

MODULE 11: Integration Followup

Present this module 3–6 months after Module 10.

Preparation Checklist

- One month before the integration followup session, send all participants a reminder notice and a copy of their practice integration plans. Ask participants to review their plans, EMCIT handouts, and notes before the session.
- Review Getting Started (page 6) for preparation information.
- Post on the training room wall the Class Rules and all the newsprint pages and posters generated throughout the training.
- Prepare newsprint titled Discussion Guidelines, and list the following:
 - What worked well for you?
 - What didn't work so well?
 - What barriers were you able to overcome?
 - Which barriers remain?
 - What resources (including people) did you use to achieve your goals?
 - Which would you recommend to others?
 - Where would you like to go from here?
- In addition to the materials listed in Getting Started, bring to the session the following:
 - Handout 11-1: Practice Integration Plan (from Module 10).

Module 11 Overview

Module 11: Goal and Objectives

Goal: To give participants an opportunity to review their progress and, possibly, recommit to change.

Objectives: Participants who complete this followup module will be able to—

- Clarify which practice integration strategies—
 - Worked well; and
 - Didn't work well; and
- Obtain ideas from others that will help participants continue to integrate motivational enhancement techniques into their practice.

Content Timeline

Introduction	5 minutes
Small-Group Discussion: Evaluating Progress	30 minutes
Small-Group Report-Out	25 minutes
Large-Group Discussion	30 minutes
Total Time	90 minutes



5 minutes



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30 minutes



25 minutes



30 minutes



Handout 11-1

Introduction

As participants arrive, invite them to review the training by walking around and looking at the posters and newsprint pages.

Affirm participants for attending the followup session.

Tell participants that the goal of the session is to give participants an opportunity to review their progress and, possibly, recommit to change.

Small-Group Discussion: Evaluating Progress

Tell participants that they now will have an opportunity to talk in small groups about their experiences over the past months.

Divide the training group into three or four small groups.

Give each group several sheets of newsprint and colored markers.

Post the newsprint you prepared titled Discussion Guidelines.

Ask the groups to use their practice integration plan and the questions on the posted newsprint to guide their discussion.

Ask the groups to choose one person to document on newsprint the key points of the group's discussion.

Small-Group Report-Out

Ask each group to post its newsprint pages and report to the whole group the key points of its discussion.

Save these newsprint pages for future reference. They can help identify particular program barriers and clinician needs for further training.

Large-Group Discussion

Ask the group to respond to the key points presented by the small groups by—

- Asking open-ended questions;
- Listening reflectively;
- Asking for and giving advice; and
- Affirming participants' efforts.

Facilitate the discussion as necessary.

Give each participant a copy of Handout 11-1: Practice Integration Plan.

Tell participants that they can use the form to set more goals if they wish.

Thank participants for coming, and affirm their interest.



Handout 11-1: Practice Integration Plan

1. I plan to integrate specific motivational enhancement techniques into the following areas of my practice (e.g., use decisional balancing exercises with my treatment waiting list clients, use a readiness assessment instrument with _____ [number] of my intake clients):

2. To meet these goals, I will need to do the following (e.g., ask for supervision, read more about the techniques, attend advanced training):

Plan of Action	When

3. The first steps I plan to take are

a. _____

b. _____

c. _____

d. _____



4. Some things that could interfere with my plan are (e.g., any program or personal barriers you identified on Handout 1-1: Practice Integration Worksheet)

5. Some ways I could get around these barriers are

6. The following people (include supervisors, potential mentors, and so on) could help me change in the following ways:

Person	Possible Ways To Help