



DATE: April 29, 2013

TO: SUD Provider Network
FROM: IDOC and BPA Provider Network Management
RE: Pre-Treatment guideline updates and resources

Dear Provider Network,

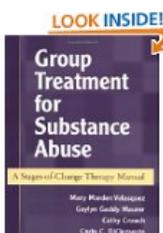
The decision to add pre-treatment services to the IDOC matrix was driven by several factors; 1) it is an accepted best practice to utilize motivational interviewing at early stages of change, ensuring the client is engaged before entering treatment 2) we hope to reduce the amount of voucher modifications due to delays in entering care or attendance.

The use of pre-treatment services will determine if the client should continue in care or should be discharged due to lack of engagement or attendance. We have had several questions raised regarding the pre-treatment guidelines. To help you, we have further defined the attendance requirement. **Please see the attached IDOC Pre-Treatment Guidelines** for additional information.

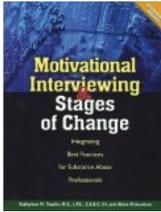
As BPA continues our commitment to supporting our partnership with IDOC in assuring that providers are matching appropriate treatment interventions with client's readiness to change- specifically for those clients' assessed as being in Pre-contemplation and Contemplation stages. We would like to take this opportunity to share resources that may be of benefit in enhancing your Pre-treatment programming.

Below we have highlighted resources that you might find of interest. You are not required to use these resources; however you are required to demonstrate that you are using Motivational Interviewing and appropriate Stages of Change interventions when serving Pre-treatment clients.

- Institute of Behavioral Research, Texas Christian University <http://www.ibr.tcu.edu>
- The Change Company, <http://www.changecompanies.net>
- *Group Treatment for Substance Abuse: A Stages-of-Change Therapy Manual* by Mary Velasquez, Gaylyn Gaddy Maurer, Cathy Crouch and Carlo C. DiClemente (July 15, 2001).



- *Motivational Interviewing and Stages of Change: Integrating Best Practices for Substance Abuse Professional* by Kathyleen M Tomlin and Helen Richardson.



- *Substance Abuse Treatment & the Stages of Change: Selecting & Planning Interventions* by Connor, Donovan and DiClemente.

