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**ATTC**

Unifying science, education  
and services to transform lives.

## Blending Team Members

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Visit the Blending Initiative website for more information and  
Blending products: <http://nida.nih.gov/blending>

**NIDA** NATIONAL INSTITUTE  
ON DRUG ABUSE



## MOTIVATIONAL INTERVIEWING ASSESSMENT: SUPERVISORY TOOLS FOR ENHANCING PROFICIENCY

(MIA:STEP)

## THE BLENDING INITIATIVE

Accelerating the dissemination of findings that drug abuse and addiction research generates into community-based practice is a key priority for the National Institute on Drug Abuse (NIDA). To this end, NIDA relies on an innovative partnership with the Substance Abuse and Mental Health Services Administration's Center for Substance Abuse Treatment (SAMHSA/CSAT) known as the Blending Initiative. This initiative is NIDA's most recent effort to accelerate the dissemination of research-based drug abuse and addiction treatment findings into community-based practice.

Based on recently tested NIDA research, Blending Teams design user-friendly tools, or products, and introduce them to treatment providers. These products facilitate the adoption of research-based interventions in communities at nearly the same time research results are published in peer-reviewed journals.

Blending Teams are comprised of NIDA researchers, clinical treatment providers, and trainers from SAMHSA's Addiction Technology Transfer Center (ATTC) Network. These experts work together to develop products based on research conducted within NIDA's Clinical Trials Network as well as within other research programs supported by NIDA. The ATTCs, which are funded by CSAT, provide specialized training and technical assistance to substance abuse treatment professionals to create a more effective treatment workforce.

**Sustainability** training  
**IMPLEMENTATION**  
**validity** research  
**FIDELITY** Feedback  
**effectiveness**

## BACKGROUND INFORMATION

Motivational interviewing (MI) has a well-documented capacity to engage and retain clients in treatment. Findings from the NIDA CTN protocol, tested in five community treatment programs across the country, documented that one MI assessment interview resulted in higher treatment attendance and retention rates during the first 4 weeks of treatment than when compared to assessments as usual. The MI assessment intervention consists of adding a 10-minute MI enhancement to the beginning and end of an agency's usual assessment interview.

This Blending product introduces empirically supported mentoring products to enhance the MI skills of treatment providers, as well as tools to fortify a supervisor's ability to provide structured, focused, and effective clinical supervision. MIA:STEP (Motivational Interviewing Assessment: Supervisory Tools for Enhancing Proficiency) introduces an effective strategy for observation-based clinical supervision, the use of which has the potential to improve counselor skills beyond MI.

### MIA:STEP PRODUCTS

- Include introductory briefing materials for key stakeholders.
- Introduce a collection of tools for mentoring counselors in the use of MI skills during clinical assessments.
- Familiarize clinical supervisors with skill assessment criteria sheets for fundamental MI concepts and skills.

## THE TRAINING PACKAGE

A package of products that

- offer an interview rating guide;
- utilize demonstration materials, including tapes in English and Spanish, MI assessment transcripts, completed skill-rating worksheets, feedback forms, and skill-development plans; and
- provides a supervisor training curriculum for a 10-hour event focusing on an overview of how to best utilize the entire MIA:STEP package.
- Services provided by MIA:STEP trainers and the ATTC Network include
- introduction of the MIA:STEP package of products and how it can be used to help assure competency of clinical assessment services;
- briefing for decision-makers and leaders regarding the MI assessment protocol and how it can enhance client retention during the first 30 days of treatment; and
- training for supervisors on how to use MIA:STEP, how to rate interview tapes, and how to provide feedback that helps counselors enhance MI skills.