


TREATMENT MATCHING TIP SHEET

PRECONTEMPLATION	CONTEMPLATION	PREPARATION	ACTION	MAINTENANCE / RELAPSE
Work on building a trusting relationship with the young person	Work on building motivation and confidence in the young person's ability to change	Goal setting with small initial steps	Skill development: Managing cravings	Relapse prevention planning
Avoid lecturing or confrontations	Identify strengths	Identify support systems	Explore alternative activities	Reframe any slip-up as an opportunity for learning
Explore what issues the young person is concerned about- these may be non AOD related. E.g. family, social networks, community issues	Motivational interviewing	Identify obstacles to change and assist in building problem-solving skills	Identify the function of the AOD use. Discuss and plan for feelings of loss, changes in mood or relationships	Revisit positive steps taken already
Look for possibilities to raise awareness of the risks and harms of AOD use	Four column diagram	Plan for managing relationships with people still using substances	Discuss lapse and relapse	Reinforce future goals
Explore the young person's capacity to change in their current environment	Continue to provide harm reduction information	Psychoeducation and planning around withdrawal symptoms (if applicable)	Identify triggers and high-risk situations	
Provide harm reduction information				
Identify what problematic AOD use looks like for the young person and encourage self-monitoring e.g. drink or drug diary, setting limits				 <p>Dovetail supporting the youth alcohol and drug sector in Queensland</p>