

# The SACS BRIEF INTERVENTION Worksheet

## MY GOAL

### Stuff I could change

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



### ONE THING I REALLY WANT TO CHANGE

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### Possible ways to change

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



### I AM GOING TO DO THIS BY

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### 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:**