

DDC PROGRAMS

Enhancing IIIG. Stage-wise assessment.

DDC programs intending to become DDE will have made a transition from labeling motivation to a more formal, systematic, and complete effort to assess motivation. This can include the routine incorporation of the well-established self-report measures (URICA, SOCRATES) and/or clinician-completed measure (SATS). It may also include training staff to develop ratings on the ASAM-PPC-2R Treatment Acceptance/Resistance Dimension (Dimension IV). Motivation to change both mental health and addiction problems is routinely documented.

In DDE programs, formal measures and ratings are systematically gathered, recorded in medical records,

and made explicit in order to work collaboratively with patients as they enter into the therapeutic relationship.

DDE programs can also use clinician ratings on motivation to address any perceived self-efficacy for both substance use and mental health problems. These are incorporated as general clinical ratings at the end of the assessment protocol, or in some cases, a presentation of a two-sided “motivational ruler” to patients for their own ratings of motivation and efficacy. The specific wording can vary, but a simple example follows:

On a 10-point scale, how much do you want to change your substance use now?

Not at all **1**-----**10** Totally

On a 10-point scale, how sure are you that you will be able to make this change?

Not at all **1**-----**10** Totally

On a 10-point scale, how much do you want to change your mental health problem?

Not at all **1**-----**10** Totally

On a 10-point scale, how sure are you that you will be able to make this change?

Not at all **1**-----**10** Totally

Variants on this approach include an emphasis on “want help” vs. the desire to change.

The stage of change model has been criticized for its cognitive emphasis, so other approaches include

a stronger behavioral focus (“What steps are you willing to take?”) and incorporate clinician ratings demonstrating evidence for the patient’s behavioral commitment to change.