

### **MITEY Change Intro**

Welcome to MITEY Change Online Course

Getting Started

MITEY Change Intro 1

MITEY Change Intro 2

MITEY Change Pre-Course Evalutation

### **Adolescent Development**

Adolescent Development - Intro

Module 1 - Objectives

Adolescent Development

Stages of Development

Developmental Milestones

Module 1 - Activity 1

Developmental Milestones and Tasks Activity - Review

Physical Development

Module 1 - Activity 2

Physical Development - Difficulties

Cognitive Development

Module 1 - Activity 3

Emotional and Social Development

Influences on Emotional and Social Development

Module 1 - Activity 4

Peer Pressure

Heightened Emotions

Sexual Development

Module 1 - Activity 5

Module 1 - Activity 6

Module 1 - Activity 7

Module 1 ConclusionModule 1 Quiz Instructions

Module 1 - Quiz

### Health and Related Risk Status of Adolescents

Health and Related Risk Status of Adolescents - Intro

Module 2 - Objectives

Prevention



Module 2 - Activity 1

Health Status of Adolescents

Module 2 - Video - Adolescent Risk Behaviors

Module 2 - Activity 2

Leading Causes of Death

**Contributing Factors** 

Adolescents and Risky Behaviors

Module 2 - Activity 3

Cognitive Development and Risky Behavior

Teens Take Risks

Quality Adolescent Risk Prevention

Screening Recommendations

**Evolving Trends and Policies** 

Standardized Tool

Risk Screening

Risk Screening Tools

Module 2 Conclusion

Module 2 Quiz Instructions

Module 2 Quiz

## **Adolescent Strengths**

Adolescent Strengths - Intro

Module 3 Objectives

Module 3 - Video - Lessons for Lifequards

Adolescent Strengths

Strength-Based Approach

Risk-Based Approach

Principles of a Strength-Based Approach - Reflecting

Principles of a Strength-Based Approach - Pause

Principles of a Strength-Based Approach - Share Concerns

Principles of a Strength-Based Approach - Ask Permission

Principles of a Strength-Based Approach - Address the Risk

Module 3 - Video - Strength-Based Approach

Video Debrief

Circle of Courage



Shield of Strength

**Finding Strengths** 

Module 3 - Activity 1

**Elicited Strengths** 

Module 3 - Activity 2

Module 3 Conclusion

Module 3 Quiz Instructions

Module 3 - Quiz

### Assumptions and Personal Comfort Levels

Professionals' Assumptions and Comfort Levels - Intro

Module 4 - Video - Objectives

Module 4 - Activity 1

Assumptions and Bias

**Know Yourself** 

Module 4 - Activity 2

Special Populations

Module 4 - Video - Special Populations

Module 4 - Activity 3

Resource

Comfort Levels

Comfort Activity

Module 4 Quiz Instructions

Module 4 - Quiz

## **Motivational Interviewing - The Basics**

Motivational Interviewing - The Basics

Module 5 Objectives

Motivational Interviewing Overview

Why MI for Adolescents?

Why MI for Adolescents? Continued

- 8 Motivational Interviewing Skills Spirit of MI
- 8 Motivational Interviewing Skills Client-Centered Counseling
- 8 Motivational Interviewing Skills Recognizing Change Talk
- 8 Motivational Interviewing Skills Elicit and Reinforce Change Talk
- 8 Motivational Interviewing Skills Roll with Resistance



8 Motivational Interviewing Skills - Develop a Change Plan

8 Motivational Interviewing Skills - Client Commitment

8 Motivational Interviewing Skills - Integration

Module 5 - Activity 1

Standard Approach Video Scenario

Motivational Interviewing Approach Video Scenario

Video Scenario Wrap-Up

Spirit - Motivational Interviewing Foundation

Module 5 - Activity 2

Spirit of MI Summary

Module 5 - Activity 3

**Guiding Principles** 

Guiding Principles Video

Module 5 Conclusion

Module 5 Quiz Instructions

Module 5 - Quiz

### **Behavior Change**

Behavior Change - Intro

Module 6 - Objectives

Module 6 - Activity 1

Knowledge and Behavior Change

Module 6 - Activity 2

What do Adolescents Need to Change Behaviors?

TTM - Transtheoretical Model of Behavior Change

Module 6 - Activity 3

Stages of Behavior Change Continued

Module 6 - Activity 4

**Determining Readiness for Change** 

Readiness Ruler

Readiness Ruler 3-Step Approach

Module 6 Conclusion

Module 6 Quiz Instructions

Module 6 - Quiz



#### **OARs**

OARS - Intro

Module 7 - Objectives

Motivational Interviewing Strategies

Open-Ended Questions Part 1

Open-Ended Questions Part 2

Open-Ended Question Examples

Open-Ended Questions Part 3

Fully Open Questions

Fully Open Questions Part 2

Module 7 - Activity 1

Multiple Choice Questions

**Key Questions** 

**Affirmations** 

**Affirmation Statements** 

Affirmation Statements within States of Change

Reflective Listening (Reflections)

Module 7 - Activity 2

Things to Remember Part 1

Things to Remember Part 2

Module 7 - Video - Reflections Video

Make It or Break It!

Reflecting Tone of Voice Activity

Summaries

Summaries Any Time

Module 7 - Video - OARs Video Activity

Module 7 Conclusion

Module 7 Quiz Instructions

Module 7 - Quiz

### **Change Talk**

Change Talk - Intro

Module 8 - Objectives

Change Talks

Recognizing Change Talk



Module 8 - Activity 1

DARN-CAT Wrap-Up

**Process of Change** 

Module 8 - Activity 2

Eliciting Change Talk - DARN Statements

Reflecting Change Talk

Affirming Change Talk

Module 8 - Activity 3

Module 8 - Video - DARN-CAT Video Activity

Module 8 Conclusion

Module 8 Quiz Instructions

Module 8 - Quiz

#### **SMART Plans**

SMART Plans - Intro

Module 9 - Objectives

Behavior Change Plan

Module 9 - Activity 1

Menu of Options

Menu of Options Continued

Worksheet for Change

Module 9 - Activity 2

Module 9 - Conclusion

Module 9 Quiz Instructions

Module 9 - Quiz

#### **Resistant Clients**

Resistant Clients - Intro

Module 10 - Objectives

**Resistant Clients** 

Working with Resistant Clients

Diminishing Resistance

Strategies for Managing Resistance

Module 10 - Activity 1

Strategies for Managing Resistance - Supportive Confrontation

Strategies for Managing Resistance - Emphasizing Personal Control



Strategies for Managing Resistance - Use Socratic Questions

Socratic Question Examples Part 1

Socratic Question Examples Part 2

Module 10 - Activity 2

Module 10 - Video - Resistant Clients

Resistance

Module 10 - Video - Pregnant Drug User

Video Debrief

Summary

Module 10 Conclusion

Module 10 Quiz Instructions

Module 10 - Quiz

#### **Communication Errors**

Communication Errors - Intro

Module 11 - Objectives

Common Communication Errors

Roadblocks to Effective Communication

Roadblocks Video

Non-Verbal Communication

Do's and Don'ts

Dos and Don'ts Video

Module 11 Conclusion

Module 11 Quiz Instructions

Module 11 - Quiz

### **Adolescent Confidentiality**

Adolescent Confidentiality - Intro

Module 12 Objectives

Adolescent Confidentiality

Confidentiality Laws

Michigan Specific Confidentiality Laws

Special Circumstances - FERPA

Special Circumstances - Billing

Talking to Teens about Confidentiality Part 1

Talking to Teens about Confidentiality Part 2



Key Points to Consider Part 1

Key Points to Consider Part 2

Key Points to Consider Part 3

Module 12 - Activity 1

Considerations for Protecting Confidentiality Part 1

Considerations for Protecting Confidentiality Part 2

Considerations for Protecting Confidentiality Part 3

Module 12 - Activity 2

Confidentiality with Parents and Youth

Summary

Module 12 Conclusion

Module 12 Quiz Instructions

Module 12 - Quiz

### Wrap Up

Video - Putting it All Together

Building on Your Knowledge Foundation

MITEY Change Post-Course Evaluation

MITEY Change Post-Course Evaluation

Course Conclusion and Certificate of Completion