

[View this email in your browser](#)



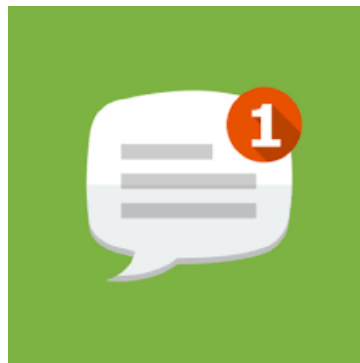
Family Huddle Newsletter



Mental Health and Substance Use Family Support Services

Tips and resources for people who want to be more effective in supporting adults with mental health/substance use concerns.

MESSAGE FROM YOUR HOST



Welcome back to the Family Huddle!

January is a time of year where we find ourselves reflecting on the past and looking forward into the future. It is also the month when people are making New Year's resolutions and engaging in goal setting behaviour. This social ritual makes me think about the Stages of Change and how understanding the stages can help you in your supportive role. This month's edition is an introduction to the Stages of Change model, providing suggestions on how to navigate conversations with your loved one during each stage.



Stages of Change

The Stages of Change model was developed by Prochaska and DiClemente, and it has been widely used in the field of addiction but can also apply to mental health. The model stresses that motivation is key for success, and motivation can change over time. Also, it is important for those who are supporting family members in their recovery to understand the degree of motivation; the type of motivation; as well as various ways to help increase motivation. Once sufficiently motivated, people can and do change.

Motivational flow

Motivation changes depend on 4 factors

READINESS

Your loved one may be willing and able to make the change, but not **ready**

WILLINGNESS

Your loved one is able but not **willing**

READINESS

Your loved one may be willing and able to make the change, but not **ready**

WILLINGNESS

Your loved one is able but not **willing**

ABLE

Your loved one is willing but believes they are not **able**.

WORTH IT

Your loved ones believe they are able but somehow not **worth it**.



The 6 stages of change

Stage #1: Pre-Contemplation

At this stage, your loved one may not want to change their behaviour and you may have a different opinion about this. Your loved one may believe they see no need to make any change in their behaviour, that everything is 'fine' according to the way they see things. The differences in opinion can cause tension between you and your loved one.

Stage#2: Contemplation

At this stage, your loved one is beginning to become aware that their behaviour may be problematic, or there could be some value to them making 'some' change. However, they may be feeling unsure about making the change. The feelings of unsureness is what we refer to as 'ambivalence'. Their ambivalence may be about them lacking the confidence or the belief that they are not worthy of something better.

Between stage 2 and 3: A decision is made. Your loved one has decided that the negative consequences of their behaviour outweigh the positives. There is a choice to change the behaviour, and there is a commitment to change.

Stage #3: Preparation

At this stage your loved one accepts the responsibility to change the behaviour. They will do this by either seeking help from others, relying on previous advice given, or strategizing on their own. Your loved one may feel confident and committed, focusing on the benefits of the change.

Stage #4: Action

At this stage your loved one is self-directed while gaining insight and developing new skills. They are highly motivated and preparing for change. Your loved one is consciously choosing new behaviour; learning to overcome the tendencies toward unwanted behaviour; and engaging in change behaviour.

Stage #5: Maintenance

At this stage, your loved one has mastered the ability to sustain new behavior with little effort. Your loved one has established new behavioural patterns and self-control.

Stage # 6: Relapse

Sometimes included in the stages of change model is the understanding that a person may have periods when they return to unwanted behaviour. If your loved one relapses and goes back to the unwanted behaviour they wanted to change in the first place, it does not mean they are back to the pre-contemplative stage. It could be that after the relapse, they go back to the Action stage.

(Adapted from Smartrecovery.org)



How does it relate to recovery?

Learning about the Stages of Change will help you know how best to support your loved one through their ambivalence. This way, you will engage in conversations that will encourage movement forward.

Stage #1: Pre-Contemplation

- Stay open and non-judgmental
- Do not push your opinion. This is not the time
- Practice benign interpretation. Benign interpretation is when you are simply seeing things just as they are, descriptively and without inference, interpretation, or judgement.
- Practice radical acceptance. Radical acceptance is accepting something completely and totally, from the depths of your soul, with your heart and your mind.
- Stay mindful
- Focus on relationship as priority

Stage #2: Contemplation

- Validate the effort, the feelings of confusion, lack of confidence, hesitation and fear
- Do not overwhelm your loved one with suggestions, recommendations or anything else that may make them question their ability to move forward. This is what I refer to as 'cheer leading'.

Stage #3: Preparation

- This is where you can cheer lead
- Validate the effort, the commitment, the certainty, the courage, the strategies and the problem solving skills
- If asked, provide suggestions and ideas

Stage #4: Action

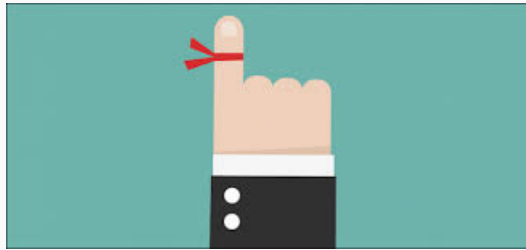
- Continue to cheer lead
- Validate the commitment, the clarity, and all the positive changes that have happened due to the behavioural change.
- Provide hands on support such as transportation, meal prep
- Normalize relapse

Stage #5: Maintenance

- Validate
- Focus on relationship as priority
- Provide help as requested
- Normalize relapse

Stage #6: Relapse

- Validate the feelings of shame, guilt, confusion, anger, frustration and fear
 - Do not judge or shame
 - Ask your loved one if they need anything from you support them
 - Normalize relapse
-



A couple things to keep in mind

- We do not go through the stages one stage at a time
- Not everyone will reach the Maintenance stage on everything s/he wish to change
- Some people can stay in the Contemplation stage for a long time
- Some people may take a step towards an action and just be okay with having taken that step, while still contemplating other steps to take
- When considering a behaviour change, it takes a lot of thought, courage, and supportive encouragement from others
- Some people can take hold of making change quickly, while the majority of people need time to work through their ambivalence and prepare to take action

Pre-contemplative stage of change...

- Is when feelings of ambivalence is high. There may be no desire to change behaviour
 - Is when you do not want to cheer lead
 - Is when you need to focus on the relationship, not change the behaviour
 - Is when you want to practice benign interpretation
 - Is when you want to practice radical acceptance
 - Is when you want to practice mindfulness
 - Is when you want to validate the struggles in your relationship with your loved one
-

RESOURCES

Stages of Change article

<https://www.smartrecovery.org/smart-articles/the-stages-of-change/>

Stages of Change video

<https://www.youtube.com/watch?v=ayjXMix-nMw>



Reflective Box

Think about a time you were willing and able but not ready to do something. What was that like for you? What did you need from others to make it okay for you to be ambivalent?

Ask yourself where in the stage of change is your loved one. Think of 1 validating statement you could use to let your loved one know you understand their struggles.



January is the beginning of our Family Support Services education series. If you have not signed up and wish to attend the education series, please go to our website to register.

<https://tinyurl.com/yxpt9boj>

January 29th, is Bell Let's Talk day. This exciting fundraising day focuses on creating a stigma-free Canada. It's fun to participate, especially if you are on Facebook or twitter. I invite all of you check it out.

<https://letstalk.bell.ca/en/>

CONTACT

Mental Health and Substance Use Family Support Services

Monday-Thursday
9:00 a.m. - 5:00 p.m.
(hours vary to include evening)

1 (833) 898-6200

Are you in a crisis?

Call the Fraser Health crisis line:

604-951-8855 or 1-877-820-7411 (toll-free)

Trained volunteers provide emotional crisis support,
24 hours a day, 7 days a week.



 Share  Tweet  Forward

Copyright © 2020. Fraser Health Authority, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).