

Stage change is best understood as not a linear process (i.e. a person can move forward and backward through stages), and is measured as a function of change in observable, measurable behavior over time.

Substance Abuse Treatment Scale (SATS)

Stages of Treatment: (Substance Use)

- 1. Pre-engagement** The person does not have contact with a case manager, mental health clinician or substance abuse counselor.
- 2. Engagement** The person has had contact with an assigned case manager or clinician/counselor but does not have regular contacts. The lack of regular contact implies lack of a working alliance.
- 3. Early Persuasion** The person has regular contacts with a case manager or clinician/counselor but has not reduced substance use more than a month. Regular contacts imply a working alliance and a relationship in which substance abuse can be discussed.
- 4. Late Persuasion** The person is engaged in a relationship with case manager or clinician/counselor is discussing substance use or attending a group as agreed on in their PCP, and shows evidence of reduction in use for at least one month (fewer drugs, smaller quantities, or both). External controls (e.g., Antabuse, legal system) may be involved in reduction.
- 5. Early Active Treatment** The person is engaged in treatment, is discussing substance use or attending a group, has reduced use for at least one month, and is working toward abstinence (or controlled use without associated problems) as a goal, even though he or she may still be abusing.
- 6. Late Active Treatment** The person is engaged in treatment, has acknowledged that substance abuse is a problem, and has achieved abstinence (or controlled use without associated problems), but for less than six months.
- 7. Relapse Prevention** The person is engaged in treatment, has acknowledged that substance abuse is a problem, and has achieved abstinence (or controlled use without associated problems) for at least six months. Occasional lapses, not days or problematic use, are allowed.
- 8. In Remission or Recovery** The person has had no problem related to substance use for over one year and is no longer in any type of substance abuse treatment.

Reference

Mc Hugo, Drake, et al. (1995). The scale for assessing the stage of substance abuse tx in person with severe mental illness. *J nervous & mental disorders* 183(12) 762-767.

Modified SATS

Stages of Treatment: (Mental Illness)

- 1. Pre-engagement** The person does not have contact with a case manager, or mental health clinician.
- 2. Engagement** The person has contact with an assigned case manager or mental health clinician, but does not have regular contacts. The lack of regular contact implies lack of a working alliance.
- 3. Early Persuasion** The person has regular contacts with a case manager or mental health clinician at least once a month. Regular contacts imply a working alliance and a relationship in which target symptoms and behaviors can be discussed.
- 4. Late Persuasion** The person is engaged in a relationship with a case manager or mental health clinician, is discussing target symptom(s) and behavior(s), and shows evidence of reduction in their targeted symptom and behavior, as agreed on in their IPOS, for at least one month. External motivation (e.g. eyes on meds, ATO, probation or parole) may be involved in the reduction.
- 5. Early Active Treatment** The person is engaged in treatment, has been discussing targeted symptom and behavior reduction for at least one month, and is making consistent progress toward PCP goals, even though he or she may still be experiencing targeted symptoms or behaviors.
- 6. Late Active Treatment** The person is engaged in treatment, has acknowledged that their targeted symptom and behavior are a problem, and has achieved reduction in the targeted symptom and behavior but for less than six months.
- 7. Relapse Prevention** The person is engaged in treatment, has acknowledged that their symptom and behavior is a problem, and has achieved a reduction in their targeted symptom or behavior for less than one year but greater than six months. Episodic symptoms or behaviors occur but do not reach the level of a crisis contact.
- 8. In Remission or Recovery** The person has the skills to cope with their illness while engaging in ongoing life goals (e.g. independence, volunteering, work, school, etc.) for over one year.