

Culturally Relevant Engagement Interviewing

Program Description:

This session will provide an overview of a single session intervention using tools from motivational interviewing, ethnographic interviewing, and psychoeducation that were developed to increase engagement and participation in mental health services in populations where utilization and completion of services has traditionally been low. This intervention was designed to be culturally relevant and safe for clients from any cultural background. The aim of the intervention is to help the client and clinician partner to address barriers and concerns the client may have related to entering treatment for psychiatric illnesses. This intervention has been tested in diverse populations of pregnant women, pregnant adolescents, and older adults presenting with mood, anxiety and trauma related disorders. It has been shown to increase initial engagement as well as retention and completion of brief mental health services.

Program Objectives:

Upon completion participants will be able to:

- Examine and utilize techniques of ethnographic interviewing, motivational interviewing and psychoeducation that are helpful in engaging clients from diverse cultural backgrounds;
- Apply the techniques of the intervention to partner with and increase clients engagement and retention in mental health services;
- Identify how cultural stereotyping can create barriers to engagement and retention of clients in mental health services;
- Name and address practical, psychological, and cultural barriers to care for individual clients.

Target Audience

Mental health professionals working with diverse populations including women, pregnant adolescents, older adults with mood, anxiety, and trauma related disorders as well as any other human service professional.

Agenda

9:30 – 10:30 AM	Introductions and Understand Barriers and Engagement in Treatment
10:30 - 11:30 AM	The Engagement Interview: Goals, Techniques, and Strategies
11:30 - 12:00 Noon	Break
12:30 – 1:30 PM	The engagement Interview: Practicing and Problem Solving
1:30 – 2:00 PM	Questions/Discussion/Closing

Credit

4.0 - 6.0 hours

Faculty

Betsy (Sarah E.) Bledsoe, PhD, MPhil, MSW is associate professor at the University of North Carolina at Chapel Hill School of Social Work, principal investigator of the Community Voices Project, principal investigator at the National Center for Trauma Education and Workforce Development, co-investigator at the Family Informed Trauma Treatment Center and a consultant with the Center for Adjustment, Resilience & Recovery – all part of the National Child Traumatic Stress Network funded by the Substance Abuse and Mental Health Services Administration. She received a doctoral degree and Master of Philosophy from Columbia University School of Social Work, a Master of Social Work from the University of Pittsburgh and a bachelor's degree in psychology from the University of Tennessee. Her research reflects over two decades of experience conducting community based as well as and national studies to strengthen the mental health of adults, adolescents, children, and families, particularly those surviving poverty, discrimination, and trauma. She has expertise in mental health services, intervention, and implementation research, with a focus on mood, anxiety, and trauma during the perinatal period and beyond. Her research has examined the implementation and dissemination of evidence-based practices and empirically supported interventions with attention to the cultural adaptation of these practices to increase access to historically marginalized communities and populations including Black Indigenous and People of Color, individuals living in rural areas and individuals surviving poverty.

A community-engaged scholar, Dr. Bledsoe is dedicated to partnering with communities to strengthen the mental health of children, adults, families, and communities. Her research and scholarship have been supported with funding from federal and state agencies, foundations, and private donors. Her research, clinical expertise, and certification as a practitioner, supervisor, and trainer in multiple empirically supported interventions inform her teaching of primarily direct practice courses including Brief Treatment, Interpersonal Psychotherapy, and Motivational Interviewing.

Dr. Bledsoe has published over 90 peer-reviewed articles, chapters, abstracts, and manuals, and has given over 295 peer-reviewed and invited presentations at national and international venues. A Society for Social Work and Research Fellow, her work has been recognized with awards from the Office of the UNC-CH Provost, UNC School of Social Work, UNC Center for Global Initiatives, Council on Social Work Education, Office of Behavioral and Social Science Research, and the American Society of Clinical Psychopharmacology. She has been a Guest Professor at the University of Toronto, University of Maryland at Baltimore, and Renmin University, Beijing, China. Additionally, she has been consulting editor for *Social Work Research* and *Social Work* and on the editorial review board of *Research on Social Work Practice*, *Social Work in Mental Health*, and *Social Work in Health Care*.