

February 24, 2010

DIRECTIVE:	JOB CORPS INFORMATION NOTICE NO. 09-68
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TO: ALL JOB CORPS NATIONAL OFFICE STAFF
ALL JOB CORPS REGIONAL OFFICE STAFF
ALL JOB CORPS CENTER DIRECTORS
ALL JOB CORPS CENTER OPERATORS
ALL NATIONAL TRAINING AND SUPPORT CONTRACTORS
ALL OUTREACH, ADMISSIONS, AND CTS CONTRACTORS

FROM: LYNN A. INTREPIDI
Interim National Director
Office of Job Corps

SUBJECT: Motivational Interviewing Webcast

1. Purpose. To provide Job Corps staff with exposure to the concept of motivational interviewing.
2. Background. Motivational interviewing (MI) refers to a counseling approach that recognizes and accepts the fact that people – students in the case of Job Corps – who need to make changes in their lives view counseling from different levels of readiness to change their behavior. MI is non-judgmental, non-confrontational, and non-adversarial. The approach attempts to increase a person’s awareness of the problems caused, consequences experienced, and risks faced as a result of the behavior in question. The MI skill can be learned and utilized by Job Corps staff at all levels. Job Corps health and wellness staff was introduced to the concept of MI at the 2009 National Health and Wellness Conference. The training was well received, and the National Office of Job Corps is interested in integrating the concept into every aspect of the Job Corps program.

Although the concept of MI got its start in the mental health and substance abuse arena, it is currently being adapted to other settings (e.g., weight loss programs, chronic illness management, academic and career counseling). The U.S. Department of Health and Human Services (HHS), Substance Abuse and Mental Health Services Administration (SAMHSA) is offering a free webcast titled “Guiding People Toward Change: Motivational Interviewing” on Thursday, February 25, 2010 from 12:00 noon to 1:30 p.m. EST.

The webcast will focus on using MI in relation to homelessness. Although this subject is not the major focus of Job Corps, the webinar provides the spirit and the technique – or what has been described as “practicing kindness with skill.” This webcast will explore what is meant by

the spirit of MI, why it is essential, and how Job Corps can potentially embrace and embody this spirit more fully to enhance services to our students.

3. Action.

- a. Job Corps staff may access the February 25, 2010 webcast at <http://center4si.com/learning/>. Under Available Courses, click on **Enroll me in this course** under HRC Free Webcast Series: Guiding People Toward Change: The Spirit of Motivational Interviewing.
- b. E-mail Carol Abnathy (abnathy.carol@dol.gov) with recommendations on how MI can be used in Job Corps.

4. Expiration Date. Until superseded.

5. Inquiries. Inquiries should be directed to Carol Abnathy at (202) 693-3283 or abnathy.carol@dol.gov, or Johnetta Davis at (202) 693-8010 or davis.johnetta@dol.gov.