

## STAGES OF CHANGE-BASED TREATMENT PLANNER

### PRE-CONTEMPLATION STAGE OF CHANGE

No intention of changing behavior; the person may be unaware that a problem exists. (Prochaska and DeClemente, 1983) Not thinking of changing, feels that things are fine, does not see a problem. (Velazquez, et al., 2001)

#### **Interventions: Harm Reduction**

*Short-term Measurable Goal Example:*

*“Client will apply three strategies to reduce risk/harm related to ongoing substance use.”*

- Therapist will link client to resources for overdose prevention.
- Therapist will assist client to address physical health needs related to substance use.
- Therapist will assist client with obtaining insurance.
- Client and family will receive training in overdose prevention and Narcan administration.
- Therapist will educate client on safe practices for ongoing substance use, such as not using alone, buying from a trusted source, reducing dose following periods of abstinence, etc.
- Therapist will develop safety plan for client and client’s affected family members.

**(\*Remember to consider safety planning for children in the home!)**

#### **Interventions: Rapport Building**

*Short-term Measurable Goal Example:*

*“Client will rate improved trust with therapist from a 3 to a 5 on 1-10 scale, to set stage for ongoing work.”*

- Therapist will explore client’s interests, strengths, and goals.
- Therapist will work with client to develop agreed upon goals.

#### **Interventions: Motivation Enhancement**

*Short-term Measurable Goal Example:*

*“Client will identify increased motivation to reduce substance use from a 2-4 on readiness ruler.”*

- Therapist will explore benefits and risks of use.
- Therapist will utilize motivational interviewing to explore themes of ambivalence.
- Therapist will assist client in identifying their support system.
- Therapist will explore ways to increase external motivation through collateral contacts, other service providers, or the legal system.

**(\*Therapist should utilize regular supervision regarding engaging external motivators and meeting the client where they are at.)**

#### **Interventions: Case Management**

*Short-term Measurable Goal Example:*

*“Client will reduce days homeless from 30 per month to 15 per month.”*

- Therapist will identify case management needs and assist client with resource linkages as appropriate.
- Therapist will assist client with obtaining insurance.

## STAGES OF CHANGE-BASED TREATMENT PLANNER

### Interventions: Family Interventions

*Short-term Measurable Goal Example:*

*“Client’s family will be able to identify 3 coping strategies they can apply related to client’s ongoing substance use.”*

- Therapist will provide education about substance use disorders to client’s family.
- Therapist will provide self-care resources to client’s family.
- Therapist will provide consultation to client’s family regarding ways to respond when client or family is in crisis.
- Therapist will provide client’s family with a copy of the safety plan and discuss safety for affected family members and client.

***(\*At this stage, these interventions occur separate from the client.)***

### Interventions: Co-Occurring Disorders

*Short-term Measurable Goal Example:*

*“Client will apply 3 safe behavioral coping strategies to use when distressed, as an alternative to substance use.”*

- Therapist will help client identify and utilize coping strategies.
- Therapist will provide psycho-education about mental health and co-occurring disorders.

***(\*Please note that supportive listening which does not enhance change talk is contra-indicated for persons in Pre-Contemplation stage of change.)***

### Interventions: Group Facilitation

*Short-term Measurable Goal Example:*

*“Client will demonstrate consistent attendance and engagement in group sessions.”*

- Therapist will facilitate group discussions in which senior members of the milieu have the opportunity to influence client towards change.

### Interventions: Assessment

- Therapist will gather collateral and biopsychosocial assessment information to determine diagnosis and ASAM level of care.

## STAGES OF CHANGE-BASED TREATMENT PLANNER

### CONTEMPLATION STAGE OF CHANGE

Aware problem exists but with no commitment to action. (Prochaska and DeClemente, 1983) Thinking of quitting, wondering how I affect others, maybe trying small changes. (Velazquez, et al., 2001)

#### **Interventions: Motivation Enhancement**

*Short-term Measurable Goal Example:*

*“Client will identify increased motivation to reduce substance use from a 4-5 on readiness ruler.”*

- Therapist will utilize motivational interviewing to explore themes of ambivalence.
- Therapist will provide psychoeducation on the effects of substance use.  
**(\*Must be factual information on effects, not ‘scare tactics’. This intervention will only be effective when the information is new to client and resonates with their experience. Should be used sparingly and only when it enhances client change-talk.)**
- Therapist will use the ‘miracle question’ to enhance motivation, confidence, and change talk.
- Therapist will use the readiness ruler to assess client’s motivation and confidence for change.
- Therapist will facilitate locus of control assessment and discussion of related themes and applications.
- Therapist prescribes and reviews journaling to explore motivation and enhance change talk.

#### **Interventions: Goal Setting**

*Short-term Measurable Goal Example:*

*“Client and therapist will explore and identify 1 realistic, achievable goal.”*

- Therapist will use client change talk to identify realistic goals for incremental change.
- Therapist will identify and praise incremental change accomplishments.

#### **Interventions: Harm Reduction**

*Short-term Measurable Goal Example:*

*“Client will implement harm-reduction strategies 90% of the time, evidenced by self-report.”*

- Therapist will monitor client’s use of safety plan for overdose prevention.
- Therapist will provide psycho-education on communicable disease prevention.
- Therapist will link client to primary care provider for medical follow-up.
- Therapist will process themes of powerlessness that arise as client attempts harm-reduction efforts.

#### **Interventions: Rapport-Building**

*Short-term Measurable Goal Example:*

*“Client will increase honest self-disclosure with therapist from 50% to 75% of the time.”*

- Therapist will use supportive listening to enhance change talk.
- Therapist and collateral sources will define and clarify roles to ensure that therapeutic relationship is supported.
- Therapist will praise and “cheerlead” client’s change efforts.

## STAGES OF CHANGE-BASED TREATMENT PLANNER

### Interventions: Skill Development

*Short-term Measurable Goal Example:*

*"Client will be able to apply 2 coping skills as alternatives to substance use."*

- Therapist will teach healthy coping strategies and review application of these skills.
- Therapist and client will practice meditation and deep breathing exercises in weekly sessions.
- Therapist will assign homework related to problem solving, stress management, communication skills, and thought-stopping.
- Therapist and client will role play refusal skills in sessions.
- Therapist will provide information on healthy relationships and process client's support networks.

### Interventions: Family Involvement

***(\*Conjoint family therapy maybe contra-indicated at this stage of change, as it may have adverse motivational effects.)***

*Short Term Measurable Goal Example:*

*"Client's family members will attend 3 educational or support activities during this review period."*

- Therapist will provide psycho-education to family members and collateral contacts regarding substance use and stages of change.
- Therapist will provide resources for family members related to Al-Anon and how to obtain their own therapy services.
- Therapist will continue to review and update safety plan with client's family members.

### Interventions: Group Facilitation

*Short-term Measurable Goal Example:*

*"Client will demonstrate engagement with group topics, evidenced by asking questions, completing homework, and processing in sessions."*

- Therapist will facilitate group sessions that allow members to challenge client's discrepancies.
- Therapist will provide group materials and setting for client to explore themes of change with peers.

### Interventions: Assessment

- Therapist will facilitate drug testing services to verify client's self-report of current and recent substance use.

***\*It is recommended for the therapist to receive regular supervision and consultation during this stage, including audio or video reviewed sessions, to ensure that motivational interviewing techniques are being implemented with fidelity.***

## STAGES OF CHANGE-BASED TREATMENT PLANNER

### PREPARATION STAGE OF CHANGE

Intent on taking action to address the problem. (Prochaska and DeClemente, 1983) Have a plan to quit, may have “cut down”, can see benefits of quitting. (Velazquez, et al., 2001)

#### **Interventions: Behavioral Change**

*Short-Term Measurable Goal Example:*

*“Client will increase days of abstinence from 0 per week to 3 per week.”*

- Therapist will assist client in developing a plan for change.
- Therapist will help client to identify triggers and strategies for avoiding or coping.
- Therapist will help client develop a schedule to support sobriety.
- Therapist will assist client with identifying barriers to sobriety and problem-solving solutions for these.

#### **Interventions: Rapport-Building**

*Short-Term Measurable Goal Example:*

*“Client will report 100% of substance use events openly and honestly with therapist.”*

- Therapist will provide accountability for agreed upon change goals.
- Therapist will maintain an atmosphere of safety for self-disclosure regarding substance use.
- Therapist will normalize relapse and provide psycho-education on ways to move forward with change goals.

#### **Interventions: Motivation Enhancement**

*Short-Term Measurable Goal Example:*

*“Client will report movement along readiness ruler from a 4 to a 7.”*

- Therapist will continue exploration of change talk and goals.
- Therapist will continue to use readiness ruler and confidence ruler to assess change on continuum.
- Therapist will use M.I. questions to identify future change goals, explore motivators for change, and identify areas of increased confidence for change.
- Therapist will prescribe journaling and process journaling in session to explore change talk.
- Therapist will provide praise and affirmation for positive, incremental changes.

#### **Interventions: Re-Assess ASAM Level of Care Need**

*Short-Term Measurable Goal Example:*

*“Client will be linked to appropriate level of care for services, based on ASAM criteria.”*

- Therapist will facilitate ASAM screening for level of care need and link client to appropriate level of care for treatment.

**(\*If a higher level of care is indicated, it is critical that these services are matched at Preparation stage of change. Clients MUST experience success at this stage to continue with change. Therapist should be cognizant of not “setting client up for failure” by not mobilizing the appropriate resources for level of care.**

**Individuals in Preparation stage of change are more receptive to interventions than Pre-Contemplation and Contemplation and may derive more benefit from higher level of care treatment than an individual in previous stages of change.)**

## STAGES OF CHANGE-BASED TREATMENT PLANNER

### Interventions: Recovery Support/ Advocacy

Short-Term Measurable Goal Example:

*“Client will implement 2 changes to improve supports for recovery.”*

- Therapist will link client to recovery support groups and a recovery support specialist or sponsor.
- Therapist will provide client with resources for local recovery support groups.
- Therapist will advocate for client with collateral contacts.

### Interventions: Increase Recovery Skills

Short-Term Measurable Goal Example:

*“Client will demonstrate application of 2 recovery skills in daily life.”*

- Therapist will provide information and coaching on assertive communication skills.
- Therapist will share resources with client regarding boundary setting.
- Therapist will role play refusal skills with client in sessions.

***(\*Skills work should be balanced with motivation enhancement at this stage and therapist should be aware of not overwhelming the client.)***

### Interventions: Family Involvement

***(\*The goal of family interventions at this stage is guarded supporting.)***

Short-Term Measurable Goal Example:

*“Client’s family members will identify 3 ways to provide helpful and positive support.”*

- Therapist will provide education and coaching to family members on ways to demonstrate helpful support to client.
- Therapist will reinforce ongoing participation in Al-Anon and individual therapy for affected family members.
- Therapist will normalize fear and mistrust for client’s family members, and will help to reframe realistic expectations.

### Interventions: Group Facilitation

Short-Term Measurable Goal Example:

*“Client will demonstrate application of group skills and themes 1x per week.”*

- Therapist will provide recovery skills training as part of group curriculum.
- Therapist will facilitate a safe environment for exploration of change.
- Therapist will utilize group milieu to reinforce positive change steps.

## STAGES OF CHANGE-BASED TREATMENT PLANNER

### ACTION STAGE OF CHANGE

Active modification of behavior. (Prochaska and DeClemente, 1983) Have quit using, am avoiding triggers, asking others for support. (Velazquez, et al., 2001)

#### **Interventions: Behavioral Change**

*Short-Term Measurable Goal Example:*

*“Client will demonstrate abstinence from non-prescribed medications, evidenced by urine drug screen results.”*

- Therapist will prescribe and monitor random weekly urine drug testing to support abstinence.
- Therapist and client will continue to assess and review treatment plan goals. Therapist will monitor appropriate matching of treatment plan goals and level of care to client’s stage of change and ASAM level of care.
- Therapist will reinforce participation and regular attendance at recovery support groups and treatment appointments.

#### **Interventions: Motivation Enhancement**

*Short-Term Measurable Goal Example:*

*“Client will report confidence in ability to achieve change increasing from a 4 to a 7 on readiness ruler.”*

- Therapist will praise client for successes.
- Therapist will help client to identify triggers and strategies for avoiding or coping.
- Therapist will provide supportive listening and normalize ambivalent feelings.
- Therapist will reinforce hope for sustained change through “miracle question” and discussion of others’ successful change.

#### **Interventions: Relapse Prevention**

*Short-Term Measurable Goal Example:*

*“Client will develop a comprehensive relapse prevention plan and implement strategies into daily life.”*

- Therapist will help client develop a plan to structure time/ schedule in support of recovery.
- Therapist will help client process triggering situations as they occur.
- Therapist will provide psycho-education about Post-Acute Withdrawal.
- Therapist will continue to review safety plan for client and affected family members, in the event of a relapse.

#### **Interventions: Case Management**

*Short-Term Measurable Goal Example:*

*“Client will be linked with 3 community resources during this review period to enhance recovery supports.”*

- Therapist will assist client in finding employment.
- Therapist will client problem-solve barriers to recovery.
- Therapist will provide financial education and skills training.

## STAGES OF CHANGE-BASED TREATMENT PLANNER

### Interventions: Recovery Skills

*Short-Term Measurable Goal Example:*

*“Client will increase application of recovery skills from 2x per week to daily.”*

- Therapist will help client develop skills for emotional regulation and healthy coping.
- Therapist will help client build, assess, and grow a recovery lifestyle.
- Therapist will provide CBT skills training, including communication, healthy relationships and mindfulness.
- Therapist will teach DBT skills group and provide individual coaching for skills implementation.

### Interventions: Co-Occurring Care

*Short-Term Measurable Goal Example:*

*“Client will report decreasing depressive symptoms from 4 days per week to 2 days per week.”*

- Therapist will help client identify and focus on self-care, including healthy activities and hobbies.
- Therapist will assess client’s readiness for trauma processing. (**\*Readiness may be indicated when client demonstrates “minimal mastery” or at-home application of coping skills.**)
- Therapist will provide psycho-education regarding grief and loss.

### Interventions: Family Involvement

*Short-Term Measurable Goal Example:*

*“Client and family members will report improved communication from a 3 to a 9 on self-rating scale.”*

- Therapist will engage family members and support persons in treatment.
- Therapist will facilitate family therapy sessions focused on relationship repair and making amends.
- Therapist will normalize loss of trust in relationships related to substance abuse.

### Interventions: Group Facilitation

*Short-Term Measurable Goal Example:*

*“Client will demonstrate use of group process for support and change, evidenced by reaching out to group members and sharing personal experiences.”*

- Therapist will provide a safe space for client to process recovery struggles and successes.
- Therapist will reframe and summarize group input into useable solutions for client’s recovery.



## STAGES OF CHANGE-BASED TREATMENT PLANNER

### MAINTENANCE STAGE OF CHANGE

Sustained change, new behavior replaces old. (Prochaska and DeClemente, 1983) No use in a long time, accepting myself, helping others who are still using. (Velazquez, et al., 2001)

#### **Interventions: Motivation Enhancement**

*Short-Term Measurable Goal Example:*

*“Client will verbalize internalization of recovery values and change.”*

- Therapist will praise client successes, help client identify areas of change, and process their impact.
- Therapist will help client continue to tell the story of their recovery.
- Therapist will encourage client in opportunities to help others as part of their ongoing recovery journey.

#### **Interventions: Relapse Prevention**

*Short-Term Measurable Goal Example:*

*“Client will maintain abstinence from mood altering substances, evidenced by self-report and urine drug screens.”*

- Therapist will prescribe random drug testing to support ongoing abstinence.
- Therapist and client will continue to review and update relapse prevention plan.
- Therapist will provide psycho-education regarding relapse warning signs.

#### **Interventions: Goal Setting**

*Short-Term Measurable Goal Example:*

*“Client will identify ongoing life and recovery goals and develop continuing care plan.”*

- Therapist and client will review prior treatment goals and discuss ongoing plan for supports and/or treatment.
- Therapist will refer client to other supports and services as indicated.
- Therapist will facilitate case management supports for client’s ongoing goals.

#### **Interventions: Recovery Supports**

*Short-Term Measurable Goal Example:*

*“Client will report ongoing participation in recovery supportive activities weekly.”*

- Therapist will check-in regarding client’s social relationships and supports, and reinforce structures that enhance recovery.
- Therapist will provide accountability for maintenance of lifestyle changes.

## STAGES OF CHANGE-BASED TREATMENT PLANNER

### **Interventions: Termination and Referral**

*Short-Term Measurable Goal Example:*

*“Client will demonstrate understanding of substance use as a chronic condition requiring long-term maintenance.”*

- Therapist will assess client’s readiness for termination of therapeutic relationship.
- Therapist will link client to continuing care or primary care providers via a warm-handoff.