



Motivational Interviewing MiFAST Fidelity Review Tool

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Members of Motivational Interviewing Network Of Trainers

Implementing Motivational Interviewing?



How is your organization implementing Motivational Interviewing?

How do you know Motivational Interviewing is working?

Why assess Motivational Interviewing fidelity?

Purpose of MI MiFAST Review

“

Motivational Interviewing is a particular way of talking with people about change and growth to strengthen their own motivation and commitment.

”

(William R. Miller, 2022)

MOTIVATIONAL INTERVIEWING ADDS UP

Michelle Drapkin, PhD, ABPP
Cognitive Behavior Therapy Center
CBTCenter.org



There are 3 types
of talk

CHANGE TALK

SUSTAIN TALK

DISCORD

Over
1,800
PUBLISHED
TRIALS

In one study, enrollment specialists
trained in MI **quadrupled**
engagement rates in a health
management program



MINT has members
in **43** countries,
speaking **34** languages



There are currently over **1,600**
members of Motivational Interviewing
Network of Trainers [MINT]

Without follow-up,
practice and
feedback, most
practitioners get

0

amount of
proficiency in MI
after attending a
workshop

MI has been
applied and studied for

40
YEARS

CREDITS TO THE HEALTH SCIENCES INSTITUTE AND THE MINT COMMUNITY FOR THE INFORMATION

MI Fidelity Tools

Subtitle

General Organizational Index (GOI)

Individualization of EBP

Program Philosophy

Eligibility/Client Identification

Penetration

Assessment

Individualized Treatment Plan

Individualized Services

Quality Improvement

Training Implementation

Supervision

Process Monitoring

Outcome Monitoring

Quality Assurance

Michigan Motivational Interviewing - Indicators of Fidelity



Indicators based on tools to assess an individual's use of MI with fidelity



Looking at how the organization, as a whole, demonstrates the use of MI with fidelity

Relational MI Skills
Technical MI Skills

Sources of Information



Individuals Receiving
Services Interviews



Practitioner
Interviews



Documentation In
The Record



Team Meeting
Observation



Administration
Interviews

Team Meeting Observations

Staff Interaction

- Actively participating
- Collaborating
- Supportive

Focus of Meeting

- On Task
- Solution-focused
- Integrating research

Cultural Sensitivity

- Awareness
- Responsiveness
- Strength-focused

Thank You!

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