

Reducing Harm from Alcohol and Drug Use ↔ STAGES OF CHANGE	CHANGE TO LESS HARMFUL SUBSTANCES	CHANGE TO LESS HARMFUL USE BEHAVIORS	REDUCING AMOUNT OF SUBSTANCES USED	ACHIEVING SOBRIETY
<p>6. MOVING ON</p> <ul style="list-style-type: none"> Establishing working support network, focusing on personal QOL goals, transitioning to less intensive support. Change feels lasting and integrated into day-to-day experience, feeling realistically confident about maintaining the change. 	<p>6. Change in substance(s) used feels lasting. Feels confident about maintaining change and abilities to weather challenges or come back from small slips. May be setting next harm reduction goals.</p>	<p>6. Change in use behaviors feels lasting and supports other positive changes in life – possibly re: housing, employment, etc. Feels confident about maintaining change, may be setting next harm reduction goals.</p>	<p>6. Reduction in amount and frequency of use feels lasting and integrated other positive changes in life. Feels realistically confident about maintaining it. May experiment with periods of trial sobriety.</p>	<p>6. Sobriety lifestyle feels lasting and integrated into all aspects of day-to-day life. Transitioning to less intensive support. Feels realistically confident about maintaining sobriety. May serve as peer support to others.</p>
<p>5. MAINTENANCE</p> <ul style="list-style-type: none"> Sets own next steps, handles most service plan steps/actions on own with feedback and support. Enjoying rewards of change, working to protect gains. 	<p>5. Enjoying positive results of change (possibly improved health, less anxiety, more free time, fewer legal, housing or money problems, etc.) Feels excited, but worried about slipping back.</p>	<p>5. Enjoying results of change: reduced legal, housing, health and/or other problems. Feels confident, shares concerns re: slipping back to old habits.</p>	<p>5. Enjoying results of reduced use - positive feedback from SC or others. May notice better health, fewer, problems with housing, employment, etc. Seeks support to protect change.</p>	<p>5. Has achieved sobriety, uses a range of supports to maintain change: SC, sponsor, after care programs, groups, new friends. Enjoying rewards of change, working to protect gains.</p>
<p>4. ACTION</p> <ul style="list-style-type: none"> Regular communications with SC, feels accountable, holding up his/her end of plans, agreements, celebrating small success. Following through with planned action steps, feeling excited about change in process, fearful of slipping backwards. 	<p>4. Making change in type of substance(s) used. May feel excited, proud about changes. Checks in with SC regularly, continues frank discussions about use and goals.</p>	<p>4. Making changes in aspects of use: how, when, where, with whom substances are acquired and used. Continues to check-in with SC about changes and how they are going.</p>	<p>4. Has reduced amounts and possibly frequency of use according to plans, strategies shared with SC. Checks in regularly, open about slip-ups, problem-solving with SC. Confronting negative aspects of change.</p>	<p>4. Acting on steps of plan, e.g. entering program, detoxing, etc. Feels excited, and confident but worried about slip-ups. May experience relapse, but follows plan and uses support to return to sobriety.</p>
<p>3. PREPARATION</p> <ul style="list-style-type: none"> Meets, talks regularly, expressing hope, desires, priorities, feeling hopeful about own ability to move ahead with change(s). Developing achievable plan, with contingencies for potential difficulties, feels hopeful and committed to change. 	<p>3. Expressing hope about good that will result from changing to less harmful substance(s). Openly discussing what it will be like-what will be most difficult. Developing a contingency plan for anticipated difficulties.</p>	<p>3. Expressing interest and optimism for a plan to change aspects of use that cause problems. Engaging in talks about what could change, trade-offs, and differences change could make.</p>	<p>3. Talks regularly in specific terms with SC about ideas for cutting back or using less often. Feels hopeful, is thinking about what it will feel like, and both positive and negative aspects of reduction.</p>	<p>3. Meeting regularly with SC or other recovery support people. Feels committed to goal of sobriety. Developing a plan with contingencies for detoxing, entrance to treatment, 12-Step programs, getting a sponsor, etc.</p>
<p>2. CONTEMPLATION</p> <ul style="list-style-type: none"> Initiates some contact, expressing interest in help, exploring and testing out what help is available and at what cost, sharing more complete pieces of own 'story.' Thinking and talking about change, expressing and demonstrating ambivalence. 	<p>2. Expresses some interest in planning a change, is building trust. Engaging in more open conversations about substances used, history of use, concerns about aspects of present use and possible changes.</p>	<p>2. Expressing some interest in help, building trust. Engaging in more open conversations about use, what aspects of use cause problems, and possible changes.</p>	<p>2. Expressing some interest in help, building trust. More open conversations about use - how much, how often, history of use, concerns about aspects of present use and possible changes.</p>	<p>2. Expressing some interest in help, building trust. Engaging in more open conversations about substances used, history of use, past recovery efforts, and concerns about aspects of present use and possible changes.</p>
<p>1. PRECONTEMPLATION</p> <ul style="list-style-type: none"> Engages when sought out, accepts help, mostly with immediate/short-term needs, beginning to tell pieces of own 'story.' Not talking about change, responding most often with avoidance or resistance. 	<p>1. Not considering change, may hide use, avoid topic of use, or minimize impact of use.</p>	<p>1. Not considering change, may hide use, avoid topic of use, or minimize impact of use.</p>	<p>1. Not considering change, may hide use, avoid topic of use, or minimize impact of use.</p>	<p>1. Not considering change, may hide use, avoid topic of use, or minimize impact of use.</p>

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