

Handout:  
Stages of Treatment or Recovery and  
Tasks for Child Welfare Professionals

| <b>Stages of Treatment or Recovery and Tasks for Child Welfare Professionals</b>  |  |
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| <b>Stages</b>   | <b>Tasks</b>   |
| <b>Transition stage</b> —The parent recognizes that her or his attempts to "control" or stop substance use are not working  | During this stage, the child welfare professional can foster strong linkages between parent and appropriate assessment and treatment resources, emphasizing a need for children's protection and family involvement.   |
| <b>Stabilization stage</b> —The parent goes through physical withdrawal and begins to regain control of her or his thinking and behavior  | During this stage, the child welfare professional can ensure the parent knows the children are being cared for, thus allowing the parent to focus on securing needed help for her or his addiction.  |
| <b>Early recovery stage</b> —The parent changes addictive behaviors and develops relationships that support sobriety and recovery   | During this stage, child welfare professionals can help parents begin rationally considering the safety and nurturing needs of their children and the timetables and requirements he or she must meet. Also, child welfare professionals can assist with frequent and ongoing visitation between parents and children. |
| <b>Middle recovery stage</b> —The parent builds a lifestyle that is more effective and repairs lifestyle damage that occurred during substance use  | During this stage, the child welfare professional can support the family's transition to parent-child reunification or placement of the children through ongoing family interventions.   |
| <b>Late recovery stage</b> —The parent examines her or his childhood, family patterns, and beliefs that supported a dysfunctional lifestyle. The parent learns how to grow and recover from childhood and adult traumas | During this stage, the child welfare professional can facilitate access to continuing educational opportunities for parenting improvement and family strengthening.  |
| <b>Maintenance stage</b> —The parent learns to cope in a productive and responsible way without reverting to substance use  | During this stage, the child welfare professional can continue supporting linkages with appropriate resources, such as housing, self-help groups, employment, which were discussed in more detail earlier in this module.  |

Adapted from: Gorski TT and Kelley JM. *Counselor's Manual for Relapse Prevention with Chemically Dependent Criminal Offenders*. Rockville, MD: Center for Substance Abuse Treatment, 1996.