

**Assessment of Stage of Motivation for Change/Treatment  
(Related to Substance Use/Mental Health Disorders)**

Stages of Change	Stage of Tx	Interventions
<p><b>Precontemplation</b></p> <p>Does not see substance use or mental health issue as a problem, is unwilling to change, or feels unable to change.</p>	Engagement	<p>* Develop a working-together relationship * Remain positive and optimistic * Remember that engagement does not equate to enabling*</p> <p>* Use <i>Motivational Interviewing</i> to <b>Express Empathy</b> and <b>Establish Personal Goals</b> * Provide practical assistance * Reduce harmful consequences * Provide outreach if necessary * Listen for ambivalence about problem behavior * Reflect client statements of the downside of problem behavior * Learn how client experiences life now and how this is different from hopes and aspirations * Increase awareness of the problem* Express benefits of change* Don't push treatment *</p>
<p><b>Contemplation</b></p> <p>Has become aware that substance use/mental health issue is a problem and is ambivalent about change</p>	Persuasion	<p>* Client will think a lot and say a lot, but may not do a lot * Be aware that client is weighing the pros and cons of problem behavior* Avoid the <b>Righting Reflex</b> by not offering advice or correcting misperceptions * Use <i>Motivational Interviewing</i> for <b>Developing Discrepancy</b> between problem behavior and client goals/values * Provide information about substance use/mental health and benefits of treatment * Use individual MI, Persuasion Groups, and Family interventions * Use <i>Motivational Interviewing</i> to <b>Support Self-efficacy</b>, to <b>Avoid Arguments</b>, and <b>Roll with the Resistance</b> * Assure client that ambivalence is normal * Use <b>Decisional Balance</b> worksheet *</p>
<p><b>Preparation</b></p> <p>Made the decision to change soon and is developing a growing commitment to change.</p>	Persuasion	<p>* Use <i>Motivational Interviewing</i> to <b>Support Self-efficacy</b> * Teach about alcohol, drugs, mental health, activities that promote health and wellness * Improve social support * Refer to therapy, self-help groups * Offer skills training/CBT * Reach out and support families * Encourage commitment to change * Generate a plan and set-up action goals * Support small steps toward change to "test the waters" * Reinforce small successes and problem-solve ways to handle difficulties that arise *</p>
<p><b>Action</b></p> <p>Attempts change by implementing a plan. Problem behavior is decreased or stopped for 1 to 180 days.</p>	Active Treatment	<p>* Verbally reinforce efforts and celebrate action steps * Use <i>Motivational Interviewing</i> to <b>Support Self-Efficacy</b> * Link new behaviors with positive outcomes you see * Teach new skills such as drug-refusal skills, identifying and managing triggers and cravings, mental health symptom management skills, social skills, stress management, wellness * Expand support to self-help/mutual support groups, peer supports and substance-free social and wellness activities * Encourage lifestyle changes to support recovery and gain meaningful activity * Attend Active Treatment Group</p>
<p><b>Maintenance</b></p> <p>Committed to change, uses strategies and has not had problem behavior for 6 months</p>	Relapse Prevention	<p>* Develop a Relapse Prevention plan to deal with people, places, and things that trigger cravings * Develop <i>Illness Management and Recovery(IMR)</i> plan and/or <i>Wellness Recovery Action Plan (WRAP)</i> to relieve difficult feelings and maintain wellness and/or encourage use of other recovery tools including workbooks such as <i>Pathways to Recovery</i> and <i>A Mindfulness-Based Stress Reduction Workbook</i> * Attend Relapse Prevention and/or symptom management and/or wellness groups * Participate in self-help/mutual support groups * Expand meaningful activity * Develop new goals to enhance quality of life</p> <p>* Help maintain awareness that substance use/mental health relapse can occur * Discourage over-confidence * Empathize with feelings about slips/lapses and reframe as opportunity to learn, be stronger, cope better * Teach CBT/Coping Skills</p>

Stage of Treatment	Goal	Provider Do's	Provider Don'ts
<p><b>Pre-engagement</b></p> <p>No Contact with provider and meets criteria substance use or mental health disorder.</p> <p><b>Engagement</b></p> <p>Irregular contact and meets criteria for substance use or mental health disorder</p>	<p><b>Establish a working alliance</b></p>	<p>Engage client in the community * Crisis intervention * Practical help to obtain benefits, housing, food, clothing, medication, health care * Develop relationship by expressing interest and empathy * Reinforce honesty * Find ways to discuss Substance Use/Mental Health * Ask to discuss Substance Use/Mental Health * Instill belief in recovery * Identify goals that may not be related to substance use or mental health issues * Express hope</p>	<p><b>Don't:</b></p> <p>Require abstinence or medication</p> <p>Start substance use or mental health treatment</p> <p>Confront substance use or downplaying mental health symptoms</p> <p>Ignore substance use or mental health symptoms</p> <p>Punish substance use, disinterest in mental health symptom management (including non-adherence to medication)</p> <p>Start therapy</p>
<p><b>Early Persuasion</b></p> <p>Regular contact, substance use symptoms same/decreased or no/some acknowledgement of mental health symptoms for less than 2 weeks</p> <p><b>Persuasion</b></p> <p>Regular contact, substance use symptoms reduced or some acknowledgement of mental health symptoms for 2-4 weeks.</p>	<p><b>Help client view substance use and/or mental health issue as something to be worked on.</b></p>	<p>Ask to discuss Substance Use/Mental Health * Educate about Substance Use, Mental Health and their interaction* Set goals * Build awareness of problem</p> <p>Help envision life w/o substance use/ mental health symptoms * Develop motivation * Provide family support * Provide peer support * Help find meaningful activity* Help find wellness activities* Talk about ambivalence * Encourage self-help group * Persuasion Group Therapy * Individual Motivational Interviewing therapy * Express hope</p>	<p><b>Don't</b></p> <p>Require abstinence or mental health symptom management (including medication adherence)</p> <p>Offer too much Tx</p> <p>Ignore SU/MH</p> <p>Require Inpatient Tx</p> <p>Take substance use or disinterest in mental health symptom management personally</p> <p>Lose hope</p>

<p><b>Early Active Treatment</b></p> <p>Engaged, substance use reduced or acknowledgement of mental health symptoms &gt; 1 month.</p> <p><b>Late Active Treatment</b></p> <p>Engaged, has not used substances or has actively worked to manage mental health symptoms for 1 to 5 months.</p>	<p><b>Help client decrease or stop substance use, and/or help client to manage mental health symptoms, so that they are no longer a problem.</b></p>	<p>Substance Abuse/Mental Health counseling</p> <ul style="list-style-type: none"> <li>* Skills training</li> <li>* Develop Meaningful activity</li> <li>* Develop wellness activities*</li> <li>Self-help groups</li> <li>* Peer supports</li> <li>* Cognitive-behavioral therapy</li> <li>* Motivational Interventions</li> <li>* Begin relapse prevention/mental health symptom management</li> <li>* Medication for Substance Use</li> <li>cravings/Mental Health symptoms</li> <li>* Teach relaxation</li> <li>* Teach anger management</li> <li>* List triggers and coping</li> <li>* Role-play drug-refusal and social skills</li> <li>* Family education, therapy, support</li> </ul>	<p><b><u>Don't</u></b></p> <ul style="list-style-type: none"> <li>Ignore a slip</li> <li>Express disappointment</li> <li>Discharge too soon</li> <li>Overload with goals</li> <li>Take slip or lapse in mental health symptom management personally</li> </ul>
<p><b>Relapse Prevention</b></p> <p>Engaged, has not used substances or has actively managed mental health symptoms for 6 to 12 months.</p> <p><b>Remission/Recovery</b></p> <p>Has not use substances or has actively managed mental health symptoms for &gt; 1 year.</p>	<p><b>Relapse Prevention</b></p>	<p>Relapse prevention for Substance Use and Mental Health issues</p> <ul style="list-style-type: none"> <li>* Wellness and Recovery Workbooks*</li> <li>Skills training</li> <li>* Individual and Group Therapy</li> <li>* Family education and support</li> <li>* Self-help groups</li> <li>* Peer supports</li> </ul> <p>Be ready to intensity services if needed *</p> <ul style="list-style-type: none"> <li>Expand wellness focus to health, work, exercise</li> <li>* Normalize relapse</li> <li>* Discourage over-confidence</li> <li>* Encourage being a role model</li> </ul>	<p><b><u>Don't</u></b></p> <ul style="list-style-type: none"> <li>View relapse or lapse in mental health symptom management as failure</li> </ul>