

Motivation to Change

Mental health professionals use a model to address motivation with their clients. It is called The Transtheoretical Model (developed by Prochaska and DiClemente in 1984) (17). This model identifies five stages of change.

Precontemplation

People in this stage have no intention of changing their behavior. They have no purpose for change and do not see any negative consequences to their use.

User Actions	Family Actions
<ul style="list-style-type: none"> • Some discussion or identification that there is a problem. • There is not a commitment to stop or slow down. • They are ambivalent about the consequences of their use. 	<ul style="list-style-type: none"> • Discuss the consequences of their use and impact on the family. This discussion should be optional but offered when they are in the frame of mind to have a dialogue. • Continue to focus on the use, not the reasons or excuses they use. The reason they are having trouble with their substance use will come later. Now we look at how to stop using.

Preparation

At this stage people are ready to act. They are open and willing to make changes. However, they have yet to approach how this will happen. They have not committed to a decision.

User Actions	Family Actions
<ul style="list-style-type: none"> • They will acknowledge there is a problem. • They aren't resistant to the idea of stopping • They are not ready to act but identify the problem. 	<ul style="list-style-type: none"> • Families continue to have a dialogue with them about their use. • Acknowledge to them how hard it must be to stop. Here, you are continuing to identify the problem as their use. • Educate the family of substance use and support • Offer support at this stage.

Action

In this stage, the user commits to a plan and is ready to act. They identify the problem and are willing to work toward developing an action plan.

User Actions	Family Actions
<ul style="list-style-type: none"> • They identify a problem. • They acknowledge their need to change. • They are willing to make and discuss changes. • Actively participating in treatment plan and have a support system. • Seek out self-help or a support group. 	<ul style="list-style-type: none"> • The family should be a part of the discussions about their role in recovery. • There is open dialogue on specific aspects of recovery such as preparing for events and other situations that would be triggers for the user. • Seek out Alanon or Families Anonymous and Therapy

Maintenance

In this stage, they have sustained their recovery and developed a routine supporting their healing. They are maintaining behavior conducive to changing their use of substances.

User Actions	Family Actions
<ul style="list-style-type: none"> • Open dialogue about their recovery is essential. It is time to talk about past transgressions. • They take ownership of their use. Emphasis is on acknowledging and repairing the damage done by their use. The user is open to discussing their use's impact on others. • Continue with recovery plan. • The user has gained confidence in their ability to maintain their gains. 	<ul style="list-style-type: none"> • Families (including the user) are more grounded in their respective programs • Discussion should include past events and having candid conversations is an integral part of repair. • At this stage, the user is more confident in their recovery and there is more directed talk of future events. • There is less focus on obtaining sobriety and more on repairing the family