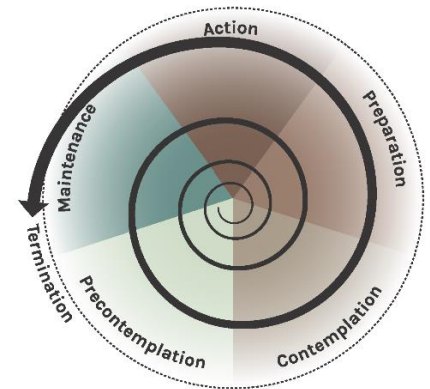
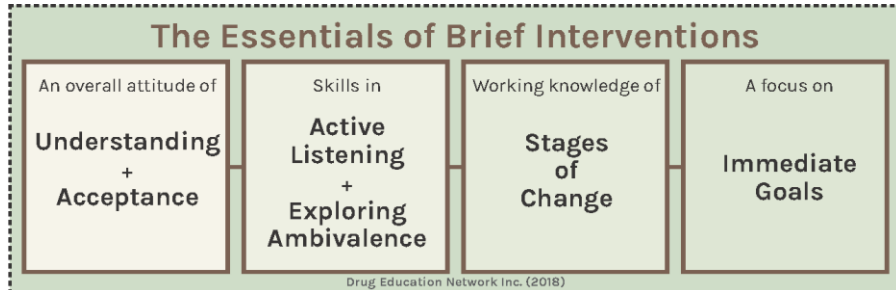


Telephone AOD Brief Intervention Session Template

Date	
Time	
Client Name	
Client Number	
Counsellor Name	



Spiral Model of the Stages of Change
Adapted from Prochaska et al. (1992) by the Drug Education Network Inc. (2018)

Presenting Issue(s) and Focus for This Session (Active Listening and Exploring Ambivalence, level of Self Efficacy)

Stage of change (Where is this person at with this substance?)

Precontemplation	Contemplation	Preparation	Action	Maintenance	Termination
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Brief Intervention options (Targeted to Stage of Change and level of Self Efficacy)

Immediate Goal (Today or This Week)

Identify risks to success and develop contingency

Follow up (Date, and any specific issues to follow up on)

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