

Webinar Series – Part 1: Using the Stages of Change to Support Young People



LAND ACKNOWLEDGEMENT

YouthREX's Provincial office is located at York University. Both YouthREX and York University acknowledge their presence on the traditional territory of many Indigenous Nations. The area known as Tkaronto has been care taken by the Anishinabek Nation, the Haudenosaunee Confederacy, the Wendat, and the Métis. It is now home to many Indigenous Peoples. We acknowledge the current treaty holders and the Mississaugas of the Credit First Nation. This territory is subject of the Dish With One Spoon Wampum Belt Covenant, an agreement to peaceably share and care for the Great Lakes region.

Source: <http://aboriginal.info.yorku.ca/>

THINGS TO KEEP IN MIND

- We are recording this webinar and it will be uploaded to both the YouthREX website and to the eXchange.
- If you have trouble with the audio quality today, please try calling in with a phone.
- Be sure to download the slide deck and associated handouts.
- Share your comments and questions throughout the webinar!

ABOUT YOUTHREX

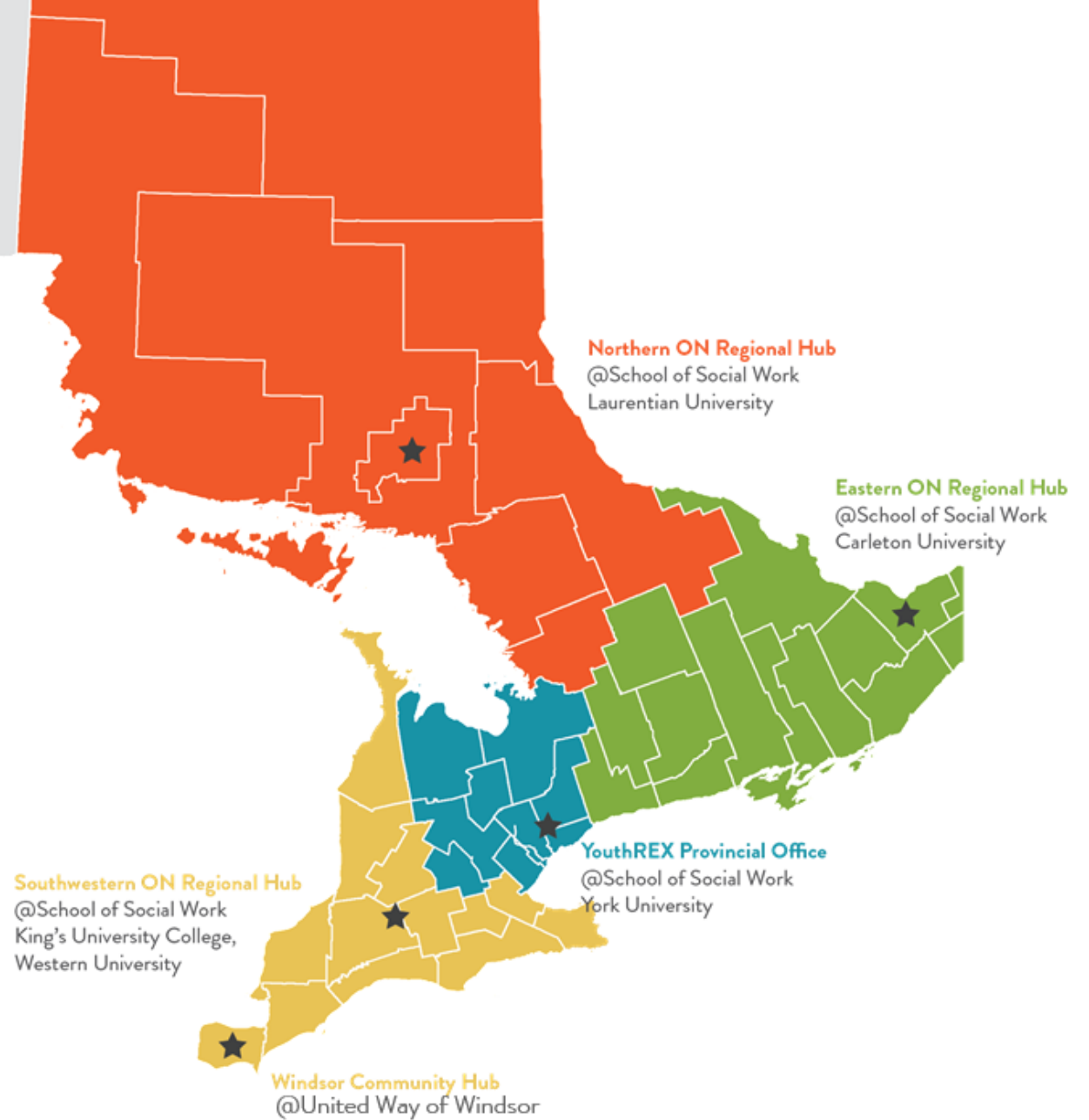
OUR VISION

An Ontario where shared knowledge is transformed into positive impact for all youth.

OUR MISSION

To make research evidence and evaluation accessible and relevant to Ontario's youth sector through knowledge exchange, capacity building, and evaluation leadership.

WHERE WE WORK





**KNOWLEDGE
EXCHANGE**



**YOUTHREX
ED**



**YOUTH PROGRAM
SUPPORTS**

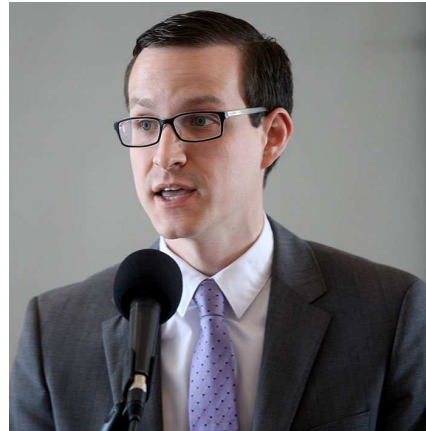
Webinar Series – Part 1: Using the Stages of Change to Support Young People



Likwa Nkala
Manager
East Metro Youth Services



Myles Soulliere
Manager, Youth Opportunities Strategy
New Beginnings



Vivian Oystrick
Youth Program Supports Manager,
YouthREX Northern Hub



Learning Objectives

- Understand the four main constructs of the Transtheoretical Model of Behavior Change (TTM), including Stages of Change.
- Describe the characteristics of youth in each Stage of Change.
- Understand which TTM principles and processes to use with youth at each Stage of Change.
- How to use Motivational Interviewing to complement the TTM.

Overview of the TTM

- Starts where people are, regardless of readiness to change.
- Has been applied to various behaviours and populations.
- Grounded in over 35 years of research, and has been applied to many behaviours.

Stages of Change is the organizing construct of the TTM:

- Represents readiness to change and tells us where someone is on the journey to change.
- TTM provides a roadmap.

TTM Constructs

- Stages of Change: When you change.
- Decisional Balance: Why you change.
- Self-Efficacy: Confidence to change.
- (Part 2, April 3) Processes of Change: How you change.



**As we progress through the webinar,
try to apply the concepts of the TTM
to your own life situation —
to your own struggles with behaviour change,
and those of family members and friends.**

Stages of Change Framework

Making behavioural changes can be hard, and some changes are harder to make than others. Support helps. When youth workers are supporting a young person on a change journey, a useful framework is Stages of Change.

Stages of Change is part of a broader framework called the Transtheoretical Model (TTM) of Behavioral Change¹, an adaptable, evidence-based model. Although developed to address addictions, the Stages of Change can be used to support other change efforts.

The TTM model identifies six Stages of Change that map out a process of engaging in changing a negative behaviour, as well as two principles and ten processes to support change making.

Once we know where a youth is at in the Stages of Change, we can match our feedback and guidance to their readiness.

The Transtheoretical Behavioral Change Model was developed by Dr. James O. Prochaska, Carlo Di Clemente, and colleagues, beginning in the late 1970s.

KEEP IN MIND

There is no singular pathway; youth may find themselves at each stage multiple times before change is solidified.



**I DON'T
WANNA DO
THIS!**

NO INTENTION TO CHANGE
WITHIN THE NEXT SIX MONTHS



**MAYBE I
CAN TRY IT
OUT...**

INTENTION TO CHANGE
WITHIN THE NEXT SIX MONTHS

**LET'S
DO THIS!**

HAVE MADE CHANGE IN THE
LAST SIX MONTHS



**SO...HOW
DO I GET
STARTED?**

READY TO TAKE ACTION
WITHIN 30 DAYS



**I THINK I
CAN KEEP
THIS UP.**

CAN LAST SIX MONTHS
TO FIVE YEARS



**ON
AND ON.**

CHANGE IS MAINTAINED
FOR FIVE YEARS OR MORE

01. Pre-Contemplation

- Youth are not ready to act. No intention of taking overt action in the foreseeable future, generally defined as the next six months.
- The cons, costs or disadvantages of changing behaviour outweighs the pros, benefits or advantages.
- May be defensive, resistant, minimize the problem or make excuses.
- May be demoralized because they feel they cannot change – have tried and failed, or feel goal is out of their reach.



So, what can we do for people in the Pre-Contemplation Stage?

- Should we offer them traditional interventions?
- Should we put them on waiting lists, or ask them to come back when they're ready?

02. Contemplation

- Youth are getting ready to change and intend to take action in the next six months.
- The pros have gone up, but the cons are still high.
- Characteristics include:
 - ✓ Ambivalence
 - ✓ Lack of commitment
 - ✓ Lack of confidence
 - ✓ Chronic contemplation



03. Preparation

- Youth are now ready to take action and intend to take action in the next 30 days.
- The cons have come down, and the pros outweigh the cons.
- Characteristics include:
 - ✓ Have a plan
 - ✓ May have taken small steps
 - ✓ Decisive/committed
 - ✓ More confident
 - ✓ Ideal program participants



03

Preparation

What are some ways we can support youth who are preparing for action?

04. Action

- Youth in the Action Stage are making the behaviour change and have been meeting an action criteria for less than six months.
- Characteristics include:
 - ✓ Greatest risk of relapse, of slipping back to an earlier stage
 - ✓ Inappropriate goals
 - ✓ Inadequate preparation
 - ✓ Give up too easily



Considerations for Action Stage

- People in the Action Stage are at risk of relapse, of slipping back to an early stage.
- They may slip because they set inappropriate goals, or may not have done enough of the prep work in the early stages.
- Their cons may be too high, or pros may not be high enough.
- People in Action can give up easily.

QUESTION

What statements are true
from youth in action?

05. Maintenance

- Youth in this Stage have sustained the behaviour change and have been meeting the action criteria for six months or longer.
- Characteristics include:
 - ✓ Higher self-efficacy
 - ✓ Dynamic, not static
 - ✓ Consolidate gains
 - ✓ Improve coping skills
 - ✓ Lifelong struggle
- For many youth, maintenance is a lifelong struggle.



05
Maintenance

06. Termination

- In this Stage, there is zero temptation to relapse, and total confidence.
- They have maintained the behaviour change for five years or more.
- Characteristics include:
 - ✓ Zero temptation
 - ✓ Total confidence or self-efficacy
 - ✓ New behaviour has become a habit
- For many, staying in stage five or stage six is a lifelong struggle.



06
Termination

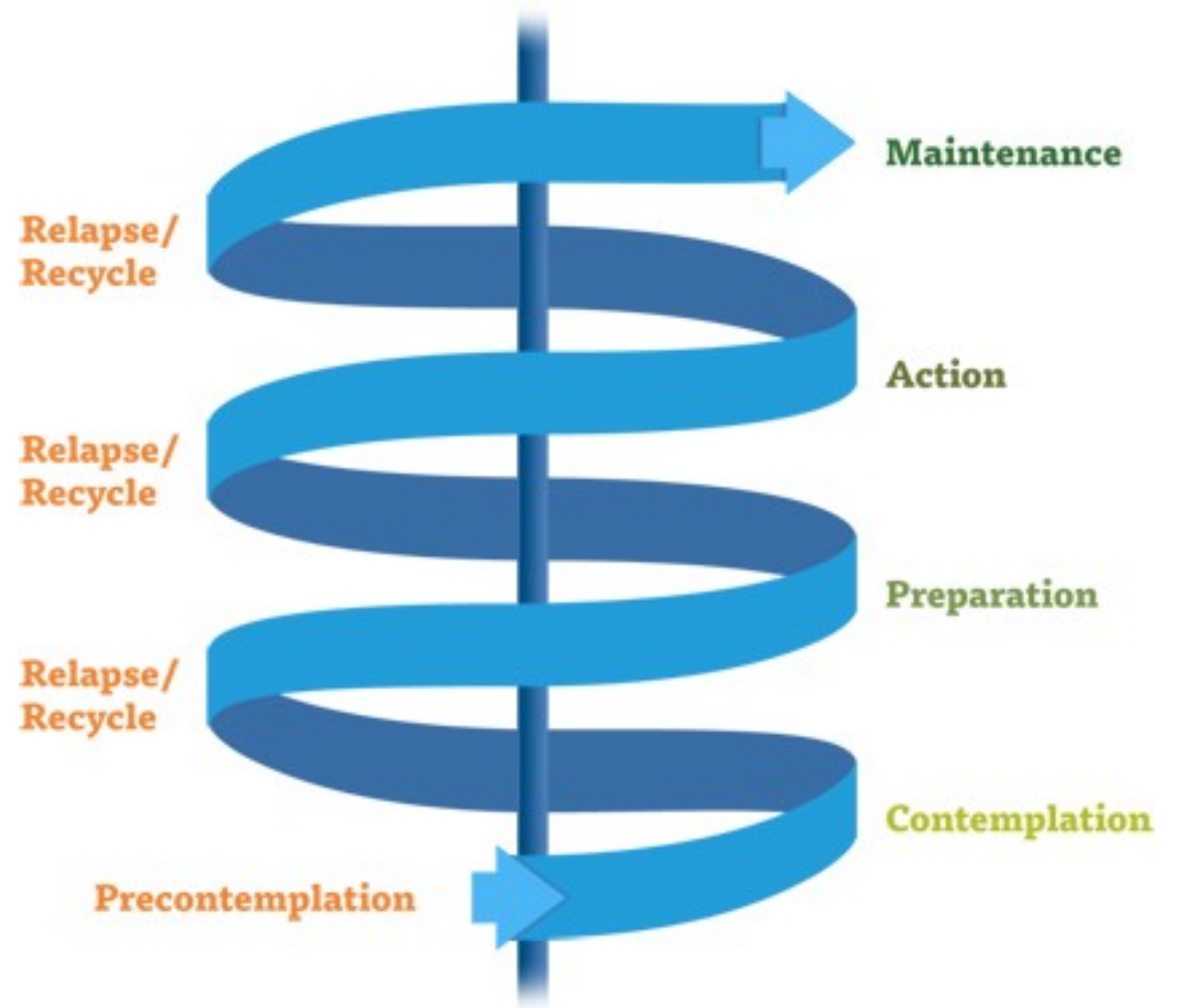
Relapse

Slipping back to an earlier Stage of Change.

- Relapse is **the rule** rather than the exception.
- A small percentage of relapsers slip back to Pre-Contemplation.
- Relapse is a **learning opportunity**, not a failure.

Shape of Change

- Change is not a linear, straight path...
- It's more like a spiral.
- When people slip, they rarely slip all the way back to the beginning.



Stage Classification

- Generally, stage is assessed using a staging algorithm.
- Stage classification is based on answers to a few questions about past behaviour and future intentions.

QUESTIONS

Based on the statement provided,
decide which Stage of Change
each young person is in.

TTM Constructs

1. Decisional Balance:

- why you change
- pros and cons

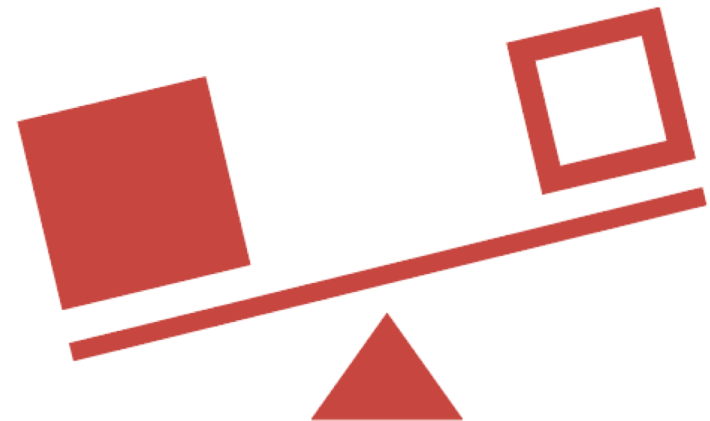
2. Self-Efficacy:

- confidence to change



Decisional Balance: Why Youth Change

- Decisional Balance is the balance of the **pros** and the **cons** of making a change:
 - Pros are perceived positive consequences; they're facilitators, or what you think you'll gain.
 - Cons are perceived negative consequences; they're barriers, or what you think you'll lose.
- Cons of changing outweigh pros in the Pre-Contemplation Stage.
- Pros outweigh cons in the later stages.
- Crossover takes place before Action.



Self-Efficacy: Confidence to Change

Self-efficacy is the belief in one's ability to achieve a desired goal.

- Confidence to make and sustain changes.
- Temptation to relapse.
- Confidence increases and temptation decreases with progression through the stages.
- For relapse prevention, identify tempting situations.



CASE STUDY: Kendra

Contact #1 - January 20, 2019

I introduced myself as a YOW to Kendra, who was noticeably pregnant and who was panhandling on the street. I recognized her as a homeless youth. Kendra was open and willing to share her story. She was 16-years-old and six months pregnant. She had no place to live and would not go to a women's shelter because she wanted to stay with her boyfriend. She said they both tried a family shelter already and they were not accepted. She had no ID and was very worried about her baby's birth. When asked, she admitted that she had not received any medical care yet, and this was contributing to her worries. I suggested she should go to the Community Health Centre and she said they already had been there but that there was a long waiting list. She gave me permission to inquire regarding her prenatal care, and we agreed to meet the next day around the same area.

Before our next contact, I visited the Community Health Centre and advocated for the young couple. The Centre was aware of this couple, and, after a lengthy talk, the Centre worker agreed to see the couple sooner if the manager of the Centre agreed.

Contact # 2 - January 23, 2019

I found Kendra panhandling in her usual intersection. I explained that the Centre would see her much sooner if she followed up with them regarding her prenatal care. I asked her to consider where she wanted her baby to be born. The Centre would be able to make a referral for housing if she was a patient. She agreed that she would make the visit right away. We agreed to meet the next day so that I could be updated.

January 24, 2019

I searched the same area for Kendra and did not find her.

Contact # 3 - January 28, 2019

I found Kendra panhandling at a new location a block away. I asked if everything was ok, and told her that I had waited for her the previous week for our appointment at the Health Centre. She told me that I should stop stalking her, and got visibly agitated and walked away.

CASE STUDY: Reflections

Summary

- Change does not necessarily mean **action**.
- Change means **progress**.
- Supporting a young person to move just one stage increases the likelihood of successful action in the future.
- TTM stage-matched principles can facilitate stage progression.
- Effects of TTM interventions increase over time, even after interventions end.

Closing Reflection Questions

- How can you use the Stages of Change in your work with youth?
- What are some situations in which using a Stages of Change approach could be difficult?
- What can you do in those situations to stay on track?

QUESTIONS?

Part 2:
Wednesday, April 3
11:00AM – 12:30PM
REGISTER TODAY!



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