

Session 12—Maintenance

Note: This session may also be used to revisit role-playing situations that require social skills/assertiveness.



Most Important Task for this Session

- Focus on participants accomplishments and build on recent changes and successes.

Agenda

1. Check-in and homework review
2. Evaluation with a focus on Accomplishment
3. Assign the At-Home Worksheet—**Weekly Goal Guide** and other relevant Worksheets, and administer any relevant post-tests

1. Check-In

- Write/share the agenda on the board or shared screen; write/share the check-in questions on the board or shared screen.
- Reinforce for arriving on time and bringing back the folder.

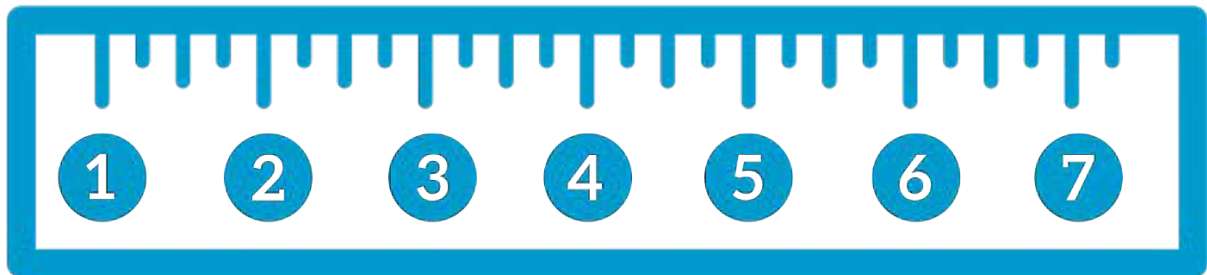
Check-in Questions

Ask participants to answer the four questions. Spend time discussing if homework is not complete or the folder has been lost. Reinforce for all attempts.

1. What is your long-term goal (where would you like to be one year from now)?

2. What is your 3-month goal?
3. Can you please share your At-Home Worksheet, **Weekly Goal Guide** (what you assigned for yourself and what you completed)?
4. “What is your **Motivation Rating** and **Importance Rating** today on a scale of 1 to 7?” (Scale 1; “Not at all motivated” – 7; Extremely motivated”)

Motivational Rating on a Scale of 1-7



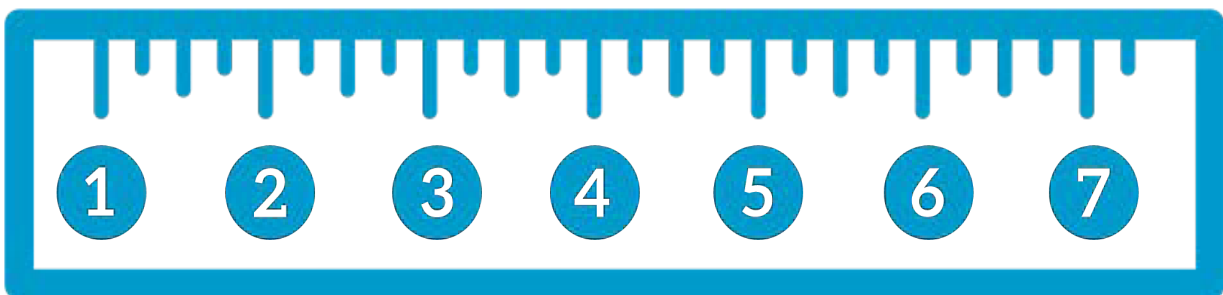
Not at all motivated

Somewhat motivated

Extremely motivated

Suggested facilitator dialogue: “You chose a ____ . List three reasons why you chose this and not a lower number.” (Further the **Change Talk**.)

Importance Ruler



Not at all important

Somewhat important

Extremely important

Suggested facilitator dialogue: “You chose a ____ . List three reasons why you chose this and not a lower number.”

2. Evaluation with a Focus on Accomplishments

Facilitator-led activity: Evaluate 3-month progress.

- Where were gains made?
- Where were obstacles encountered?
- Look for all opportunities to reinforce self-efficacy and **Change Talk**.
- Discuss participants accomplishments and strengths from the previous 12 weeks and plan additional realistic goals that build on recent changes and successes.
- Talk about the Booster Sessions, goals, schedules, etc.

4. At-Home Practice



1. Ask participants to complete the **Weekly Goal Guide** with two small steps toward their goal as well as other relevant Worksheets.
2. Administer any applicable post-tests.