Spring 2017 Core Competency Training Series:
Motivational Strategies

Featured Speakers: Randy Chadwick, MPH, and Leonard Estrada, MSW, LCSW

Check in: 9:00am-9:30am
Training: 9:30am-3:30pm

Date: Tuesday, March 7, 2017
Place: Oaks Integrated Care
128 Cross Keys Road
Berlin, NJ 08009

Date: Tuesday, March 21, 2017
Place: Rutgers UBHC
151 Centennial Avenue
Piscataway, NJ 08854

Click here to register for March 7th
Click here to register for March 21st

Target Audience: This interactive training is designed to enhance the existing skills and core competencies of behavioral health service providers who are implementing evidenced-based practices. This includes: Certified Counselors, Marriage and Family Therapists, Social Workers and other behavioral health professionals working with adults with mental illness.

Program Goal: To enhance core motivational strategies and their application in daily behavioral health practice.

Fee: Registration for course is free.

Food: Food will not be provided for this event.

Delivery Format: Live Training Program

This training has no commercial support.
Speakers and planners have declared they have nothing to disclose.

Course Objectives:
1. Summarize the four components of the spirit of Motivational Interviewing and its fit in clinical context (including cultural competence).
2. Explain four core skills of Motivational Interviewing.
3. Discuss three possible applications of Motivational Interviewing in daily practice.
Featured Speakers:

Randy Chadwick, MPH (Master of Public Health) has over 20 years experience in the mental health field working with persons diagnosed with a serious and persistent mental illness in a variety of inpatient and community settings. With a background in Health Education, Mr. Chadwick also has over a decade of experience training mental health professionals in case management, outreach, evidence-based practices, and violence prevention.

Leonard Estrada, MSW, LCSW (Master of Social Work) has trained and consulted over 100 mental health organizations on adopting evidence-based and best practices throughout New Jersey and the nation. Currently a full-time trainer and consultant at Rutgers-University Behavioral Health Care’s Behavioral Research and Training Institute, Mr. Estrada is actively involved in a number of state-wide implementation projects including the Co-Occurring Disorders Learning Community and Complete Wellness: Bridging the Gap between Physical and Mental Health.

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<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Speaker</th>
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<tbody>
<tr>
<td>9:00am-9:30am</td>
<td>Registration</td>
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<tr>
<td>9:30am-11:00am</td>
<td>Stages of Change &amp; how it relates to Motivational Interviewing (MI); Defining MI: layperson, practitioner, technical definitions; MI in context: compatible with &amp; amplifies other approaches, useful for less motivated or angry, less useful for ready to change; Spirit: Partnership, Acceptance, Compassion, Evocation &amp; how each can address issues of cultural diversity</td>
<td>Randy Chadwick, MPH</td>
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<td>Leonard Estrada, MSW, LCSW</td>
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<td>11:00am-11:15am</td>
<td>Break</td>
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<td>11:15am-12:30pm</td>
<td>Skills: Open-ended questions, Affirmations, Reflective Listening, Summaries; Reflective Listening: simple, complex, amplified, and double-sided reflections</td>
<td>Randy Chadwick, MPH</td>
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<td>Leonard Estrada, MSW, LCSW</td>
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<tr>
<td>12:30pm-1:30pm</td>
<td>Lunch (On your own)</td>
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<td>1:30pm-2:30pm</td>
<td>Identifying &amp; eliciting change talk: Desire, Ability, Reason, Need, Activation, Commitment Language, Taking Steps; Decisional Balance/Pay-off Matrix; Change Rulers: Importance, Confidence</td>
<td>Randy Chadwick, MPH</td>
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<td>Leonard Estrada, MSW, LCSW</td>
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<td>2:30pm-2:45pm</td>
<td>Break</td>
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<td>2:45pm-3:25pm</td>
<td>Stage-based interventions: identifying possible MI strategies to each of the stages of change</td>
<td>Randy Chadwick, MPH</td>
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<td>Leonard Estrada, MSW, LCSW</td>
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<tr>
<td>3:25pm-3:30pm</td>
<td>Evaluations</td>
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The Rutgers University Behavioral Health Care Technical Assistance Center promotes quality outcomes in behavioral health care through excellence in training and consultation to the health care community. We are committed to the University Behavioral Health Care values of effective, accessible, and compassionate care.

We gratefully acknowledge the sponsorship of this program by the New Jersey Division of Mental Health & Addiction Services

Training is provided for DMHAS Funded Programs Only
Registration Guidelines:

1. Click the registration link which corresponds to the training date and location you wish to attend on page one of this flyer.

2. Scroll to the bottom of the page and click on the “Register/Sign In Now” button that brings you to the “Your Account” page.

3. If you already have an account with the Rutgers University’s Online Registration System, you can login by going to the “Already have an account?” section and type in your username and password. If you do not remember your username, click on “Forgot Username” and type in your email address to receive an email with the information. If you don’t remember your password, click on “Forgot Password” and type in your email address and user name to receive an email with a link you will need to click on to change your password.

4. If you do not have an account, please go to the “New Students” section and create one by clicking on the “Create Account” button. Once on the “Registrant Profile” page, fill in all items that have a red asterisk, as well as “Affiliated Company/Employer” information. TAC requests that the agency name, address, phone number and mobile phone number are provided so that you can be reached should the training need to be cancelled, rescheduled or relocated for any reason. Please make sure your email address is correct and do not remove the checkmark next to “Email” on this page, as this is how you will receive notification of confirmation or waitlist status once the registration is completed.

5. At the bottom of the “Registrant Profile” page, please create your username and password. Remember to write both down for safekeeping since the TAC will not be able to retrieve your password if forgotten. You will use this username and password for all future trainings. After your account is created, hit the “Submit” button and from there, you can continue the registration process.

6. Please print out the confirmation form, which will be emailed to you, and bring it with you to the class.

If you have difficulty registering, please use either Internet Explorer or Safari. The registration software occasionally has conflicts with Firefox and Chrome. If registering via mobile device, click on “Full Version” to access the registration page. It may help to print out or have available the name of the course that interests you so that you can easily use the web site’s search functions.

Additional Registration Details:

Inclement weather notification: Please call (732) 235-9290 by 7am on the scheduled day of training for cancellation notification.

Cancellation Policy: If you cannot attend the program, please call (732) 235-9290 so that we can fill your seat with individuals on the program waiting list.

Accessibility Accommodations: If you have a special needs (ADA) and wish to discuss possible provisions, please contact the Technical Assistance Center at (732) 235-9290.

Additional Information: Please bring a sweater or jacket to accommodate for room temperature variations.
Directions to:
Oaks Integrated Care
128 Cross Keys Road, Berlin, NJ 08009
(856) 210-1500

New Jersey Turnpike/Garden State Parkway FROM THE NORTH:
- Take New Jersey Turnpike South to Exit 4 (Rt. 73 to Camden/Philadelphia)
- After toll keep LEFT to Rt. 73 to Atlantic City/Marlton
- Stay on Rt. 73, keep RIGHT for Cross Keys Road
- Once on Berlin-Cross Keys Road. Stay straight and cross over Rt. 30.
- Continue on Berlin-Cross Keys Road (approximately 1.5 miles)
- 128 Cross Keys Road will be on the left hand side (next to Auto Lenders)

Route 295 FROM THE SOUTH:
- Take I-295 NORTH to EXIT #34A (Rt. 70 East)
- Take Rt. 70 EAST to Rt. 73 SOUTH
- Continue on Rt. 73 South, make a slight RIGHT toward Cross Keys Rd/ Milford Rd.
- Stay straight on Cross Keys Road and cross over Rt. 30.
- 128 Cross Keys Road will be on the left hand side (next to Auto Lenders)

Atlantic City Expressway FROM THE WEST:
- Take Exit 41 (CR-689/Berlin Cross Keys Road) toward Gloucester Township/Winslow
- Turn right onto Berlin Cross Keys Road/CR-689
- 128 Cross Keys Road is 4.4 miles on the right hand side (next to Auto Lenders)

Route 73 South FROM THE WEST:
- Take Rt. 70 EAST to Rt. 73 SOUTH
- Continue on Rt. 73 (approximately 6.5 miles)
- Turn slightly onto Berlin-Cross Keys Road. Stay straight and cross over Rt. 30.
- Continue on Berlin-Cross Keys Road (approximately 1.5 miles)
- 128 Cross Keys Road will be on the left hand side (next to Auto Lenders)

We recommend that you confirm directions before driving.
Online map services and GPS can sometimes provide inaccurate information.
PLEASE BE SAFE AND ALLOW ADEQUATE TRAVEL TIME. TRAFFIC IS VERY HEAVY ALONG ALL MAJOR ROADS IN THIS AREA ESPECIALLY DURING RUSH HOUR.

Directions to:
Rutgers UBHC Technical Assistance Center
151 Centennial Avenue, Piscataway, NJ 08854
(732) 235-5053

From The South:
• Take the New Jersey Turnpike (Exit 10) or Garden State Parkway North (Exit 127) to Route 287 North.
• Take Route 287 North to Exit # 8 - Possumtown Road/Highland Park/Middlesex.
• Bear RIGHT at the end to the exit ramp onto Possumtown Road.
• Then turn RIGHT at the next traffic light onto Centennial Avenue.
• Make a RIGHT at the THIRD traffic light on Centennial Avenue. This road will also have a sign for Embassy Suites. (The building you pass before the light on your right side is 151 Centennial Avenue.)
• Go to the STOP sign and make a RIGHT. The building to your right is 151 Centennial Avenue. It is a white, one-story building. Park at the far end of the lot. Enter the front doors and follow the signs to the training room.

From The North:
• Take the New Jersey Turnpike or the Garden State Parkway South to Route 287 North. Take 287 North to Exit # 8 - Possumtown Road/ Highland Park/Middlesex. Follow directions for From the South above.
• From the Northwest, take Route 80 east to 287.
• From the Northeast, take Route 80 west to 287. Please allow extra time as these routes experience frequently delays.

From The East:
• Take Route 18 North through New Brunswick and follow signs on the Lynch Bridge to continue on Rt.18
• After crossing the Lynch Bridge, take the exit for “River Road, Piscataway, Highland Park.”
• At the end of the ramp, turn right onto River Road.
• In about 3 miles, you will pass a Quick Check, River Road Tavern and a Gulf Gas station located at the traffic light at the intersection of River Road and Plainfield Avenue.
• Shortly after this light and before the next traffic light, bear RIGHT onto Centennial Avenue.
• Get in the left lane and make a left at the FIRST traffic light. You will also see a sign for Embassy Suites.
• Go to the STOP sign, make a RIGHT. The building to your right is 151 Centennial Avenue. Park at the far end of the lot. It is a white, one-story building. Enter the front doors and follow the signs to the training room.

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