

1	PRE-CONTEMPLATION STAGE OF CHANGE	LEVEL OF READINESS TO CHANGE	The Pre-Contemplation Stage of Change is when a person is unaware there even is a problem. No actual change is being contemplated because there appears to be nothing to change.
		CURRICULUM SUBJECT	Subject One: The Link Between Psychiatric and Substance Disorders, An Integrated Treatment Approach
2	CONTEMPLATION STAGE OF CHANGE	LEVEL OF READINESS TO CHANGE	The Contemplation Stage of Change is when a person understands there's a problem and begins to think about or contemplate changing a behavior.
		CURRICULUM SUBJECTS	<ol style="list-style-type: none"> 1. Subject Two: Psychiatric Disorders Within a Co-Occurring Diagnosis 2. Subject Three: Substance Disorders Within a Co-Occurring Diagnosis 3. Subject Four: The Physiological Effects of Co-Occurring Disorders on Physical Health
3	PREPARATION STAGE OF CHANGE	LEVEL OF READINESS TO CHANGE	The Preparation Stage of Change is when a person makes a decision to change a behavior in the near future.
		CURRICULUM SUBJECT	Subject Five: Coping With Stress and Emotions With Healthy Alternatives to Alcohol and Other Drug Abuse