



# CSU UNITY

Virginia Department of Juvenile Justice

June, 2017

## The 8 Evidence-Based Principles

# Principle 2: Enhance Intrinsic Motivation

Research strongly suggests that motivational interviewing techniques, rather than persuasion tactics, effectively enhance motivation for initiating and maintaining behavior changes. Motivation to change is dynamic and the probability that change may occur is strongly influenced by interpersonal interactions, such as those with probation officers, treatment providers, and institution staff. Staff at CSU 2–Virginia Beach are learning these techniques from Licensed Clinical Social Worker Peter Barnett in a series of training sessions.

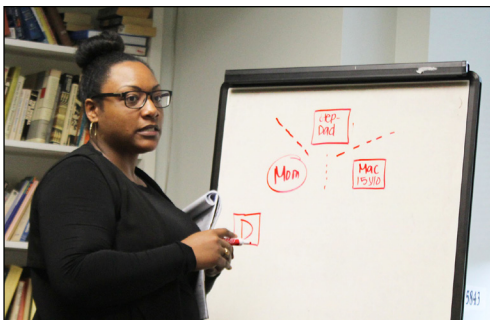
One of the skills attendees are learning is called Family Mapping. “This allows us probation and parole officers to visually identify the current family hierarchy and hierarchical needs,” says Probation Officer Tiffany George. “This knowledge helps the PO to effectively serve as an agent of change by assisting the family in establishing healthy boundaries and relationships.”

“Overall, as a new probation officer, this training is allowing me to learn the skills I need to be a more effective probation officer and a change agent in the lives of the youth and families we work with,” says Probation Officer DeLaine Gutierrez.

More Motivational Interviewing training sessions will be scheduled this coming fall.



Above: CSU 2 Probation Officer DeLaine Gutierrez talks about the videotaped interview she did with a client. Below: Taking the Motivational Interviewing class, standing, from left: Probation Officer Tiffany George, PO Senior Jamal Parker, Parole Officer Cody Gier, Assessment Unit Supervisor Nina Joyner, Volunteer Probation Aide Parysh Washington, PO Senior-Parole Martha Wilson, Parole Officer DeLaine Gutierrez, PO Maurice Jones, Family Engagement Specialist Ann O'Neill. Seated from left: Parole Supervisor Katie McCurdy, Probation Supervisor John Zamora, Instructor Peter Barnett, LCSW.



CSU 2–Virginia Beach Probation Officer Tiffany George demonstrates Family Mapping.

## QUESTIONS TO BE ASKED

- Are officers and program staff trained in motivational interviewing techniques?
- What quality assurance is in place?
- Are staff getting management support and encouragement to use motivational interviewing techniques in their day-to-day interactions with offenders?

