



Individual Change Plan

Facilitator Assessment of Participant

Unique Client ID: _____	Assessment Type: <input type="checkbox"/> Pre <input type="checkbox"/> Post
Facilitator: _____	Session Type: <input type="checkbox"/> Group <input type="checkbox"/> Individual
Organization: _____	Date Completed: ____ / ____ / ____

SCORING DEFINITIONS

Strongly Agree
Maintenance only

Agree
Further practice desirable

Disagree
Further practice or development required

Strongly Disagree
Basic skill/knowledge deficit

Circle the number that best represents your level of agreement. Then, calculate the average score for each category (Attitudes, Knowledge, and Skills). Refer to the instructions to interpret scores.

Attitudes

	<u>Strongly Agree</u>	<u>Agree</u>	<u>Disagree</u>	<u>Strongly Disagree</u>
1. The participant views this program as an opportunity for behavior change.	1	2	3	4
2. The participant has a desire to be a positive role model for others.	1	2	3	4
3. The participant intends to spend more time around positive influences.	1	2	3	4
4. The participant intends to avoid or cope with negative influences.	1	2	3	4
5. The participant has behavior change goals that are realistic, prosocial and meaningful.	1	2	3	4
6. The participant has personally important motivations for change.	1	2	3	4
7. The participant is willing to adjust or modify his or her action plan to further his or her change efforts.	1	2	3	4

Attitudes Average (Total ÷ 7) =

Knowledge

8. The participant is able to identify the feelings associated with his or her top three issues.	1	2	3	4
9. The participant is able to identify the behaviors associated with his or her top three issues.	1	2	3	4



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Knowledge (continued)

Strongly Agree Agree Disagree Strongly Disagree

10. The participant is able to identify the values that are important to him or her.	1	2	3	4
11. The participant is able to identify positive people, places and things that influence his or her behavior.	1	2	3	4
12. The participant is able to identify negative people, places and things that influence his or her behavior.	1	2	3	4

Knowledge Average (Total ÷ 5) =

Skills

13. The participant demonstrates the values that are important to him or her.	1	2	3	4
14. The participant has a network of individuals that support his or her change efforts.	1	2	3	4
15. The participant appropriately uses self-reward to reinforce positive behavior.	1	2	3	4
16. The participant substitutes problem behaviors with healthy alternatives.	1	2	3	4
17. The participant implements his or her ideas about how to spend more time around positive influences.	1	2	3	4
18. The participant implements his or her ideas about how to avoid or cope with negative influences.	1	2	3	4
19. The participant has access to supportive groups of people, services and other resources.	1	2	3	4
20. The participant can identify the action steps required for a larger behavior change goal.	1	2	3	4
21. The participant implements the action steps required for a larger behavior change goal.	1	2	3	4

Skills Average (Total ÷ 9) =

Overall Score

Overall Average (Overall total ÷ 21) =