



# Motivational Interviewing

## Family Needs

Our interventions address youth and family issues such as:

- Complex trauma
- Substance use disorders
- Mental & behavioral health
- Physical abuse
- Intimate partner violence
- Neglect

## Benefits

- Develops intrinsic motivation, individuals create their own plan for change
- Therapist focuses on listening and refraining from judgment
- Respect for a person's autonomy and intelligence
- Better family harmony
- Concrete services to address immediate needs
- Therapists have ongoing consultation with experienced MI supervisor

## Overview

Motivational Interviewing (MI) is an evidence-based model that enhances and supports a person's motivation to change their behavior.

## Who We Serve

Appropriate referrals include families where a caregiver's substance use creates an ongoing safety risk for children in the home. Research indicates that caregivers and youth in homes where substance use is prevalent often have other mental health needs, secondary to trauma.

In these instances, Choices may use both MI and Trauma-Focused Cognitive Behavioral Therapy.

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## How It Works



A therapist and case manager are assigned to each family.



The master's level therapist provides individual therapy based on the MI model.



Crisis intervention is available 24/7 to address safety issues & prevent unnecessary placement.



Case managers visit the home to ensure child safety and to work with parents on providing appropriate structure and supervision.



Case managers connect families with natural, community supports like sports, youth groups, tutoring, food preparation, budgeting, and social emotional learning.



Case managers help families navigate any systems they are involved with, such as mental health or substance use providers working with a parent.

## Contact

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**choices**  
COORDINATED CARE SOLUTIONS

Choices is a national nonprofit committed to empowering individuals, engaging communities, and enhancing systems. Choices Indiana programs include: Children's Mental Health Initiative (CMHI), Children's Mental Health Wraparound (CMHW), Family Preservation Services, School-Based Services, Foster Care Solutions, Behavioral Health Solutions, Choices Emergency Response Team (CERT), and Kaleidoscope Recovery Services. Learn more at [ChoicesCCS.org](https://www.ChoicesCCS.org).