

LO-8 Example Script to Elicit Goals

How the BHSS could help elicit harm reduction and health-related quality of life goals from the patient.

To elicit goals, the BHSS might say:

- “We will be meeting over the next [xx amount of time]. What would you like to see happen for yourself?”
- “Some people call this a goal, a vision or an intention.”
 - The BHSS needs to be sensitive to and honor the patient’s preferred terminology around goals—they might be hopes, desires, visions, intention, prayers, etc. The BHSS can write these down under “Patient’s Goals” (replace terminology as needed) in electronic health records or other handouts.
- “What other goals are you interested in achieving for yourself?”
- As needed:
 - “Do you foresee any barriers to achieving these goals?”
 - If the client seems stuck with implementation, the BHSS can ask, “What can I do to help you work towards that goal?”
- If patients rush to abstinence-based or use reduction goals (which might be a sign of premature treatment focus), the BHSS should remind them of the HaRT rationale:
 - “Just as a reminder, in harm-reduction treatment, I am not going to ask you to change your use in any way you don’t want to. Instead, I am here to help you reduce your substance-related harm and improve your quality of life on your own terms. So, what do YOU want to see happen for yourself?”

This material appears in the UW BHSS Educator’s Guide chapter on Intervention, unit: Harm Reduction.