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# AWARE

*Alliance Working for Antibiotic Resistance Education*  
February 2016 Newsletter

## Who we are

The Oregon Alliance Working for Antibiotic Resistance Education ([AWARE](#)) is a coalition whose mission is to encourage the appropriate use of antibiotics and aims to reduce the problem of antibiotic resistant bacteria in Oregon.

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## AWARE ANNOUNCEMENTS

### We want to hear from you

We want to learn how the AWARE program can better serve your needs and how our partnership can grow. Please take 5 minutes to complete the survey below. Your feedback will help guide AWARE program development and coalition building.

[AWARE Survey](#)

### New program coordinator

Alyssa McClean is the new AWARE program coordinator. She received her Masters in Public Health from Portland State University and most recently worked for the Oregon Health Authority Office of Equity and Inclusion as an AmeriCorps VISTA. Alyssa is eager to work alongside our partners to forward antibiotics resistance education in Oregon.

### Events

Is your organization hosting a health fair or wellness event in the coming months? Contact Alyssa McClean at [Oregon.AWARE@state.or.us](mailto:Oregon.AWARE@state.or.us) to see how we can work together to spread this vital health information.

## NEWSLETTER SPOTLIGHT

### Motivational Interviewing

Having difficult conversations is no one's cup of tea; in fact, conflict is something that most of us would choose to avoid if given the option. However, in the public health and medical community we know that these instances are not only inevitable but sometimes a weekly occurrence. Especially with the minefield of subjects growing ever larger, talking to patients and community members can become a precarious business. What we do know is that having tactics, training, and reinforcements make talking about difficult subjects a lot easier and ultimately more successful.

This is exactly what [Immunize Oregon](#) and [Oregon AWARE](#) had in mind when they created the "Having Difficult Conversations" seminar. Originally presented to the physician assistant students at OHSU, the seminar focuses on the basics of motivational interviewing and its applications in patient education settings. Motivational interviewing (MI) is a method that works on facilitating and engaging intrinsic motivation within the client in order to change behavior. Typically used for more traditional behavior change counseling regarding smoking cessation and obesity, motivational interviewing is a goal-oriented, client-centered counseling style for eliciting behavior change by helping clients to explore and resolve ambivalence. These methods are easily applied to the charged and emotionally driven conversations that surround for other health topics, like vaccines. Combining MI techniques, local statistics, case studies, and plenty of group and individual practice, this seminar strives to provide participants with alternatives to stonewalling and conflict through empathy and empowerment.

The seminar proved helpful for participants and has gleaned positive reviews on practical applications and confidence building with regards to these tricky patient interactions. After the initial presentation, Immunize Oregon and Oregon AWARE saw the potential for this to be a tool for partners and providers throughout the state. The scope of the seminar was expanded so that it could be tailored to varying group sizes and provider types. Immunize Oregon and Oregon AWARE hope to be able to provide this seminar to as many groups as possible and are in the process of scheduling a group of free presentations in the spring/summer located at the Portland State Office Building.

For more information about the seminar or scheduling a presentation please email [Alyssa.K.McClean@state.or.us](mailto:Alyssa.K.McClean@state.or.us).

## AWARE MATERIALS

[Community members](#)

[Educators](#)

[Child care providers](#)

[Medical Professionals](#)

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### Questions or comments?

Email us at [Oregon.AWARE@state.or.us](mailto:Oregon.AWARE@state.or.us) or call 971-673-0968.

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