



MATCHING APPROACHES TO WHERE A STUDENT IS AT

STAGE OF CHANGE	PRIMARY INTENTION
I'm not interested (Pre-contemplation)	<ul style="list-style-type: none"> • Build a relationship • Reduce harm • Focus on risk and protective factors/underlying issues • Accurate Info and awareness
Not sure but I'm thinking about changes (Contemplation)	<ul style="list-style-type: none"> • Foster a belief that change is possible • Reduce harm • Focus on risk and protective factors/underlying issues • Accurate Info and awareness
I am going to make a change-I want to do this (Preparation)	<ul style="list-style-type: none"> • Goal setting • Support self-efficacy • Fostering beliefs that change is possible • Focus on risk and protective factors/underlying issues • Promote environments where change is possible • Building skills such as problem solving and communication • Reduce harm
I am doing this now (Action)	<ul style="list-style-type: none"> • Promote an environment that supports change • Goal setting and review • Reduce harm • Fostering beliefs that change is possible • Building skills such as problem solving and communication
I have made changes and I want to maintain them (Maintenance)	<ul style="list-style-type: none"> • Relapse prevention • Strengthening new skills • Maintaining changes in the environment that encouraged change • Reinforcing beliefs that support change
I have used again/I am using like before (Lapse/relapse)	<ul style="list-style-type: none"> • Normalise

*A young person does not need to be fully motivated to change in order to access a Youth AOD service. Consult with YoDAA for more information and advice