

Healthy Outcomes from Positive Experiences in Motivational Interviewing

To help home visitors use the Healthy Outcomes from Positive Experiences (HOPE) framework alongside Motivational Interviewing (MI) to build trust, identify strengths, and support families in creating nurturing, stable environments for children.



Spirit of Motivational Interviewing:

- **Partnership** - Work with families as equals and working collaboratively with the individual as the expert on their own life.
- **Acceptance** – Deep respect and autonomy for autonomy, strength, and choices
- **Compassion** – Prioritization of caregiver and child well-being.
- **Evocation** - Draw out family ideas and motivation for change.

Integration Strategies:

- 1. Start with Strengths – Use HOPE to identify existing positive experiences before addressing challenges.**
 - a. Example: “Tell me about times your child felt safe and supported.”
- 2. Affirm and Reflect – Reinforce HOPE themes during MI reflections.**
 - a. Example: “Creating that calm bedtime routine shows how much you value your child’s sense of safety.”
- 3. Elicit Change Talk Through HOPE – Link desired changes to increasing positive experiences.**
 - a. Example: “How would adding more family playtime help your child feel connected?”
- 4. Collaborative Goal Setting – Frame small, achievable goals around enhancing positive experiences.**
 - a. Example: “What’s one small step you’d like to take to make your routines more predictable?”

Quick-Reference Checklist for Home Visits

Before the visit

- Review previous strengths and goals
- Prepare at least 1 HOPE-oriented prompt
- Plan for a warm, supportive opening

During the visit

Strengths-Based Foundation

- Begin by asking about recent positives
- Affirm caregiver efforts and progress

Use HOPE Building Blocks

- Explore at least one HOPE building block
- Reflect back how these strengths support child development

MI Techniques

- Use open-ended questions
- Reflect and summarize
- Elicit change talk when appropriate

Goal Setting

- Ask the caregiver what matters most right now
- Co-create one small, realistic, HOPE-aligned goal
- Confirm confidence and next steps

After the visit

- Document strengths that emerged
- Note successful MI strategies
- Track progress on HOPE-related goals