

Facilitator: Jody MacLennan

Residence: Stratford, PE

Occupation: Program Development
Lead and Educator

Areas of Expertise: Motivational
interviewing, trauma-informed care,
recovery-oriented care, mindfulness

About Jody: Jody has worked in
addictions and corrections since 2001,
with a strong foundation in trauma-
informed care. A member of the
Motivational Interviewing Network of
Trainers (MINT) since 2017, she has
delivered MI training for over a decade,
collaborating with Veteran's Affairs,
Child Protection, Outreach Services, and
vaccine hesitancy research. Currently
with Health PEI's Mental Health and
Addictions Division, Jody integrates
adult learning principles, mindfulness,
and practical strategies into her training
to ensure it's engaging, relevant, and
grounded in real-world application.



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