

## Motivational Enhancement Therapy Clinical Guideline

MVP Health Care, as part of its continuing Quality Improvement Program, adopted the following guideline for Motivational Enhancement Therapy. The full guideline is available at:

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6236319/>
2. <https://www.mentalhealth.va.gov/substanceuse/met-sud.asp> Mental Health

### Impact of The Condition

- Substance Use Disorder, if untreated, can have a debilitating impact on a person's health and social consequences. The neurobiology of addiction effects multiple areas of executive function: learning, memory, motivation, and inhibitory control of behavior. The course of Substance Use Disorder can be lifelong, with cycles of relapse and remission.
- Engagement with individuals around substance abuse and treatment can be difficult for health providers, families and other invested parties. Evidence-based approaches to treatment provide education and intervention with consistency and coherence over the course of care.
- Motivation Enhancement Therapy has shown to be effective in research trials and is considered by National Institute of Drug Abuse (NIDA) to be an Evidence-based treatment.

### Summary of the Guidelines

Motivational Enhancement Therapy (MET) is a brief intervention that has demonstrated efficacy in substance treatment to reduce use and increase engagement. It is derived from principles of Motivational Interviewing and is aligned with 12 Step principles.

MET is a short-term intervention, consisting of one initial assessment and three to four individual therapeutic sessions. The focus is on the patient's experiences with substance use, ambivalence towards change and identification of self-affirming statements. These are incorporated into a systematic plan that the patient can carry forward and implement. The provider engages in an empathic, non-judgemental manner that is validating and encourages self-efficacy. MET has been most effective in combination with cognitive behavioral therapy in the treatment of marijuana, alcohol and nicotine use. Co-occurring mental health disorders can also be addressed in this format.

Additional tools to assist providers with educating their patients on behavioral health conditions are available on the MVP Health Care website by following the link below.

[Quality Programs and Initiatives | MVP Health Care](#)

In conjunction with these guidelines, MVP Health Care offers Case Management for members with behavioral health conditions. If you would like to refer your patients to the Case Management program, please call the MVP Case Management Department at **1-800-852-7826**.

This guideline is not intended to replace the role of clinical judgment by the physician in the management of this, or any other disease entity. It is an educational guideline to assist in the delivery of good medical care. All treatment decisions are ultimately up to the physician. Where medication recommendations are made, please refer to each health plan's formulary for coverage considerations.

MVP Health Care updates its clinical guidelines at least every two years. The review process is also initiated when new scientific evidence or national standards are published. Practitioners are alerted via the web site and by written notices from the plan via fax or newsletter. A hard copy of the clinical guideline can be requested by calling the MVP Quality Improvement Department at **(800) 777-4793 extension 1-2247**.