

# **SUBSTANCE ABUSE SKILLS PRACTICE**

## **(PLEASE BRING TO NEXT TRAINING SESSION)**

Name:	Date:
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Practice goals for this week:

1. Improve the home visitor's ability to identify a caregiver's stage of change for changing a specific substance use behavior
2. Increase home visitor's confidence in screening for substance abuse
3. Increase home visitor's confidence in discussing substance abuse with a client (e.g. broaching the topic, providing information).

Use this worksheet to plan for your practice, and then to record your observations. Share your observations with your supervisor and have them provide feedback. We will discuss the practice in the next training session.

### **RIGHT NOW: PLAN HOW YOU WILL PRACTICE**

#### **1. IDENTIFY ONE PARENT ON YOUR CURRENT CASELOAD THAT YOU THINK MIGHT HAVE A **SUBSTANCE ABUSE CONCERN****

Parent's initials or name (first name only, please) \_\_\_\_\_

What have you observed so far that gives you the impression that this individual may be abusing substances?

#### **2. CIRCLE THE SKILL(S) YOU WOULD LIKE TO PRACTICE IN YOUR INTERACTION WITH THIS CLIENT OVER THE NEXT TWO WEEKS**

Identifying stage of change for changing a specific substance use behavior

Screening for substance use

Providing a client with information regarding substance use using elicit, provide, elicit technique

### **FILL OUT SECTIONS 3 – 5 OVER THE NEXT 2 WEEKS (BRING TO NEXT TRAINING)**

#### **3. WHAT SKILLS DID YOU PRACTICE? (CIRCLE BELOW)**

Identifying stage of change for changing a specific substance use behavior

Screening for substance use

Providing a client with information regarding substance use using elicit, provide, elicit technique

4. HOW DID IT GO?

4A. WHAT WENT WELL

4B. WHAT DID NOT GO AS WELL AS PLANNED

5. SUPERVISOR'S FEEDBACK