



New England (HHS Region 1)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

# New England Mental Health Technology Transfer Center of New England (NE-MHTTC)

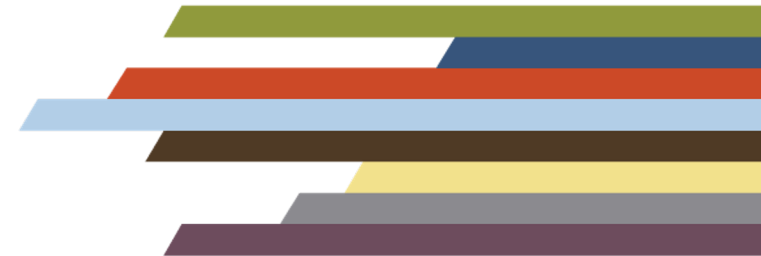
SAMHSA #1H79SM081775

Yale Program for Recovery and Community Health (PRCH)

C4 Innovations

Harvard University Department of Psychiatry

Center for Educational Improvement



# Housekeeping Information



Participant microphones will be muted at entry



If you have questions during the webinar, please use the chat or use the “raise hand” feature during discussion to have your microphone unmuted.



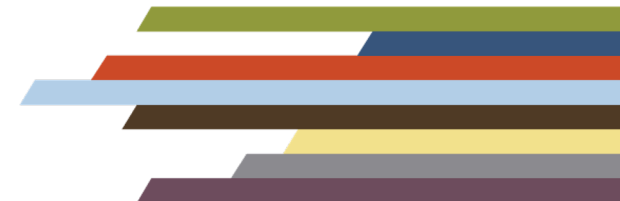
This session is being recorded and it will be available on the MHTTC website within 24 hours of the close of this presentation.



Information about certificates of completion will be sent in a follow-up e-mail



If you have questions after this session, please e-mail: [newengland@mhttcnetwork.org](mailto:newengland@mhttcnetwork.org).



The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED  
AND HOPEFUL

INCLUSIVE AND  
ACCEPTING OF  
DIVERSE CULTURES,  
GENDERS,  
PERSPECTIVES,  
AND EXPERIENCES

HEALING-CENTERED/  
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS  
PARTICIPATING IN THEIR  
OWN JOURNEYS

PERSON-FIRST AND  
FREE OF LABELS

NON-JUDGMENTAL AND  
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR  
AND UNDERSTANDABLE

CONSISTENT WITH  
OUR ACTIONS,  
POLICIES, AND PRODUCTS



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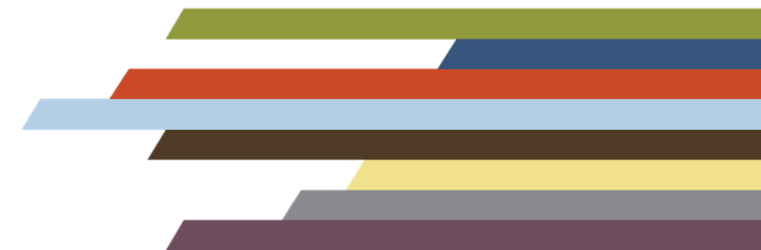
# Inspiring and Engaging Hispanic/Latinx People in Recovery by Using Motivational Interviewing PRINCIPLES

Maria E. Restrepo-Toro, BA, RN, MA, CPRP

Oscar F. Rojas Perez (He/Him/His), Ph.D.

Program for Recovery and Community Health, Department of Psychiatry

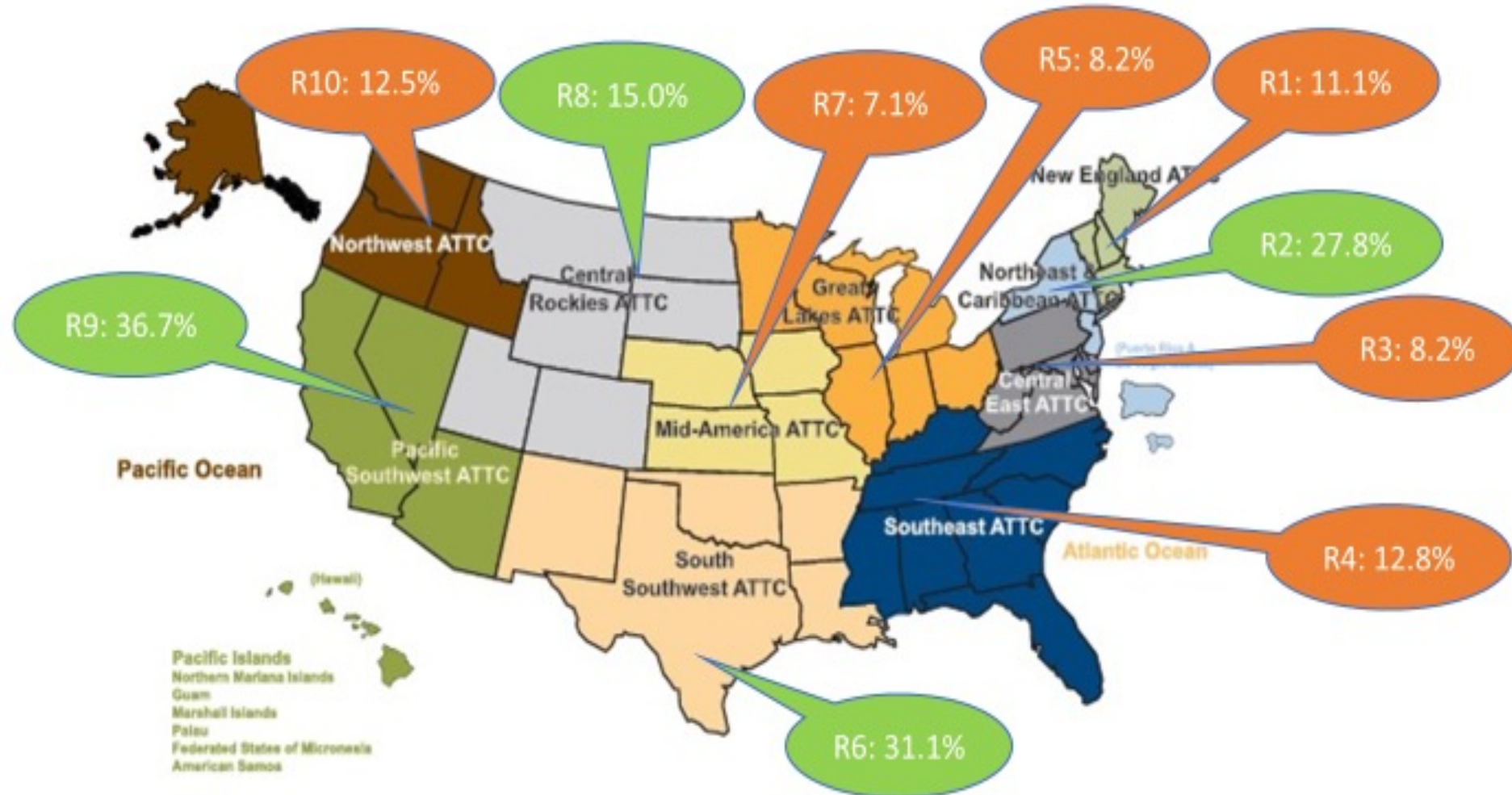
Yale University School of Medicine





# Partnering to Facilitate a Culture of Behavioral Health Recovery in Hispanic and Latino Communities

# Distribution of Hispanics by TTC Region



Source: U.S. Census Bureau, 2017 American Community Survey 1-Year Estimates

# What We Hope to Cover

- Learn about the ingredients of recovery-oriented systems of care.
- Understand recovery as a non-linear process with the goal of life in the community.
- Learn how to integrate Motivational Interviewing principles into recovery-oriented care by using person-centered recovery planning.



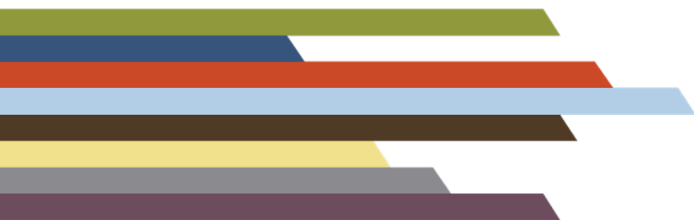
# Recovery *From* vs Recovery *In*

## Recovery From

Recovery *from* refers to eradicating the symptoms and ameliorating the deficits caused by serious mental illnesses.

## Being In

Being *in* recovery refers to learning how to live a safe, dignified, full, and self-determined life in the face of the enduring disability which may, at times, be associated with serious mental illnesses.





# Moving Beyond *Us* and *Them*

- People with mental health and addictions issues want what other people want.
- People want to thrive, not just survive... They have aspirations.
- Recovery-oriented practices can be used to help people and their families in this process.





## Basic Tasks of Being in Recovery

- Making sense of one's experiences and learning how to live with the illness.
- Having a sense of belonging and personal worth.
- Maintaining/regaining hope and being determined to have a better life.

New England MHTTC, 2020

# Explore Life Domains Beyond Illness

- Home
- Finances
- Friends and family
- Hobbies
- Education and work
- Spirituality
- Community involvement/giving back
- Mental health
- Addiction
- Physical health

***Health:*** overcoming or managing one's disease(s) as well as living in a physically and emotionally healthy way;

***Home:*** a stable and safe place to live;

***Purpose:*** meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors, and the independence, income and resources to participate in society; and

***Community:*** relationships and social networks that provide support, friendship, love, and hope.

# Resilience & Recovery

The diagram features a central circle with the text 'Resilience & Recovery' in a bold, orange font. Surrounding this central circle are ten curved lines of various colors (green, red, grey, yellow, blue, purple, orange, yellow, red, purple) that form a larger, irregular circular shape. Each line is connected to a small colored dot, which in turn points to a specific statement about resilience and recovery. The statements are arranged in a clockwise direction starting from the top left.

*Resilience and recovery* are based on respect.

*Resilience and recovery* emerge from hope.

*Resilience and recovery* are family- and person-driven.

*Resilience and recovery* occur via many pathways.

*Resilience and recovery* are community- based and promoted through collaboration.

*Resilience and recovery* are holistic.

*Resilience and recovery* are supported by peers and allies.

*Resilience and recovery* are supported through relationships and social networks.

*Resilience and recovery* are recovery are culturally-based and influenced.

*Resilience and recovery* are supported by addressing trauma.

*Resilience and recovery* involve individual, family, and community strengths and responsibility.



# Transtheoretical Model

- Change is a process more than an outcome
- Ambivalence
- Discord

## Stages of Change

Adapted from Prochaska, L.O. & DiClemente, C



# What is Motivational Interviewing

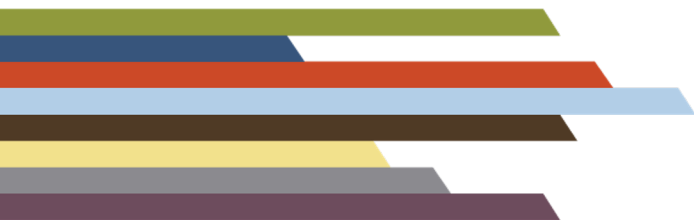


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Motivational interviewing is a collaborative conversation style for strengthening a person's own motivation and commitment to change.



# Spirit of motivational interviewing



# Processes



- Establish a good working relationship

- Find a clear direction and goal

- Elicit own internal motivation

- Develop and commit to change

# Merging

Motivational  
interviewing  
principles and  
Person-centered  
recovery planning



# Person-Centered Recovery Planning (PCRP)

yale  
program  
for  
recovery  
and  
community  
health

- It is rooted in a foundation of a **recovery culture**
- It is a **collaborative process** directed by persons in recovery in partnership with care providers and natural supporters.
- It is reflected in the **co-created written Recovery Plan** which outlines the person's most valued recovery goals and how all will work together to achieve them.
- It strives for **meaningful, life outcomes beyond "clinical stability"**



# Spirit of PCRP

- **Philosophy** – core values
- **Process** – new ways of partnering
- **Plan** – concrete roadmap
- **Purpose** – meaningful outcomes



Web-based Video Overview of PCRP in Behavioral Health See:

<https://youtu.be/IuNYB9Prnk0>

Tondora & Davidson (YALE) and  
Rae, & Kar Ray (CAMBRIDGE)

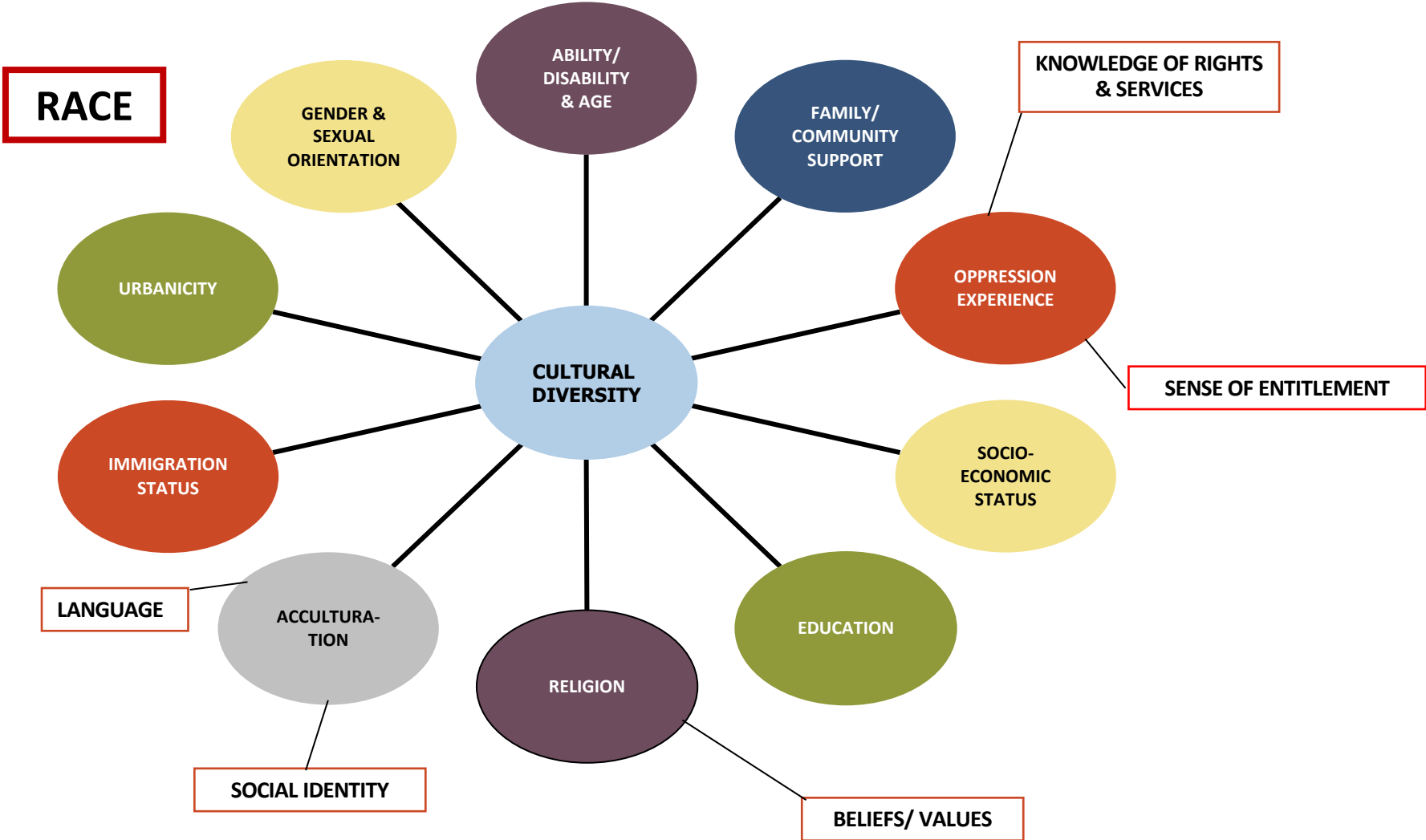
# Engage, Engage

- **Family members** are often an important aspect of the person's recovery.
- **Person-Centered Recovery Planning** is one tool that the mental health system uses to assist friend or family members in obtaining the support they need.





# FACTORS THAT IMPACT DIVERSITY: Hispanics/Latino/Latinx



# Focus

Understanding the person's recovery goal is the starting point of the Person-Centered Recovery Planning (PCRP)



# Overcoming the “No Goal” Conundrum

- Start with **strengths** identified in assessment
- Using **Motivational Interviewing** techniques and approaches
- **Refocus** on the alliance
- **Reframe** – language doesn’t have to be “goals”  
“I don’t have any goals, but yes, I want a job!”



# Evoke

Elicit own internal  
motivation



# Hope, Confidence, Motivation

## Insights

- Self
- Health behaviors
- Recovery
- Services/Supports
- Cultural beliefs

## Supports

- Credible
- Committed

**Increase Hope, Confidence, Motivation**

Cohen, M., Forbess, R., & Farkas, M. (2000). *Psychiatric Rehabilitation Training Technology: Assessing Readiness for Rehabilitation*. .

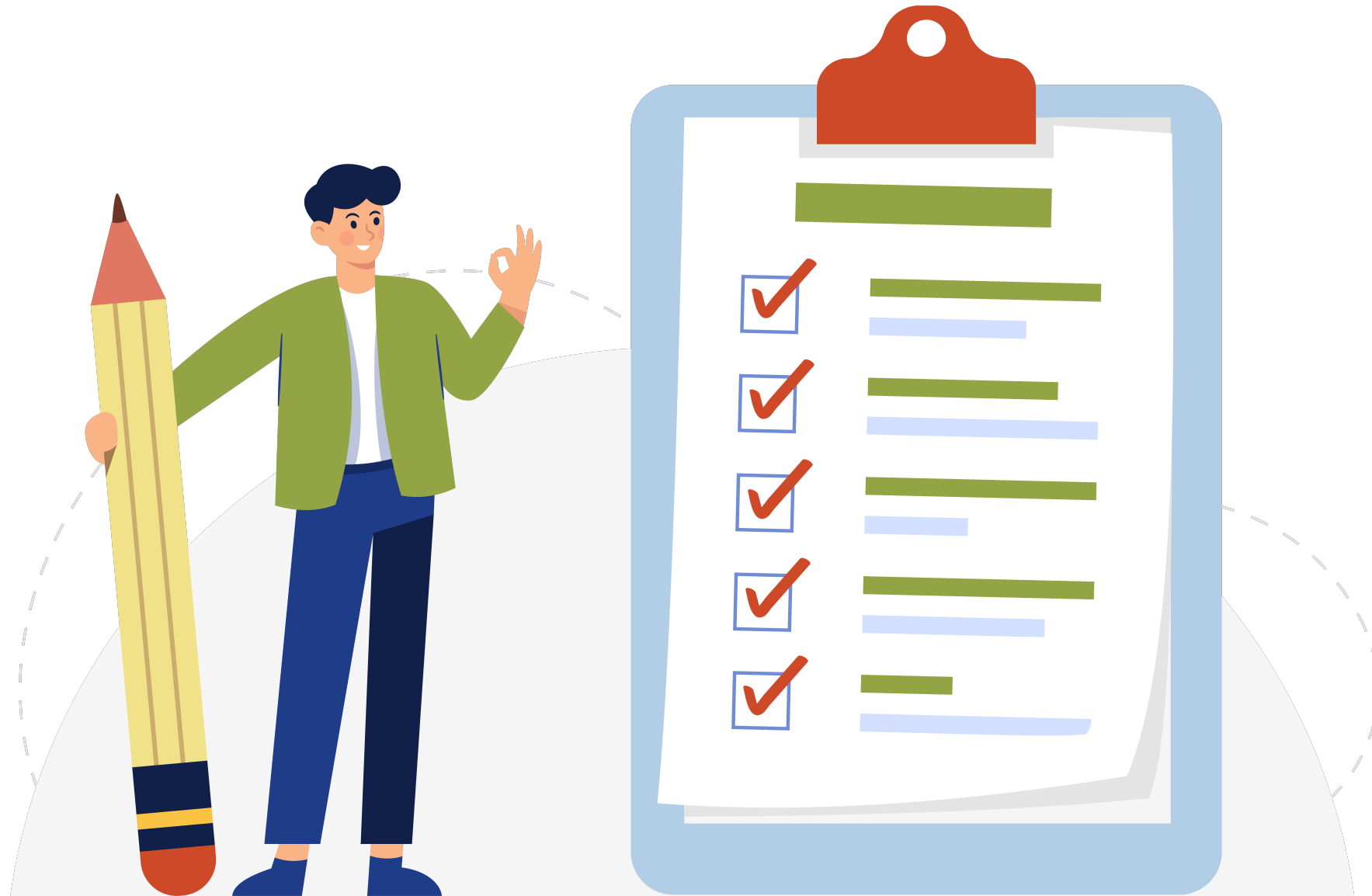
Boston University, Center for Psychiatric Rehabilitation, Trustees of Boston University.

# Personal /Cultural Preferences in PCRCP Process



# Plan

Develop and  
commit to change



# Client Choice and Commitment

- People in recovery have access to all their treatment records.
- Agency staff do not use threats, bribes, or other forms of coercion to influence a person's behavior or choices.
- Staff at this agency listen to and follow the choices and preferences of participants.





# Balancing Perspectives

## GOAL

Life goal, as defined by person; what they are moving “toward” ...not just eliminating

Strengths/Assets to Draw Upon

Barriers /Assessed Needs That Interfere

## Short-Term Objective

S-M-A-R-T

## Interventions/Methods/Action Steps

- Professional/“billable” services, including purpose
- Clinical & rehabilitation
- Action steps by person in recovery
- Roles/actions by natural supporters

# Discussion Time



# Contact Us

## New England MHTTC

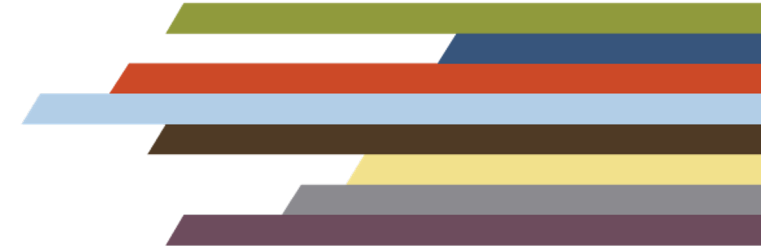
<https://mhttcnetwork.org/centers/new-england-mhttc/home>

## National Hispanic and Latino MHTTC

<https://mhttcnetwork.org/centers/national-hispanic-and-latino-mhttc/home>

## Northeast & Caribbean MHTTC

<https://mhttcnetwork.org/centers/northeast-caribbean-mhttc/home>



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