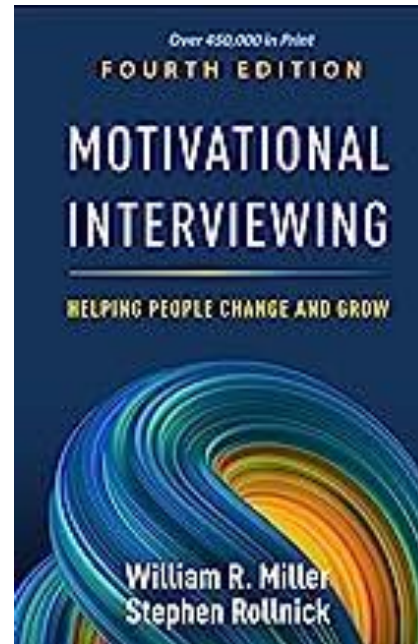
More Developmental Assets Can Lead to Less Nicotine and Marijuana Vaping



- ✓ Involvement from **trusted adults**
- ✓ **Recognition** for positive behavior
- ✓ **Culturally representative** leadership in the community
- ✓ **Interpersonal skills** that help to integrate feelings, thinking & actions
- ✓ **Resiliency** as capacity for adapting in healthy & flexible ways
- ✓ Opportunities for **positive social involvement**

Motivational Interviewing (MI)

is a particular way of talking with people about change and growth to strengthen their own motivation and commitment.



MI Across Cultures



- **MI Values** empathy, reduced power differential, being listened to, acceptance rather than expert-driven hierarchy.
- **MI Requires** empathic listening and acceptance, and people are regarded with cultural humility to be the experts in themselves.
- **Culturally adapted MI** brings aspects of community values and goals into conversations about growth and change, in a way that is compatible with language, social norms, preferences and context.

Self K. 2023, Psychological Services; Nedjat-Haiem F. 2018, Am J of Hospice & Palliative Med; de Almeida Neto A. 2017, Evolutionary Psychological Science; Interian, A. 2010, Cultural Diversity and Ethnic Minority Populations; Miller W. 2007, Alcoholism Treatment Quarterly; Hettema J. 2005, Annual Review of Clinical Psychology;

“Motivational Interviewing appears to be a good fit with adolescents’ developmental need to exert their independence and make decisions for themselves, while it respects their heightened levels of psychological reactance and coincides with the development of their decision-making skills.”

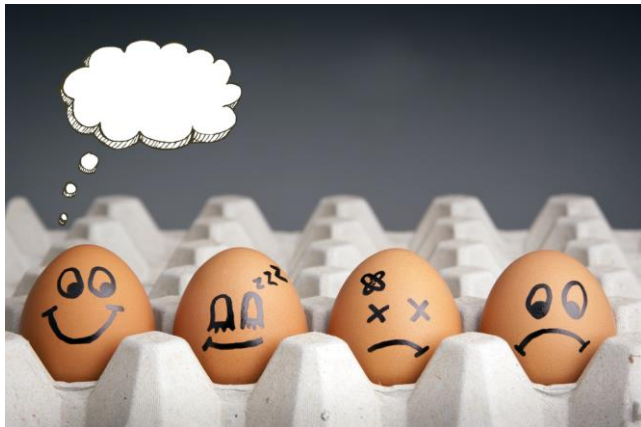


Motivational interviewing for adolescent substance use: a review of the literature.
Addictive Behav. 2012

Motivation Factors

- **Ambivalence** is a normal experience when considering change.
- **Pushing** against what feels like resistance usually strengthens commitment to the status quo.

Miller WR, Rollnick S. Motivational interviewing: Helping People Change and Grow, 4th ed.; 2023



Competence ~ Autonomy ~ Relatedness

Mutschler 2018. Realist-informed review of motivational interviewing for adolescent health behaviors. Systematic Reviews



Wrestling

You should...
Why didn't you...
I think...

vs.



Dancing

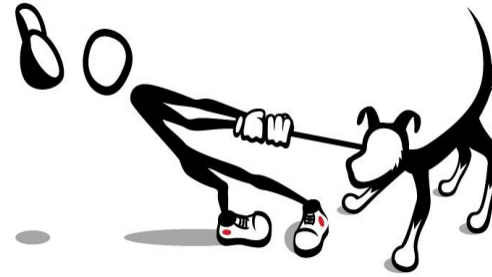
Yes and...
I wonder...
You've considered...



What Can We Do?



Stay Empathic, Curious



Pause the Fix

A “Spirit” of Empathic Curiosity



The Fixing Reflex



Common Reactions



Poll Question #1

I'm not sure I'm ready to quit vaping. But I do know for sure my mental health would be worse if I had to stop. Besides, it's not as gross as smoking cigarettes!

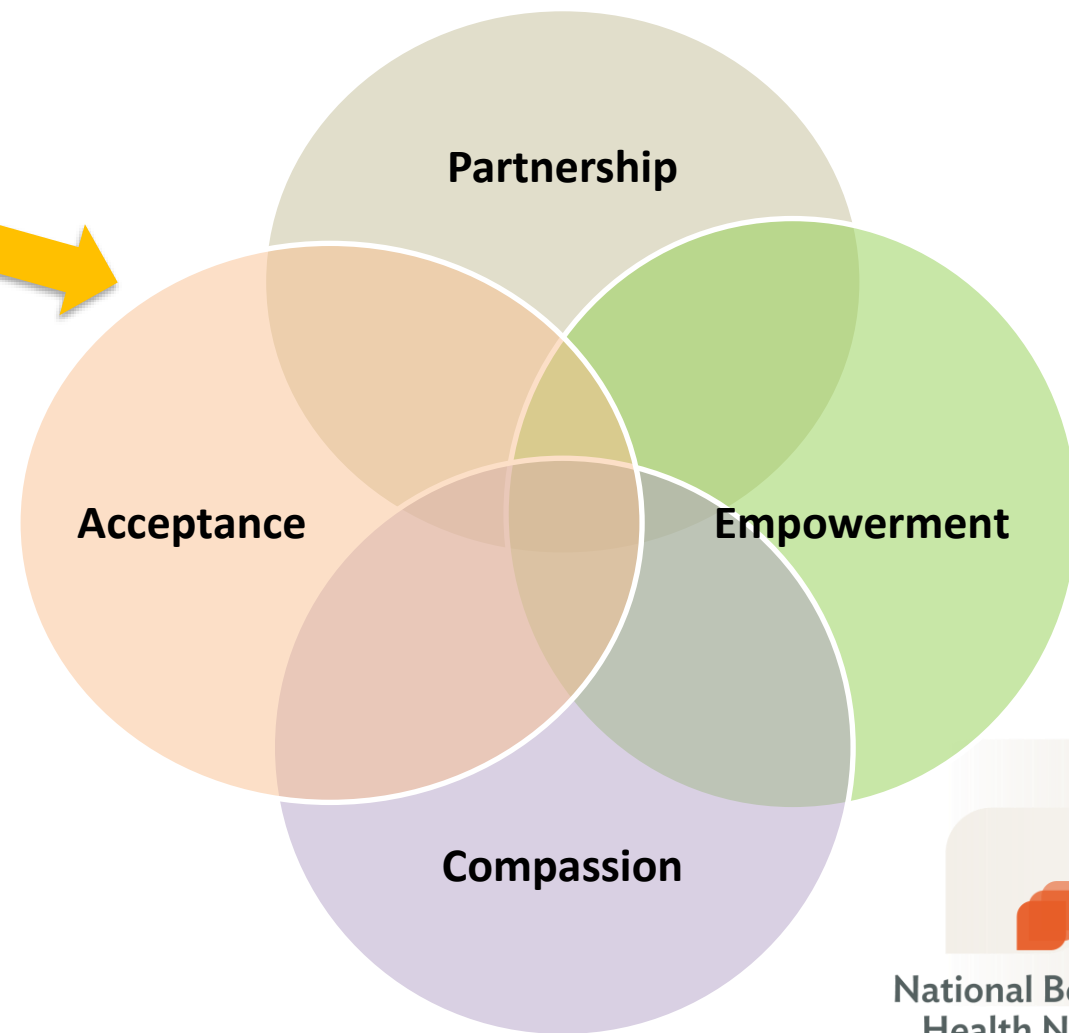
- **Which of these responses is focused more on empathic curiosity (less fixing)?**
 - a. Using a vape device, even for nicotine, is still very harmful to your health.
 - b. If there was a way to stay mentally healthy without vaping you might be more ready to quit.
 - c. Mental health counseling really helps. I can refer you to someone who's great with teens!

Poll Question #2

All the guys I know use nicotine pouches. There's no secondhand smoke, it's just regular tobacco and it's totally legal. Weed is not well regulated, so that's a bigger gamble.

- Which of these responses is more on empathic curiosity (less fixing)?
 - a. You've thought about the risks, and you don't want to gamble with your health.
 - b. You do realize tobacco isn't legal for kids your age though, right?
 - c. Tobacco isn't as big of a deal as weed.

Information
or advice



**National Behavioral
Health Network**

for Tobacco & Cancer Control

from NATIONAL COUNCIL FOR
MENTAL WELLBEING



The MI Sandwich



1. Ask

Would you be open to hearing about...?

What do you know about...?

What would you most like to know about ...?

2. Offer Information

3. Ask

What do you make of this?

How, if at all, has this impacted your thinking?

What might be your next step?



OARs Skills



Open-Ended Inquiry

Affirmations

Reflections



Open-Ended Questions



Instead of	Try
1. Are you still trying to cut back?	Tell me about your approach to cutting back.
2. Do you want to end up with health problems?	What have you been doing to take care of yourself?
3. Why are you not ready to quit?	
4. Can you a ride to the cessation class?	

Affirmations

Supportive, genuine reinforcements of a person's:

- Character
- Effort
- Skills
- Values
- Strengths



Attributes of Successful Changers



Accepting

Adaptable

Ambitious

Assertive

Capable

Careful

Confident

Considerate

Decisive

Determined

Diligent

Faithful

Fearless

Flexible

Focused

Forgiving

Hopeful

Mature

Open

Optimistic

Patient

Perceptive

Persistent

Reasonable

Reliable

Resourceful

Skillful

Trusting

Truthful

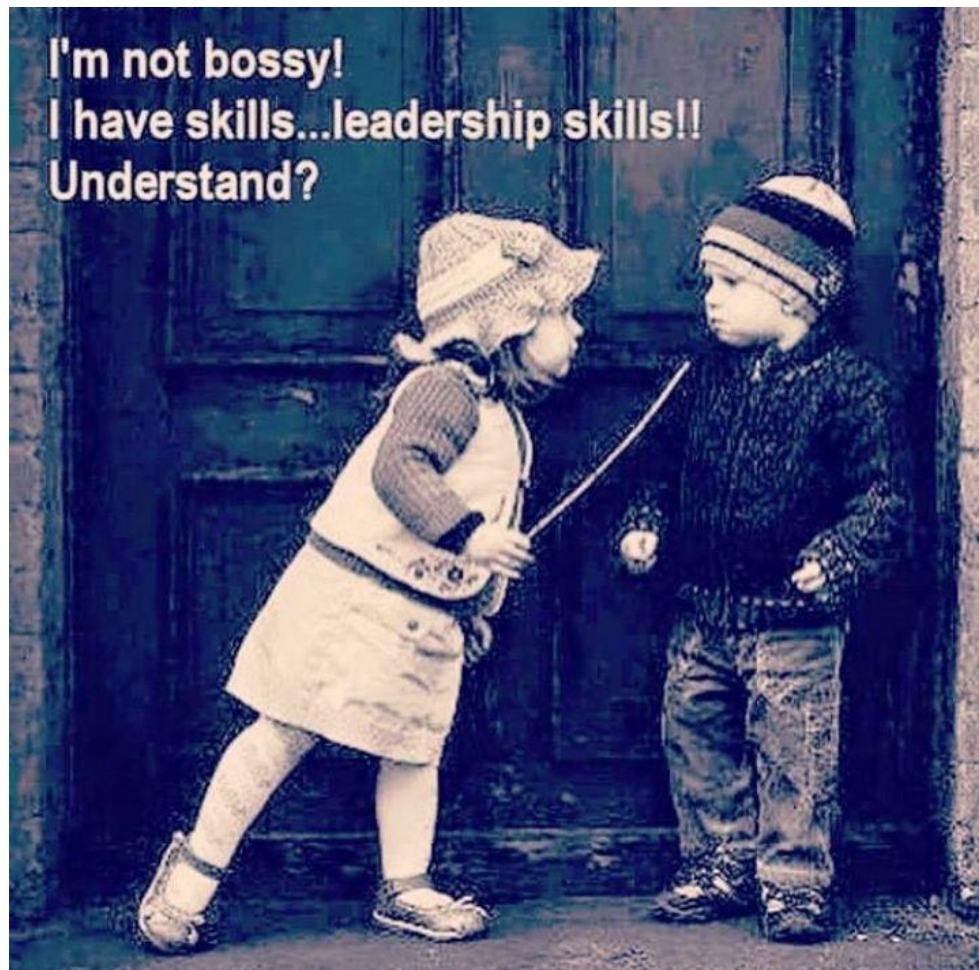
Unique



WE BECOME
WHO WE
BELIEVE WE
ARE.

- KAY BARNES

I'm not bossy!
I have skills...leadership skills!!
Understand?



**National Behavioral
Health Network**

for Tobacco & Cancer Control

from NATIONAL COUNCIL FOR
MENTAL WELLBEING



BHTheChange.org

Reflections

- ✓ Listening Statements
- ✓ To experience being understood



You are feeling... frustrated that I won't let you take the car tonight.

I hear... that you want to be treated like an adult.

It sounds like... you want an opportunity to show you are responsible.

- *Why are you making a big deal out of this? Literally everyone I know uses drugs, and all I did was smoke a cigarette. I don't understand why you don't trust me. I'm not stupid.*

Try a Listening Statement





A Communications Pathway for Framing the Conversation Around Youth Substance Use Prevention



ESTABLISH TRUST



GATHER INSIGHTS



**FRAME THE
COMMUNICATION**



MAKE THE CASE



SUGGEST ACTION



BHTheChange.org

<https://www.thenationalcouncil.org/getting-candid>

**National Behavioral
Health Network**

for Tobacco & Cancer Control

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

Social Policies and Community-Oriented MI

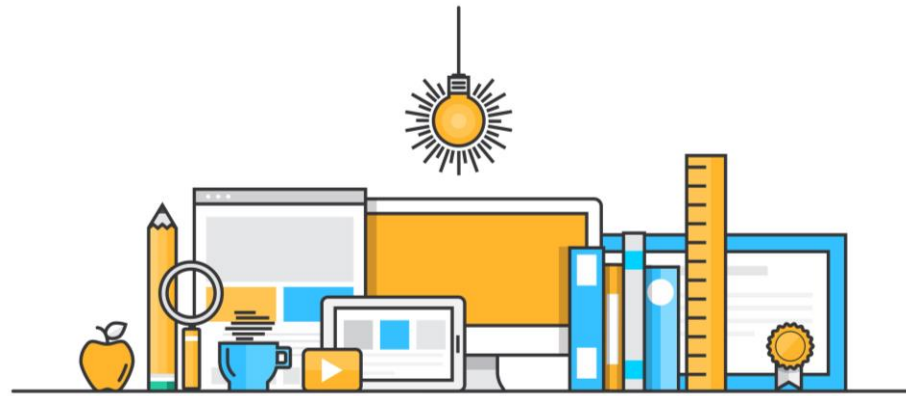
Facilitating conversations using MI requires significant self-awareness, self regulation to support psychological safety, and recognizing power differentials.

Conversations about **changing institutional and systemic barriers**, as they impact group and individual behaviors can contribute to healing.



Framing and incorporating growth and change that affirms **group-based values** can impact motivation.

Resources



National Council MI Trainings: <https://thenationalcouncil.org/motivationalinterviewing>

Motivational Interviewing Network of Trainers: <https://motivationalinterviewing.org/>

Getting Candid Toolkit: <https://www.thenationalcouncil.org/program/getting-candid/resource-toolkit/>

Motivational Interviewing Tips for Engaging with Youth:
<https://www.thenationalcouncil.org/resources/motivational-interviewing-tips-for-engaging-with-youth/>

Getting Candid Youth-Facing Page: <https://www.thenationalcouncil.org/itsthelittlethings/>



Questions?

Thank You for Joining Us!

Visit Bhthechange.org and Become a FREE Member Today!

A recording of this presentation and a copy of the slide deck will be sent to all participants in an email, and posted to our website, within 48 hours after the event.

*For any questions, please email Coyle Shropshire at
CoyleS@thenationalcouncil.org*

Post-session survey:



**National Behavioral
Health Network**

for Tobacco & Cancer Control

from NATIONAL COUNCIL FOR
MENTAL WELLBEING