

The SACS BRIEF INTERVENTION Worksheet

MY GOAL

Stuff I could change

- 1.
- 2.
- 3.
- 4.



ONE THING I REALLY WANT TO CHANGE

Possible ways to change

- 1.
- 2.
- 3.
- 4.



I AM GOING TO DO THIS BY

My strengths and supports

- 1.
- 2.
- 3.
- 4.



Things that might trip me up...

- 1.
- 2.
- 3.
- 4.

I'll try and overcome these by...

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: