



NEWS RELEASE

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For Immediate Release

Seasons Center Provides Motivational Interviewing Training for Agency Staff

Spencer, IA. – Seasons Center for Behavioral Health, an Avera Partner, will provide a Motivational Interviewing training at the Avera Medical Clinic in Spencer this week for agency staff.

Motivational Interviewing (MI) is an evidence-based approach that addresses ambivalence to change. MI is a conversational approach designed to help people express their desire for change and plan for and begin the process of change. Seasons Center staff will be trained on MI from theory to applications with up-to-date research, accessible teaching, video examples, and experiential exercises that emphasize evidence-based practices.

Clinical Director of Prelude Behavioral Services, Fonda Frazier, M.A., IAADC, M.I.N.T., will conduct the two and a half day training. Frazier has 30 years of experience working with substance use and mental health disorders. The training will define and address the fundamental concepts of Motivational Interviewing, with a special focus on those clients from diverse cultural backgrounds and/or those presenting in crisis.

“We are excited to offer our employees this comprehensive, evidence-based approach to caring for clients. Motivational interviewing techniques are very helpful for supporting clients in the change process,” says Natalie Sandbulte, Director of Clinical Services. “Staff members from a variety of disciplines, including substance abuse, community based services, integrated health homes, and support staff will be participating in the training.”

For more information on Seasons’ services, please visit our website at: www.seasonscenter.org and Facebook page www.facebook.com/SeasonsCenterForBehavioralHealth

Founded in 1959, Seasons Center for Behavioral Health continues to be a leading, comprehensive behavioral health center in the northwest region of Iowa. Offering a broad range of behavioral health Services, Seasons recognizes that investing in behavioral health is investing in a community's economic, education, health and human services systems. Seasons strives to empower individuals so they might become active, contributing members of their communities. For more information on Seasons' services, please visit www.seasonscenter.org or call 1-800-242-5101.

Avera is a regional partnership of health professionals who share support services to provide excellent care at 300 locations in 100 communities in eastern South Dakota and surrounding states. Our ministry, our people and our superior values distinguish Avera. We carry on the health care legacy of the Benedictine and Presentation Sisters, delivering care in an environment guided by our values of compassion hospitality and stewardship. Avera employs more than 13,500. Inpatient, outpatient and clinic visits totaled nearly 2.5 million in the last year, a number equal to more than twice the population of the Avera service area. For more information please visit www.avera.org.