

SESSION STRUCTURE

PART A: STAGES OF CHANGE

Check In

Goals

- Build the relationship
- Prepare for the session by checking for crises (“clearing the fog”)
- Assess recent youth behavior

Activities

- Ask how the caregiver is doing
- Ask what has transpired since last contact
- Ask about progress of youth

Review – Not Applicable

Intervention

Goal

- Understand the stages of change and child’s likely stage for certain behaviors

Activities

- Identify child’s areas in need of motivation and stages of change
- Identify possible reasons for the lack of motivation

Assignment

Goal

- Understand child’s point of view around their stage of change for certain behaviors

Activity

- Assess stages of change with the youth

DURATION

20 MINUTES

Check-in: 4 Minutes

Review: 0 Minutes

Intervention: 15 Minutes

Assignment: 1 Minute

SESSION STRUCTURE

PART B: SOURCES OF DRIVE

Check In

Goals

- Build the relationship
- Prepare for the session by checking for crises ("clearing the fog")
- Assess recent youth behavior

Activities

- Ask how the caregiver is doing
- Ask what has transpired since last contact
- Ask about progress of youth

Review

Goals

- Ensure assignment was completed
- Check for learning retention

Activity

- Review what the caregiver learned about the youth's perception of their stages of change

Intervention

Goals

- Find the possible "hook" - the main driver of youth's behavior - by examining 3 key drivers
- Understand adolescent brain development impact on youth motivation

Activities

- Identify caregiver's drivers and examples
- Identify possible youth drivers and examples
- Describe how adolescent brain development may be impacting youth's motivation

Assignment

Goal

- To better understand youth drivers

Activity

- Keep a log of youth motivation and impact of drivers

DURATION

25 MINUTES

Check-in: 4 Minutes

Review: 5 Minutes

Intervention: 15 Minutes

Assignment: 1 Minute

SESSION STRUCTURE

PART C: DEALING WITH OUR EXPECTATIONS

Check In

Goals

- Build the relationship
- Prepare for the session by checking for crises (“clearing the fog”)
- Assess recent youth behavior

Activities

- Ask how the caregiver is doing
- Ask what has transpired since last contact
- Ask about progress of youth

Review

Goals

- Ensure assignment was completed
- Check for learning retention

Activities

- Review lessons from Part B of the workbook
- Review what caregiver learned about youth’s motivation drivers

Intervention

Goals

- Learn about caregiver expectations around youth motivation and what is most important
- Understand change as an exhaustible resource

Activities

- List areas of desired change and importance
- List examples when change efforts exhausted caregiver and youth

Assignment

Goal

- Develop a plan to have a discussion with youth

Activity

- Identify two change items to discuss with youth at future date

DURATION
20 MINUTES

Check-in: 4 Minutes

Review: 5 Minutes

Intervention: 10 Minutes

Assignment: 1 Minute

SESSION STRUCTURE

PART D: STRATEGIES TO INCREASE MOTIVATION

Check In

Goals

- Build the relationship
- Prepare for the session by checking for crises (“clearing the fog”)
- Assess recent youth behavior

Activities

- Ask how the caregiver is doing
- Ask what has transpired since last contact
- Ask about progress of youth

Review

Goals

- Ensure assignment was completed
- Check for learning retention

Activities

- Review lessons from Part C of the workbook
- Review the two areas the caregiver hopes the youth will be motivated to change

Intervention

Goals

- Learn 7 strategies to increase motivation
- Learn additional motivation tips

Activity

- Identifying the strategy(ies) that might be most effective for desired youth change

Assignment

Goal

- Develop a plan to increase youth motivation

Activity

- Develop and apply a plan to increase motivation for the two areas of greatest need for youth change

DURATION 25 MINUTES

Check-in: 4 Minutes

Review: 5 Minutes

Intervention: 15 Minutes

Assignment: 1 Minute