

## **Motivational Interviewing (Comprehensive Service)**

**Location:** Home Based

**Client:** Family

**Duration:** Moderate – six month referral with option for extension

**Payer:** DCS

### **Summary:**

This service has been recommended because a history of mental health problems has been indicated and there is a high risk of recidivism that might be due to the family's ambivalence to change.

This program offers direct, client-centered counseling approaches for therapists to help clients/families clarify and resolve their ambivalence about change. Motivational Interviewing identifies strategies for practitioners including related tasks for the clients within each stage of change to minimize and overcome resistance. This model has been shown to be effective in facilitating many types of behavior change including addictions, non-compliance, running away behaviors in teens, and inappropriate discipline practices of parents.

### **Therapeutic Levels**

MI Tier 1: 8 Hours of Direct service per week, with or on behalf of the family provided by a Therapist with some support services provided by a Bachelors/Paraprofessional.

MI Tier 2: 8 Hours of Direct service per week, with or on behalf of the family provided by a Bachelors level case manager, at least 1 hour of therapy a week provided by a Masters level therapist and some support services provided by a Paraprofessional.

MI Tier 4: 5 Hours of Direct service, with or on behalf of the family provided by a Bachelors level case manager with some support services provided by a Paraprofessional.

### **Non-Therapeutic Levels**

MI Tier 3: 8 Hours of Direct service per week, with or on behalf of the family provided by a Bachelors level case manager, at least 1 hour of therapy a week provided by a Masters level therapist and some support services provided by a Paraprofessional.

MI Tier 5: 5 Hours of Direct service, with or on behalf of the family provided by a Bachelors level case manager with some support services provided by a Paraprofessional.