

STAGES OF CHANGE and STAGES OF TREATMENT

| Stages of Change | Stages of Change Mental Illness | Stages of Treatment | Clinical Focus |
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| <p>Precontemplation is the stage at which there is no intention to change behavior in the foreseeable future. Many individuals in this stage are unaware or underaware of their problems.</p> | <p>Precontemplation- no recognition of mental illness or is an involuntary consumer or regularly misses scheduled contacts</p> | <p>Engagement</p> | <p>Outreach – find when lost</p> <p>Treatment relationship – gain permission from consumers to Share in the process of change</p> <ul style="list-style-type: none"> • Ask consumers what is important to them • Listen and respect their priorities • Get to know the person for who they are <p>Practical Support</p> <ul style="list-style-type: none"> • Provide support for daily living, food shelter, medicine, safety, crisis intervention <p>Assessment</p> <ul style="list-style-type: none"> • Assess continually for consumers’ personal histories, goals, and readiness to change. |
| <p>Contemplation is the stage in which people are aware that a problem exists and are seriously thinking about overcoming it but have not yet made a commitment to take action.</p> <p>Preparation is a stage that combines intention and behavioral criteria. Individuals in this stage are intending to take action in the next month and have unsuccessfully taken action in the past year.</p> | <p>Contemplation - aware that problem exists but has not demonstrated commitment to take steps towards recovery – is seen regularly – if indicated takes at least some medications as prescribed.</p> <p>Preparation -- shows the intent of treating illness and taking early first steps. Regular contact with treatment providers. Open to learning about mental illness. Attending to some symptoms – taking medications regularly if prescribed</p> | <p>Persuasion</p> | <p>Motivational Intervention</p> <ul style="list-style-type: none"> • Commit yourself to understanding the consumer’s goals • Help consumers understand the pros and cons of personal change • Help consumers establish the discrepancy between goals and lifestyles (thoughts, feelings, actions) • Help consumers reduce Substance use and take meds regularly. • Help consumers recognize and take pride in strengths and successes. <p>Ambivalence is normal</p> <ul style="list-style-type: none"> • Assure consumers that ambivalence to change is a normal human response (change may occur slowly over time) <p>Pay-off Matrix</p> <ul style="list-style-type: none"> • Use a pay-off matrix to tip their decisions away from ambivalence and towards positive action <p>Education</p> <ul style="list-style-type: none"> • Teach consumers about alcohol, drugs, and mental illness, and activities that promote health and awareness. • Offer skills training opportunities • Reach out and provide support to families. |

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| <p>Action is the stage in which individuals modify their behavior, experiences, or environment in order to overcome their problems. Action involves the most overt behavioral changes and requires considerable commitment of time and energy.</p> | <p>Action - Regular independent contacts. Is able to discuss engaged in taking steps towards modifying behaviors to reduce symptoms including tracking, groups or other therapies as indicated - should include pursuit of some meaningful activity and working on the development of a relapse prevention plan.</p> | <p>Active Treatment</p> | <p>Skills building</p> <ul style="list-style-type: none"> • Teach illness management skills for both disorders. <p>Social Support</p> <ul style="list-style-type: none"> • Encourage positive peer supports (self-help groups) <p>Cognitive Behavioral Intervention</p> <ul style="list-style-type: none"> • Assist consumers with transforming negative thoughts and behaviors into coping skills for both disorders. |
| <p>Maintenance is the stage in which people work to prevent relapse and consolidate the gains attained during action. For addictive behaviors this stage extends from six months to an indeterminate period past the initial action.</p> | <p>Maintenance - Has developed a relapse prevention (crisis) plan, has meaningful daytime activity – has developed and is engaged in a support network apart from the mental health system. Has not had a psychiatric decompensation for more than one year.</p> | <p>Relapse Prevention</p> | <p>Planning</p> <ul style="list-style-type: none"> • Develop relapse prevention plan • Support consumers as they maintain life-style changes learned in active treatment. <p>Recovery Life-style</p> <ul style="list-style-type: none"> • Help consumers set new goals for enhancing their quality of life. <p>Social Support</p> <ul style="list-style-type: none"> • Reduce the frequency, intensity, and duration of relapses with positive peer relationships and supportive clinical relationships. |