Motivational Strategies in Case Management

REGISTRATION FORM
Check in: 9:00a – 9:30a
Training: 9:30a – 3:30p

Date: Tuesday, October 4, 2016
Place: Rutgers-UBHC
Technical Assistance Center
151 Centennial Avenue
Piscataway, NJ 08854

Date: Tuesday, October 11, 2016
Place: Morris County Library
30 East Hanover Avenue
Whippany, NJ 07981

FEATURING SPEAKERS:

Randy Chadwick, MPH (Master of Public Health) has over 20 years of 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.

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.
Motivational Strategies in Case Management

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 Information

- **Cancellation Policy:** If you have registered but cannot attend this program, please call so that we can offer your seat to an individual on the waiting list. In case of inclement weather, please call 732.235.9290 beginning at 8 a.m. on the scheduled training day for a recorded informational message about the status of the training.

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

- **Be sure to bring a sweater or jacket to accommodate for room temperature variations at all sites.**

- **Fee:** Registration for course is free.

- **Food:** There will be no food provided.

- **Delivery Format:** Live Training Program

- **Target Audience:** Case Managers, Social Workers, and Counselors

- **Program Goal:** To enhance case managers’ knowledge of person-centered engagement practices in order to improve service delivery and quality of care.

- **This training has no commercial support.**

- **Speakers and planners have declared they have nothing to disclose.**
### Agenda

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Presenter(s)</th>
</tr>
</thead>
<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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### Professional Contact Hours Provided

(Certificate Fee: $20 - Do not send payment with registration)

- **Continuing Education Credit Request Form available at the program.**
- Please note that participants may not be eligible for continuing education credits if they are not on time and present for the entire session.
- Participants must sign in and submit a completed evaluation form at the end of the program.
- Partial credits will not be issued to participants arriving late or leaving early.
- Complete, Sign and Submit a "Continuing Education Credit Request Form".

**Social Worker (New Jersey Board of Social Work Examiners):** This program is approved for **5.4 general social work continuing education hours** by Rutgers University Behavioral Health Care in accordance with New Jersey Administrative Code 13:44G and recognized by The New Jersey Board of Social Work Examiners. **NOTE:** Social Workers must provide their Social Work license/certification/registration number and license jurisdiction on the sign in sheet and request for certificate. Please be sure to bring this information with you to the training. Check with your state board for acceptance of NJBSWE Credits.

**Certified Counselors:** Rutgers University Behavioral Health Care (UBHC) is NBCC Approved Continuing Education Provider (ACEPTM) and a co-sponsor of this event/program. UBHC may award NBCC approved clock hours for events of programs that meet NBCC requirements. The ACEP maintains responsibility for the content of this event. **(5 clock hours).** ACEP Number: 6198.

**Certified Alcohol and Drug Counselors (CADC):** This course is approved for renewal (recertification) credits by the Addiction Professionals Certification Board of NJ, Inc. This course is approved for **5 hours** of training for course C108. Rutgers University Behavioral Health Care approval number is #1902010. Approval number for this course is #1902010 C108.

**Marriage and Family Therapy:** This course will count for **5 recertification credits** towards LMFT credentials. Rutgers University Behavioral Health Care's approval number: 20020113.5REC.

Please contact Ravi Maharajh at (732) 235-9282 with any questions or concerns regarding continuing education documentation for this training.

*The UBHC TAC gratefully acknowledges the sponsorship of this program by the New Jersey Division of Mental Health and Addiction Services.*

*Training is for NJ Division of Mental Health and Addiction Services funded programs only.*
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:
Morris County Library
30 E. Hanover Avenue, Whippany, NJ 07981
973-285-6930

Please note: This facility opens at 9 am

Route 10 from the West
- Route 10 East through Parsippany. Just before the 287 overpass, turn south off of 10 at the Hanover Marriott onto Ridgedale Avenue
- Down Ridgedale about 2 miles, past Allen papers on the right and, next, the Morris County Mall on the left.
- As you reach the Mall and approach the intersection, move into left turning lane.
- Sunoco station is left and across the intersection from you. Turn left onto Hanover Ave.
- The library is a half mile down the road on your left. There is a stop light and overhead sign at the library entrance.

Route 24 from the East
- Route 24 West to last exit, 1A and turn right off the exit ramp and pass under Rte 24.
- Take the immediate right hand feed off of Whippany Rd onto Hanover Ave
- Library is 200 yards up the road, on your right

Route 287 from the South
- Route 287 to exit 36A, Morris Avenue and Rte 511. Turn right at top of exit ramp
- Stay in middle lane. Pass the equestrian statue on your right, Ford Mansion (large white colonial home) on your left. Road narrows to two lanes; move into left turning lane as you approach the second light
- Left turn off of Whippany Rd onto Hanover Ave.
- The library is 200 yards up the road, on your right.

Route 287 from the North
- Route 287 to exit 36, Lafayette and Ridgedale Avenue
- Stay to the right coming off of 287 and bear right onto Ridgedale Avenue
- Seven tenths of a mile to intersection with Hanover Ave. (Sunoco station on the right); right turn onto Hanover.
- The library is a half mile down the road on your left, marked by a stop light and overhead sign.

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
732-235-9290

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.

We recommend that you confirm directions before driving. Online map services and GPS can sometimes provide inaccurate information.

Check “UBHC Training and Technical Assistance Center” on Facebook for updates or additional training information.