

Session 2: What I Want From Treatment: William R. Miller and Janice M. Brown

Adapted from: Center for Substance Abuse Treatment. *Enhancing Motivation for Change in Substance Abuse Treatment*. Treatment Improvement Protocol (TIP) Series 35. DHHS Publication No. (SMA) 99-3354. Rockville, MD: Substance Abuse and Mental Health Services Administration, 1999.

Instructions

People have different ideas about what they want, need, and expect from treatment. This questionnaire is designed to help you explain what you would *like* to have happen in your treatment. Many possibilities are listed. For each one, please indicate how much you would like for this to be part of your treatment.

You can do this by circling one number (0, 1, 2, or 3) for each item. This is what the numbers mean:

- 0 NO means that you definitely do **NOT** want or need this from treatment.
- 1 ? means that you are **UNSURE. MAYBE** you want this from treatment.
- 2 YES means that you **DO** want or need this from treatment.
- 3 YES! means that you **DEFINITELY** want or need this from treatment.

FOR EXAMPLE:

Consider item #1, which says, "I want to receive detoxification." If you definitely do NOT want or need to receive detoxification, you would circle 0. If you are UNSURE whether you want or need detoxification, you would circle 1. If you DO want detoxification, you would circle 2. If you DEFINITELY know that detoxification is an important goal for your treatment, you would circle 3.

If you have any questions about how to use this questionnaire, ask for assistance before you begin.

What I Want From Treatment

DO YOU WANT THIS FROM TREATMENT?	NO 0	Maybe 1	Yes 2	YES! 3
1. I want to receive detoxification, to ease my withdrawal from alcohol or other drugs.	0	1	2	3
2. I want to find out for sure whether I have a problem with alcohol or other drugs.	0	1	2	3
3. I want help to stop drinking alcohol completely.	0	1	2	3

4.	I want help to decrease my drinking.	0	1	2	3
5.	I want help to stop using drugs (other than alcohol).	0	1	2	3
6.	I want to stop using tobacco.	0	1	2	3
7.	I want to decrease my use of tobacco.	0	1	2	3
8.	I want help with an eating problem.	0	1	2	3
9.	I want help with a gambling problem.	0	1	2	3
10.	I want to take Antabuse (a medication to help me stop drinking).	0	1	2	3
11.	I want to take a medication to help me stop using alcohol or heroin.	0	1	2	3
12.	I want to take methadone.	0	1	2	3
13.	I want to learn more about alcohol/drug problems.	0	1	2	3
14.	I want to learn some skills to keep from returning to alcohol or other drugs.	0	1	2	3
15.	I would like to learn more about self help groups: 12-Step programs like Alcoholics Anonymous (AA) or Narcotics Anonymous (NA) or Smart Recovery.	0	1	2	3
16.	I would like to talk about some personal problems.	0	1	2	3
1.	I need to fulfil a requirement of the courts.	0	1	2	3
17.	I would like help with problems in my marriage or close relationship.	0	1	2	3
18.	I want help with some health problems.	0	1	2	3
19.	I want help to decrease my stress and tension.	0	1	2	3
20.	I would like to improve my health by learning more about nutrition and exercise.	0	1	2	3

21.	I want help with depression or moodiness.	0	1	2	3
23.	I want to work on my spiritual growth.	0	1	2	3
24.	I want to learn how to solve problems in my life.	0	1	2	3
25.	I want help with angry feelings and how I express them.	0	1	2	3
26.	I want to have healthier relationships.	0	1	2	3
27.	I would like to discuss sexual problems.	0	1	2	3
28.	I want to learn how to express my feelings in a more healthy way.	0	1	2	3
29.	I want to learn how to relax better.	0	1	2	3
30.	I want help in overcoming boredom.	0	1	2	3
31.	I want help with feelings of loneliness.	0	1	2	3
32.	I want to discuss having been physically abused.	0	1	2	3
33.	I want help to prevent violence at home.	0	1	2	3
34.	I want to discuss having been sexually abused.	0	1	2	3
35.	I want to work on having better self-esteem.	0	1	2	3
36.	I want help with sleep problems.	0	1	2	3
37.	I want help with legal problems.	0	1	2	3
38.	I want advice about financial problems.	0	1	2	3
39.	I would like help in finding a place to live.	0	1	2	3
40.	I could use help in finding a job.	0	1	2	3
41.	Someone close to me has died or left, and I would like to talk about it.	0	1	2	3

42.	I have thoughts about suicide, and I would like to discuss this.	0	1	2	3
43.	I want help with personal fears and anxieties.	0	1	2	3
44.	I want help to be a better parent.	0	1	2	3
45.	I feel very confused and would like help with this.	0	1	2	3
46.	I would like information about or testing for HIV/AIDS or Hepatitis C.	0	1	2	3
47.	I want someone to listen to me.	0	1	2	3
48.	I want to learn to have fun without drugs or alcohol.	0	1	2	3
49.	I want someone to tell me what to do.	0	1	2	3
50.	I want help in setting goals and priorities in my life.	0	1	2	3
51.	I would like to learn how to manage my time better.	0	1	2	3
52.	I want help to receive disability payments.	0	1	2	3
53.	I want to find enjoyable ways to spend my free time.	0	1	2	3
54.	I want help in getting my child(ren) back.	0	1	2	3
55.	I would like to talk about my past.	0	1	2	3
56.	I need help in getting motivated to change.	0	1	2	3
57.	I would like to see a female counsellor.	0	1	2	3
58.	I would like to see a male counsellor.	0	1	2	3
59.	I would like to see the counsellor I had before.	0	1	2	3
60.	I would like to see a doctor or nurse about medical problems.	0	1	2	3
61.	I want to receive medication.	0	1	2	3

62.	I would like my spouse or partner to be in treatment with me.	0	1	2	3
63.	I would like to have private, individual counselling.	0	1	2	3
64.	I would like to be in a group with people who are dealing with problems similar to my own.	0	1	2	3
65.	I need someone to care for my children while I am in treatment.	0	1	2	3
66.	I want my treatment to be short.	0	1	2	3
67.	I believe I will need to be in treatment for a long time.	0	1	2	3

