

The Zoom Interface

The screenshot displays the Zoom Webinar interface. At the top, a status bar indicates "You are viewing David Terry's screen" and provides a "View Options" dropdown. Below this, a dark header bar contains a "Click here to maximize your session view" button and an "Enter Full Screen" button. The main content area shows the "TTC Technology Transfer Centers" logo and a message: "Thank you for joining us today! You will not be on video during today's session". A "Select a Speaker" menu is visible in the bottom left, with options: "Speakers (Realtek(R) Audio)", "Same as System", "Test Speaker & Microphone...", "Leave Computer Audio", and "Audio Settings...". A "Question and Answer" window is open in the center, showing a test question: "This is a test question!". It includes tabs for "All questions (1)" and "My questions (1)", and a text input field labeled "Type your question here...". A "Zoom Webinar Chat" window is open on the right, showing a message: "The chat feature will allow you to talk with other people in today's webinar." and a "To: All panelists" field. The bottom toolbar contains buttons for "Audio Settings", "Chat", "Raise Hand", "Q&A", "Click here to leave the session", and a "Leave" button. Annotations with arrows point to various elements: "Click here to maximize your session view", "Enter Full Screen", "All questions (1)", "My questions (1)", "Type your question here...", "Chat", "Q&A", "Click here to leave the session", "Leave", "The chat feature will allow you to talk with other people in today's webinar.", and "The To field will tell you who will receive your message. Be mindful of who you are chatting to."

All attendees are muted. Today's session will be recorded.

Why am I Doing this Work? Remembering Your Purpose

Michelle Zechner, PhD, LSW, CPRP
Rutgers, Dept. of Psychiatric Rehabilitation &
Counseling Professions

12/14/21

Flourishing at Work: A Plan for Helping Professionals



Northeast and Caribbean (HHS Region 2)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

About Us ...

The Northeast and Caribbean MHTTC received 5 years (2018 – 2023) of funding to:

- Enhance capacity of behavioral health workforce to deliver evidence-based and promising practices to individuals with mental illnesses.
- Address full continuum of services spanning mental illness prevention, treatment, and recovery supports.
- Train related workforces (police/first responders, primary care providers, vocational services, etc.) to provide effective services to people with mental illnesses.

Supplemental funding to:

- Support school teachers and staff to address student mental health
- Support healthcare providers in wellness and self-care activities



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We Want Your Feedback!

Our funding comes from the Substance Abuse and Mental Health Services Administration (SAMHSA), which requires us to evaluate our services. We appreciate your honest, ANONYMOUS feedback about this event, which will provide information to SAMHSA, AND assist us in planning future meetings and programs.

Feedback about this training will assist us in developing future trainings that are relevant to your professional needs. Therefore, your feedback counts!

Video Recording Information

Please Note:

We will be recording this webinar and posting it to our website along with the presentation slides and any relevant resources.

Disclaimer

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At the time of this presentation, Miriam Delphin-Rittmon served as Assistant Secretary for Mental Health and Substance Use at SAMHSA. The opinions expressed herein are the views of the speakers, and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

This work is supported by grant H79SM081783 from the DHHS, SAMHSA.

Your Interactions With Us

Question and Answers

- Q & A will occur at the end of the call.
- Type your questions in the Q & A feature in Zoom located on the task bar (hover over task bar).
- Note: your question is visible to all participants.

Chat and Polls

- Throughout the webinar, we will be asking for your input.
- Use the Chat or Poll features in Zoom located on the task bar.
- You can control who can see your chat comments.

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 AND
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**

Our Presenter:



Michelle Zechner, PhD, LSW, CPRP

Objectives



DESCRIBE HOW VALUES
SUPPORT FLOURISHING



EXPLORE PURPOSE



APPLY INFORMATION FOR
A PURPOSE STATEMENT



IDENTIFY COMMITMENT
STRATEGIES

Values

Purpose

Work

Personal Values

- Who we are
- Guides
- Meaning
- Culture



Explore values

Which 1-2 values are important to you?

- Cooperation
- Creativity
- Discipline
- Determination
- Balance
- Punctuality
- Innovation
- Motivation
- Perseverance
- Practicality
- Justice
- Knowledge
- Learning
- Caring
- Social Connection
- Spirituality
- Stability
- Status
- Wealth

- Responsibility
- Openmindedness
- Likability
- Authenticity
- Compassion
- Smarts
- Being thoughtful
- Citizenship
- Community
- Fairness
- Fun
- Generosity
- Growth
- Influence
- Recognition
- Reliability
- Security
- Respect
- Self-Respect



Strategies to identify values

- Take an online survey e.g. Life Values Inventory
- Ask your supports
- Consider **why** you made a decision in the past
- Reflect on good moments



Why know your values?

- Guides us in difficult times
- Helps with decision-making
- Inspiration

A hummingbird is shown in flight, its wings spread, against a blurred background of green foliage and pink flowers. A large, semi-transparent white circle is overlaid on the left side of the image, containing the title and a list of topics.

Values & Flourishing at Work

- Reminders
- Best Self
- Energy
- Happiness

How might your values promote flourishing?



Values

Purpose

Work



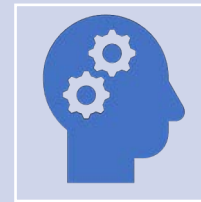
Purpose

- Who am I?
- What are my values?
- What am I grateful for?
- What gets me out of bed in the morning?
- How do I want to be remembered?

Exploring Purpose



Talk about it



Imagine best self in the future



Know your values



Grow positive emotions

Ikigai



<https://www.youtube.com/watch?v=SDbYVlJntYU&t=129s>



why am i doing this?



Living Your Purpose

- Improves cognition
- Lower stress
- Healthier
- Longer Life

Why am I Doing this Work?



- Desire to help others
- Family/friends
- Opportunity to change the world

What makes your work important to
you?





Creating a Personal Purpose Statement

Brainstorm

Include your values

Keep it short

Use present tense

Focus on positive actions

Personal Purpose Statement Examples

- My purpose is to be a beacon of light, to bring understanding between diverse groups, and an inspiration to others as a helper.
- To give students the resources and attention they need to grow into confident, effective adults.
- To improve the quality of life of the people I help.
- To be a teacher and inspire my students to be the best version of themselves.



Why a Personal Purpose Statement?



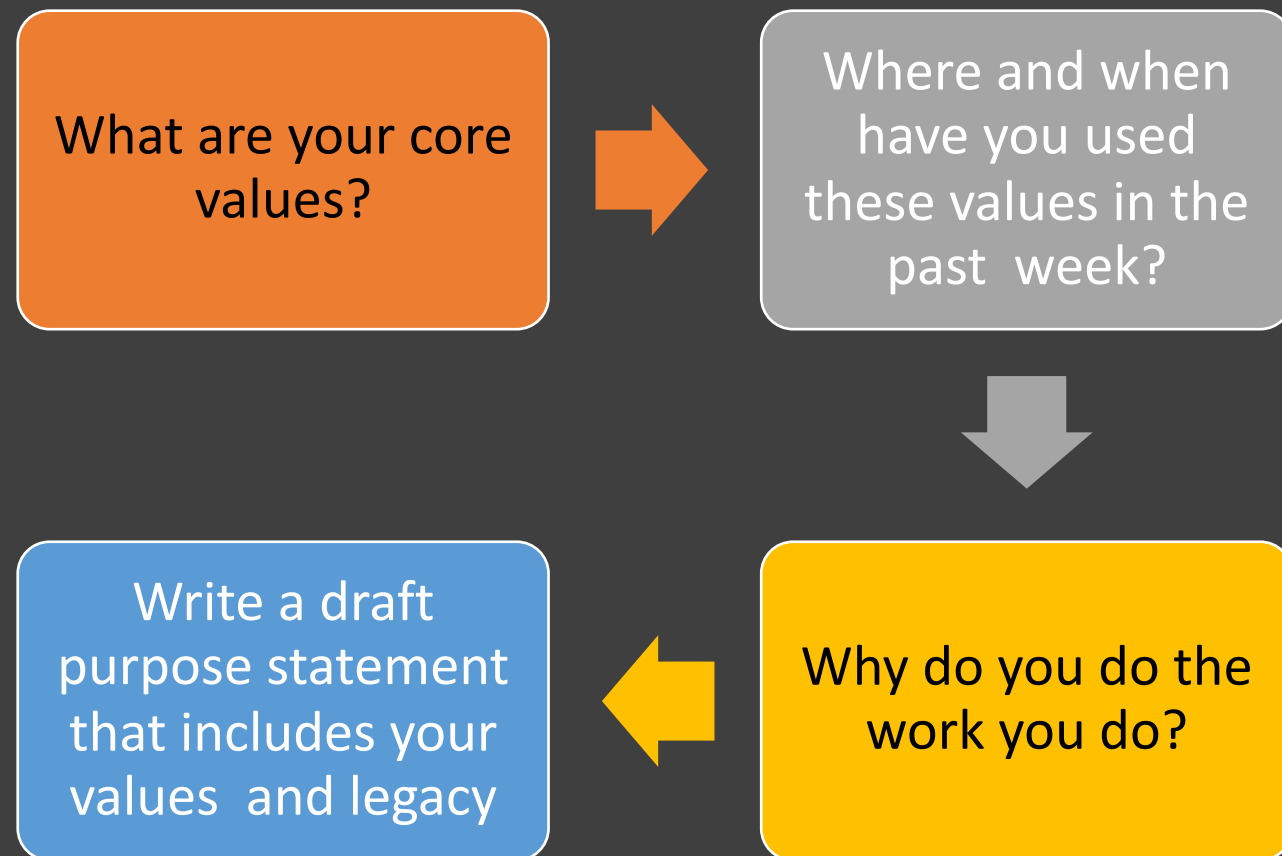
- Motivation
- Inspiration
- Guide for decisions
- A reminder to flourish

Commit



What is one action you can take to strengthen your purpose?

Practice Opportunities



Summary



Values and purpose can guide decisions, motivate us and remind us of who we want to be



Purpose statements can be helpful to point us towards flourishing



Flourishing includes small daily actions that promote your values



Flourishing
at Work: A
Plan for
Helping
Professionals

Session 3: Learning to Let Go
Tuesday, January 11 | 2:00-3:00 pm ET

Session 4: Healthy Positivity
Tuesday, February 8 | 2:00-3:00 pm ET

Session 5: Flourishing Strategies - Outside the Box
Tuesday, March 15 | 2:00-3:00 pm ET

Session 6: Build Your Resilience Plan One Day at a Time
Tuesday, April 19 | 2:00-3:00 pm ET

Question and Answer



Resources

- Ted Talks on Life Purpose https://www.ted.com/playlists/313/talks_to_help_you_find_your_pu
- Life Values Inventory
<http://www.lifevaluesinventory.org/the-process.html>
- Value Card Sort
https://sakai.ohsu.edu/access/content/group/Kathlynn_Tutorials/public/Value%20Card%20Sort%20Exercise%20-%20Storyline%20output/story_html5.html
- How to find your purpose in life
https://greatergood.berkeley.edu/article/item/how_to_find_your_purpose_in_life
- The Good Project – value card sorter- <https://www.thegoodproject.org/>
- VIA Character Survey
<https://www.viacharacter.org/survey/account/register>
- Purpose in Life Quiz
https://greatergood.berkeley.edu/quizzes/take_quiz/purpose_in_life

References

- Davis, T., (2014). How to Write a Personal Purpose Statement. Retrieved from: <https://www.linkedin.com/pulse/20140609202917-14809800-how-to-write-a-personal-purpose-statement/>
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Evaluation Information

The MHTTC Network is funded through SAMHSA to provide this training. As part of receiving this funding we are required to submit data related to the quality of this event.

At the end of today's training please take a moment to complete a **brief** survey about today's training.



Connect With Us

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