

**SUPPLEMENTAL COD
SESSION GUIDE**

TRIGGER → **THOUGHT** → **CRAVING** → **USE**

Today's Date: _____

1. What were your treatment goals as related to the impact of substance use on your mental health?
2. How did working towards these goals or not working towards them contribute to how you are doing today?
3. Was there any substance use since your last session?
4. How did this impact your working or not working on your treatment goals?

Check the client's current level of readiness to work toward change.
Please use suggested activities/treatment goals to guide today's session and document in a Progress Note.

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| <input style="width: 30px; height: 20px; margin-bottom: 10px;" type="checkbox"/> <div style="text-align: center; border: 1px solid black; border-radius: 50%; width: 80%; margin: 0 auto; padding: 10px;"> <p>1. Pre-Contemplation</p> </div> <ul style="list-style-type: none"> Offer factual information Explore the meaning of events that brought the person to treatment Explore results of previous efforts Explore pros and cons of targeted behaviors | <input style="width: 30px; height: 20px; margin-bottom: 10px;" type="checkbox"/> <div style="text-align: center; border: 1px solid black; border-radius: 50%; width: 80%; margin: 0 auto; padding: 10px;"> <p>2. Contemplation</p> </div> <ul style="list-style-type: none"> Explore the person's sense of self-efficacy Explore expectations regarding what the change will entail Summarize self-motivational statements Continue exploration of pros and cons | <input style="width: 30px; height: 20px; margin-bottom: 10px;" type="checkbox"/> <div style="text-align: center; border: 1px solid black; border-radius: 50%; width: 80%; margin: 0 auto; padding: 10px;"> <p>3. Determination</p> </div> <ul style="list-style-type: none"> Offer a menu of options for change Help identify pros and cons of various change options Identify and lower barriers to change Help person enlist social support Encourage person to publicly announce plans to change |
| <input style="width: 30px; height: 20px; margin-bottom: 10px;" type="checkbox"/> <div style="text-align: center; border: 1px solid black; border-radius: 50%; width: 80%; margin: 0 auto; padding: 10px;"> <p>4. Action</p> </div> <ul style="list-style-type: none"> Support a realistic view of change through small steps Help identify high-risk situations and develop coping strategies Assist in finding new reinforcers of positive change Help access family and social support | <input style="width: 30px; height: 20px; margin-bottom: 10px;" type="checkbox"/> <div style="text-align: center; border: 1px solid black; border-radius: 50%; width: 80%; margin: 0 auto; padding: 10px;"> <p>5. Maintenance</p> </div> <ul style="list-style-type: none"> Help identify and try alternative behaviors (drug-free sources of pleasure) Maintain supportive contact Help develop escape plan Work to set new short and long term goals | <input style="width: 30px; height: 20px; margin-bottom: 10px;" type="checkbox"/> <div style="text-align: center; border: 1px solid black; border-radius: 50%; width: 80%; margin: 0 auto; padding: 10px;"> <p>6. Recurrence</p> </div> <ul style="list-style-type: none"> Frame recurrence as a learning opportunity Explore possible behavioral, psychological, & social antecedents Help to develop alternative coping strategies Explain Stages of Change and encourage person to stay in the process Maintain supportive contact |

Staff Signature and Title

Date

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Name:

IS#:

Agency:

Provider #:

Los Angeles County – Department of Mental Health