The SACS BRIEF INTERVENTION Worksheet

Stuff I could change
1. 
2. 
3. 
4. 

Possible ways to change
1. 
2. 
3. 
4. 

MY GOAL

ONE THING I REALLY WANT TO CHANGE

I AM GOING TO DO THIS BY

My strengths and supports
1. 
2. 
3. 
4. 

Things that might trip me up...
1. 
2. 
I’ll try and overcome these by...
3. 
4. 

Family - Whanau
Spiritual - Wairua

Physical - Tinana
Emotional - Hinengaro
The SACS BRIEF INTERVENTION Worksheet

To follow are 10 steps that you can take with a young person to perform a brief intervention with the SACS. You may need to adapt them to suit various clinical situations.

1. Do the SACS
2. Check in
3. Score the SACS
4. Review and discuss the individual items
5. Provide positive feedback
6. Choose one thing to change
7. Brainstorm strategies for change
8. Choose a strategy for change
9. Agree on a goal
10. Emphasise self-efficacy

NOTES: