



Module 8

From Preparation to Action— Getting Started



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Treatment
www.samhsa.gov



Readiness

Vocal fervor about change is not necessarily a sign of determination to change.



Key Question

“I can see you are ready for a change.
How would you like to proceed?”



The Change Plan

A solid plan for change—

- Enhances a client's self-efficacy
- Provides an opportunity to address potential obstacles
- Provides an opportunity to consider the likely outcomes of each change strategy



The Change Plan

A sound change plan can be negotiated with a client by—

- Offering a menu of change options
- Developing a behavior contract
- Lowering barriers to action
- Enlisting social support
- Educating the client about treatment