

PROVINCIAL RESOURCES OTHER

Motivational Interviewing and Stages of Change

The "Stages of Change" Approach to Helping Patient's Change Behaviour, an article published in the periodical *American Family Physician* in 2000, outlines the states of change and examples of motivational interviewing for the clinical setting. Examples provided are in areas of smoking and alcohol cessation.

The Centre for Addiction and Mental Health (CAMH) provides guidance, resources as well as service in the field of addictions and addictions recovery. As such, they have several resources available to support the clinician.

- This document on [motivational interviewing](#) provides a step-by-step resource for change. It includes several tools that can be used by the clinician.
- This article on [the stages of change](#) provides a description of each stage of change and how it clinically itself in a client. Also included are strategies that can be used at each stage of change, as well as during relapse
- The publication [Managing Alcohol, Tobacco and Other Drug Problems -- A Pocket Guide for Physicians and Nurses](#) is described at this link. The [CAMH Publications Order Form](#) can be downloaded to purchase this document.
- **Motivational Interviewing: In a Medical Setting** (Video No. 2229.5) 1998; 48 min Synopsis: Using demonstrations and discussion this program shows how motivational interviewing can be used to advantage in settings where appointment time is limited. In the context of a general medical follow-up one set of interviews demonstrate the difference between MI and more traditional forms of physician/patient communication. Other demonstrations deal with handling specific topics that may arouse defensiveness such as smoking cessation. The [CAMH Publications Order Form](#) can be used to order this item.

The **Ontario Chronic Disease Prevention Alliance (OCPDA)**, at www.ocdpa.on.ca, is an organization whose aim is to improve the health of the residents of Ontario, at both a population and individual level, through knowledge exchange, advocacy and planning. The goal is for optimal "healthy societies, public policy and personal behaviours".

The **Ontario Health Promotion Resource System (OHPRS)**, at www.ohprs.ca is an online resource for health promoters in the province. Its purpose is to support health promoters by enhancing access to health promotion resources and increase health promotion at a community level, amongst others. It consists of 21 Health Promotion Organizations.

This **UCLA Centre for Human Nutrition** web page outlines [*Prochaska and Diclemente's Stages of Change Model*](#) in a concise chart format. This resource identifies the characteristics and recommended strategies for each stage of change, including relapse.

Self-Help

The [*Self Help Resource Centre*](#) provides a list of online resources to promote and well-being from a self-help perspective. The resources include information ranging from starting a self help group to using a self help paradigm in the prevention of chronic disease. Scroll down to find the resources and links for the use of ***self-help in chronic disease prevention***.