

Evidence-based practices are a way to be sure that consumers receive the right treatments. They give the best chance of the greatest success to meet their individual person-centered needs.

Evidence-based practices are also a way for SCCMHA to be sure of the best use of limited resources through the delivery of proven services and supports for persons with disabilities in the Saginaw Community.

For more information about Evidence-Based Practices, please call our Evidence-Based Practice and Trauma-Informed Care Coordinator at 989-272-7372 or go to <https://www.sccmha.org/resources/evidence-based-practices.html>.



## SAGINAW COUNTY COMMUNITY MENTAL HEALTH AUTHORITY

### Main Facility

500 Hancock, Saginaw, Michigan 48602

### Phone

(989) 797-3400

Toll Free 1-800-258-8678

Michigan Relay 711

### 24 Hour Mental Health Emergency Services

(989) 792-9732

Toll Free: 1-800-233-0022

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

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SAGINAW COUNTY  
COMMUNITY MENTAL  
HEALTH AUTHORITY

# Motivational Interviewing (MI)

An Evidence-Based Practice

## What is Motivational Interviewing (MI)?

Motivational Interviewing (MI) is an evidence-based approach that helps people with mental health and substance use disorders and other chronic conditions such as diabetes, cardiovascular conditions, and asthma make positive behavioral changes to support better health.

MI supports four principles:

- Expressing empathy and avoiding arguing
- Developing discrepancy
- Rolling with resistance
- Supporting self-efficacy (person's belief they can successfully make a change).

MI is part of all clinical services at SCCMHA.



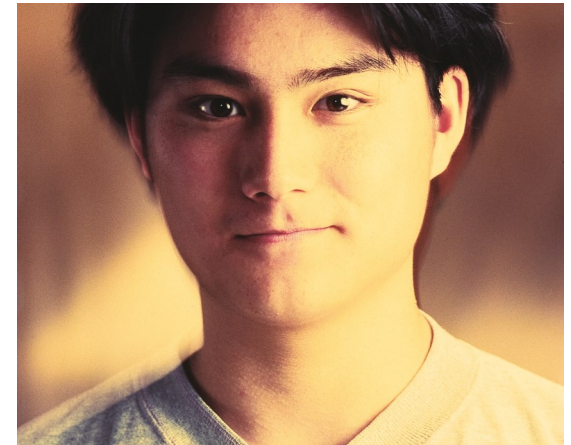
## How does MI Work?

The MI approach is strengths-based. It pulls forward and respects a person's values, wisdom, and desire to change. It does this rather than attempting to convince people to follow a particular prescribed way of doing things. Unlike many approaches that tend to increase a person's resistance, MI is good at decreasing resistance and as a result, increasing their willingness to change. The MI-consistent provider acts as a guide who is empathic and skillful in helping people clarify their uncertainty about a particular concern. They reinforce change statements that help them move in the direction of change.

*“People are better persuaded by the reasons they themselves discovered than those that come into the minds of others”  
(Blaise Pascal)*

## How is MI Different from Other Approaches?

One of the biggest differences between MI concepts and other approaches is that in Motivational Interviewing the PERSON is the one who says there is a need for change rather than the health care provider.



### To Learn More

Talk about MI with your current treatment provider or contact Saginaw County Community Mental Health Authority's Centralized Access and Intake Unit (CAI) at (989) 797-3559.