

Manchester Motivational Interviewing Network (MMIN) Strategy Meeting: 26 February 2019

Minutes

Ten attendees, one apology

Introductions and overview presented by Cathy Atkinson (University of Manchester).

Purpose of meeting to discuss identified issues:

- “Churn” of membership
- Many attendees new to motivational interviewing (MI) and looking for training
- Varying needs/expertise within the group
- Clearer training/implementation mandate?
- What is role/purpose of the MMIN?

General points raised:

- There are useful connections between members (how to use/build on these?)
- Beneficial to revisit work on implementation to see how the network might support members (with funding?)
- Addressing the membership “churn” – people come for one session and think they have learnt about MI and don’t return.
- A lot of people are interested in MI training – how can the network cater for people at different stages of development/with different requirements?
 - participants have been from a wide variety of backgrounds/professions
 - range of experience from complete beginners to people looking for a top-up
 - MI training for different purposes including use in professional practice, teaching or with colleagues

Feedback from previous training has been very positive.

- What should the purpose of the network be? What do people get out of it?
 - To date, dependent on the goodwill of people to run events/training, to give their time freely.
 - Do we need a constitution? A committee? chair, secretary, treasurer, R&D, training lead etc
 - Previous success with grants/funding – can we be more sustainable?
 - Accredited training

Training:

The MMIN can potentially offer: awareness raising/taster sessions (with some training included) and more formalised training, including accreditation.

Aim to disseminate good MI practice

Need a sustainable model ie training course with (optional) accreditation at the end. Nominal charge to encourage commitment to the full course – noted general lack of sustainability in MI in the UK (compared to USA).

Aim to train people to 'basic level of competence'

Sustained training necessary for the purpose of fidelity

Future supervision and top-up training necessary to support sustainability – ultimate goal to enable people to train colleagues within their workplace, to avoid expertise disappearing when someone leaves/moves job.

Language is an issue – the name MI seems to be a barrier in the UK.

Need to review what the MMIN has achieved to date, assess who the audience are, can we serve different purposes? What direction to take?

Nominal Group Technique:

Nominal Group Technique was used as a systematic and democratic method for ascertaining member priorities. Possible MMIN foci identified from all members present were itemised as follows:

1. Connect with experts and application
2. Learning from others in network
3. Structured training to proficiency
4. Pursue research and funding
5. Learning and development
6. Sharing MI/Learning space
7. Familiarise/collaborative ventures re. training
8. Connecting education with Health Service practitioners and Social Care
9. Menu of options for different groups
10. Less formal CPD
11. Use of MI in Health & Wellbeing and e-platforms
12. Sharing MI practice (eg within supervision, themed meetings)
13. Policy led influence
14. Link to external partners
15. Changing attitudes
16. Levels of training

It was noted that some of the categories overlap and can be collapsed down. Each member voted and ranked top five priorities. Overall results were as follows:

1. Structured training
2. Sharing MI
3. Learning and development
4. Pursue research and funding
5. Formalise collaborative ventures

Further thoughts:

The network can offer a menu of activities to include training, research and sharing expertise.

Desirable to monopolise/build on individual interests/strengths represented in the network (steering group) to lead different network strands.

Payment for training necessary to ensure commitment.

A fact finding mission might be helpful to ensure the network isn't replicating provision that's already underway. Any legal issues/rights etc for training?

Can we link in with University push to offer CPD courses?

Possibility of opening up degree units to broader audience eg Audiology unit available to health care practitioners for £1,000.

Develop MI Psychological Wellbeing Practitioner training route?

Ways forward:

Send out consultation survey to broader membership for feedback.

Explore business options for handling the training.

Look for research funding opportunities.

Next meeting: Tuesday 26 March, 2019 4-6pm