

Stages of Change and Treatment: Comparing Models 11/15/10 training

Prochaska: Stages of Change	Objectives or Goals of Treatment	Stages of Treatment	Ohio Model: Stages of Recovery	Boston University Model: Stages of Illness and Recovery
I. Pre-contemplation: no acknowledgement of problem or need for change	<ol style="list-style-type: none"> 1. Agreement to engage in services. 2. Identification of why really there. 3. Identification of how recovery might help. 4. Willing to discuss or explore treatment as a means of change. 	I. Pre-engagement and engagement: establishing trust and rapport	I. Dependent and unaware: dependent on MH system and unaware of recovery	I. Individual is overwhelmed by their illness – Readiness Assessment
II. Contemplation: acknowledge a problem but not sure is able or willing to change	<ol style="list-style-type: none"> 1. Becoming self-motivated 2. identification of benefits of treatment and risks of no treatment 3. Rehab Readiness 4. Ready to risk treatment 5. visualization of recovery. 6. Encouragement and support 	II. Persuasion: trust and contacts build and individual is willing to commit to change and is making limited changes on their own	II. Dependent and aware: dependent on MH system and aware of possibility of recovery	II. Individual is struggling with their illness – Readiness Development
III. Preparation/Determination: getting ready for change	<ol style="list-style-type: none"> 1. Skills and resource assessments 2. Recovery planning 3. New coping strategies explored. 	III. Active Treatment: continuation of changes, overcoming barriers, developing a full recovery vision	III. Independent and aware: not dependent on MH system and is able to make choices and see additional opportunity	III. Individual is living with their illness – Choosing a recovery goal(s) and developing and using new skills and resources that promote recovery
IV. Action/Willpower: changing behaviors	<ol style="list-style-type: none"> 1. Skill development 2. Resource development 3. Development of positive routines 4. Promotion of independence 			
V. Maintenance: maintaining changes	<ol style="list-style-type: none"> 1. Continuation of support 2. lifestyle management 3. reinforcement of learning and use of skills 4. Use of natural supports 	IV. Relapse Prevention and Recovery	IV. Interdependent and aware: person is interdependent with their community and aware of possibilities for themselves and others	IV. Individual is living beyond their illness – Maintenance, continued support, re-entry if relapsed made easy and quickly.
VI. Relapse: can and does happen; does not mean the client cannot move back into recovery again; seen as quite possible and non-stigmatizing				