

## Motivational Interviewing (MI): Turbo Goal Setting

### Developing Your Inner Success Detective: Moving Forward with Regional Training

#### Agenda 4\*

\* Revise this agenda as needed to meet individual clinic needs. Agenda 4 also works for one-on-one meetings.

Learning objectives: Staff will:

1. Understand Turbo Goal Setting
2. Identifying what Turbo Goal Setting “sounds” like
3. Be able to connect AI, MI (Change Talk) with Turbo Goal Setting

## Part I:

| Activity (Outline)  | Estimated time | Method   | Resources (speaker, materials, handouts) |
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| <p><b>Recap &amp; Warm- up-</b> <i>“Today we are going to continue to build upon AI and the Motivational Interview technique, Change Talk, you’ve learned. If you remember we previously discussed that Change Talk is a great tool to use right before goal setting. Now we are going to discuss another item you learned during Regional Training called Turbo Goal Setting.”</i></p> <p><b>Plane Crash...Ice Breaker:</b> (if you lack time, consider skipping)</p> <p>This simple exercise makes people aware of goals and what they need in order to be successful.</p> <ul style="list-style-type: none"> <li>• Divide the meeting participants into groups of four (or smaller), or this can be done individually too.</li> <li>• Tell the group(s) that their assignment is to imagine they were on a plane trip knowing in advance that there is a strong likelihood that their plane may crash. Well, in fact the plane does crash... the group/individual needs to choose only 5 items they feel would be most useful to pack.</li> </ul> <p><i>“It’s easy to imagine what we want and need but the reality is there can be many barriers we have to think of in order to reach a goal no matter how big or small. And we need to help walk participants through these barriers if we want them to be successful!”</i></p> | <p>10 min.</p> | <p>Go around the room and allow each group/individual to share their 5 items and ask them the following callout questions:</p> <p><b>Callout:</b></p> <ol style="list-style-type: none"> <li>1. What was your goal of choosing those items (e.g., survival, entertainment, etc.)?</li> <li>2. What type of support do you need to use those items (e.g., a certain skill, additional equipment, additional people, etc.)?</li> <li>3. How will you remember that those items are on the plane or at your crash site (e.g., sign, location, etc.)?</li> <li>4. Who do you need to have a conversation with to get the item on the plane or to help you use the item at the crash site (e.g., security, your fellow passengers, the airline company, etc.)?</li> </ol> |  |

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| <p><b>Content-</b> Understanding Turbo Goal Setting</p> <p><u>Main points:</u></p> <ul style="list-style-type: none"> <li>In order to help our ppts be the most successful at change we cannot just stop once a goal is set. We need to imagine that the appointment follows them all the way to their front door.</li> <li>What will the ppts potential obstacles be and what can we do to help the ppt think through it and come up with a plan for these obstacles. This is where an additional 30 seconds of your time can be so valuable to the ppts success.</li> <li>To help the ppt be much more successful there are a few areas you want to help the ppt focus on:             <ol style="list-style-type: none"> <li><b>Social Support-</b> Is there anyone who can support the ppt to help him/her stick to the goal or do it with?</li> <li><b>Remembering-</b> Does the ppt need something to ensure he/she remembers?</li> <li><b>Conversations-</b> Who does he/she need to have a conversation with in order to be successful? It may be helpful to have the ppt practice the conversation with you to build his/her confidence</li> <li><b>Helpful/details-</b> When will the ppt start, what else is needed for success?</li> <li><b>Possible Barriers-</b> Family members, a particular event (holidays), etc.?</li> </ol> </li> </ul> | <p>15 min.</p> | <p>Lecture and large group discussion</p> <p>Ask for volunteers to read one of the Turbo Goal setting statements on Nora Lynch’s easel card titled, Turbo Goal Setting, until they are all read.</p> <p><b>Callout:</b> Does anyone find that you may be already doing something like Turbo Goal Setting with your ppts? If you do, tell us more about it? If you don’t, is this something you think would be helpful?</p> <p><b>Nora Lynch’s MI presentation PowerPoint slides 11-13</b></p> <p><b>Nora Lynch: Welcome to MII YouTube video- 18:30 min. - 24:29 min.</b></p> <p><b>Nora Lynch’s easel card:</b></p> <ul style="list-style-type: none"> <li><b>Turbo Goal Setting</b></li> </ul> |
| <p><b>Interactive experience-</b> Turbo Goal Setting: Role Play Scenarios</p> <ul style="list-style-type: none"> <li>Divide the meeting participants into pairs.</li> <li>Ask the pairs to decide who will be the WIC Ed and who will be the ppt.</li> <li>When done with one role play activity, have two groups swap their scenario. Ask the pair to switch roles so everyone has a chance being the educator and ppt.</li> </ul>  | <p>15 min.</p> | <p>Large and Small group discussion</p> <p>Once everyone in the group has had a chance to play both roles ask the following callout question:</p> <p><b>Callout:</b> Based on the conversations you had, do you believe your ppt will be more successful with reaching their goal? Do you think the ppt had to think of things they might not have even realized was an issue/obstacle?</p> <p><b>Turbo Goal Setting: Role Play (last page of this agenda), separate each role play scenario</b></p> <p><b>Nora Lynch’s easel card:</b></p> <ul style="list-style-type: none"> <li><b>Turbo Goal Setting</b></li> </ul>  |

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| <p><b>Closing Activity:</b> Tips for Success</p> <p>Have staff write down a new goal on a sticky note and, if comfortable, share with the group. Encourage staff to place their sticky note somewhere visible (e.g., computer, phone, or desk).</p>               | <p>5 min.</p> | <p>Large Group Discussion</p> | <p><b>Nora Lynch’s easel card:</b></p> <ul style="list-style-type: none"> <li>• <b>Tips for success</b></li> </ul> <p><b>Sticky note for the goal to be written down on</b></p> <p><b>Nora Lynch: Welcome to MI YouTube video- 24:30 min. – 27:53 min.</b></p> |
| <p><b>Next Steps: Do something. Learn. Repeat.</b></p> <p><b>IDEA:</b> Continue with the peer-to-peer buddy system. If able allow buddies to schedule one 15 min appointment in scheduler for this weekly. This can be conducted via phone call or in-person.</p> |               |                               |  |

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### Role Play Scenarios:

Wanda wants to start walking 30 minutes/day at least 2-3 times per week but she works one full-time job and a second part-time job. Her cousin is a personal trainer that lives in another town; he is supportive of Wanda being more physically active. Her boyfriend doesn't think it is safe for her to walk outside. Help Wanda work through her obstacles of achieving her goal.

Esmeralda is 35 wks pregnant, she tells you this is her 3<sup>rd</sup> child and the first child she plans to breastfeed. Her husband thinks that BF will be too hard on Esmeralda and will take attention away from their other 2 young children. Esmeralda goes weekly to the local public library for story time and has meet other mothers who BF their babies. Esmeralda's goal is to BF. Help her work through some of her challenges so she can be successful.

Larry & Angela are parents to twin 2 year old boys. Larry & Angela desperately want to wean the boys off the bottle, but they suspect the large home daycare the boys go to provides bottles. Larry and Angela love their home daycare provider and it isn't an option to switch daycares. Larry & Angela recently took the boys to the dentist and found out several of their front teeth have dental caries requiring fillings. Larry & Angela's goal is to wean off the bottle. Help Larry and Angela work through their obstacles so they can be successful.

Carrie is a single mom to a 4 year old special needs child, Olivia. Olivia requires 3 cans/day of Pediasure to help her maintain her weight. Carrie tells you she is so busy trying to get Olivia to all her medical appointments and taking care of her sick mother. Carrie sometimes forgets to give Olivia 3 cans/day of Pediasure. Carrie really wants to make sure

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Olivia gets all her Pediasure because she lost ½ # at today's WIC appointment. Help Carrie work out how to be successful with her goal of 3 cans/day of Pediasure.

Joel is the primary caregiver to his nephew, Alex. Alex is 3 ½ months old. When Joel runs out of formula he receives from WIC Alex's grandmother helps and buys 1-2 cans more. Alex's grandmother wants Alex to start baby food and lots of it in the bottle to help "fill him up." Joel wants to introduce food when Alex is 6 months, as that is what WIC and his Pediatrician told him. Alex's grandmother has never been to Alex's pediatrician appointments. Joel's goal is to introduce solids at 6 months. Help Joel work through some of his challenges of reaching his goal.