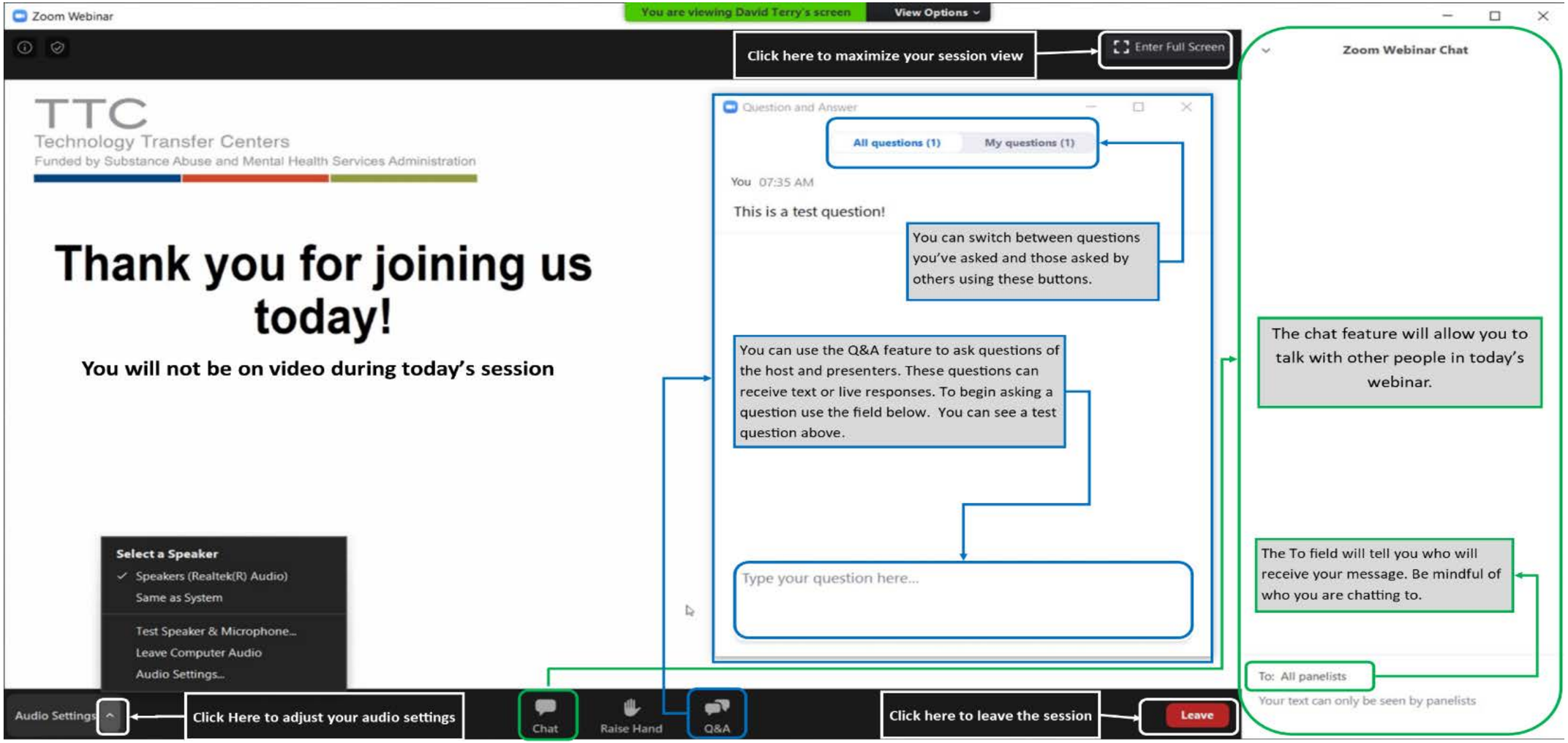
The Zoom Interface



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

ACCES-VR Mental Health Webinar Series and Community of Practice

Session 1: Understanding Our Own Values, Attitudes, and Beliefs about People with Mental Health Conditions and the Impact on Vocational Rehabilitation

Joni Dolce, MS, CRC

Rutgers University

1/20/2022

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

Grow Your Knowledge and Skills

Keep up with the latest effective practices, resources, and technologies!

Subscribe to receive our mailings.
All activities are free!

https://bit.ly/3IU0xF4

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.
- Please share your questions in the chat box
- Note: your question is visible to all participants.

Chat and Polls

- Throughout the webinar, we will be asking for your input.
- We will also have breakout sessions- these sessions will not be recorded.
- 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

Adapted from: https://mhcc.org.au/wp-content/uploads/2019/08/Recovery-Oriented-Language-Guide_2019ed_v1_20190809-Web.pdf

Our Presenter:

Joni Dolce, MS, CRC

Survey

The upcoming series

1/20/22
Understanding Our Own Values, Attitudes, and Beliefs about People with Mental Health Conditions and the Impact on Vocational Rehabilitation

2/3/22
Application of Knowledge and Skill of Understanding the Impact of our Values, Beliefs, and Attitudes in Vocational Rehabilitation Counseling

2/17/22
Communication Strategies When managing Difficult Situations/Behaviors

3/3/22
Applying Communication Strategies to Effectively Manage Challenging Situations and Behaviors

Community of Practice Sessions
March 17, April 14, May 12, June 9, July 14, and August 11, 2022 | 1:30-2:30 pm ET

Community of Practice

- What is a community of practice (CoP)?
- What are the benefits of participating in a CoP?

Poll Everywhere log in

- From your computer
  - PollEv.com/jonidolce727
- Text
  - JONIDOLCE727 to 22333

Objectives

1. Assess our own beliefs and attitudes about working with people with mental health conditions.
2. Define and clarify our work related values.
3. Describe the myths and stereotypes around people with mental health conditions.

Facts about Mental Health Conditions

46.6 million adults[1]

changes in thinking, mood, or behavior.

depression, anxiety, PTSD, bipolar disorder, schizophrenia

1. Any Mental Illness (AMI) Among Adults. (n.d.). Retrieved June 15, 2019, from https://www.nimh.nih.gov/health/statistics/mental-illness.shtml#part_154785

The good news is…

What are some challenges working with individuals who have a mental health condition?

Breakout room activity

- With your group, identify a challenge you have experienced working with a participant. What was the challenge and how did it impact your work with the person.
- Back together: We will review responses so please identify one person to share back.

Values, Beliefs, and Attitudes: Their Impact on the Helping Profession

Values in Vocational Rehabilitation

VALUES

Our Own Values

Photo by Ian Schneider on Unsplash

Activity: What are some of my values?

Manners—Are they old fashioned? Do they hold a high or low value in your life?

Pride—Are there things you need to be proud of? Do you value pride or do you value humility?

Clothes—How important are clothes at work? At play?

Behavior on the sports field—What behaviors do you value? Winning? Team spirit? Individuality?

Family life---What do you value about family life?

Others?

Corey and Corey, 2021

Name one value related to your employment.

Start the presentation to see live content. Still no live content? Install the app or get help at **PollEv.com/app**

Activity

- In your breakout rooms, ask your colleague the questions on the next slide (will also post in the chat of the breakout room). We'll come back as a group to discuss both the process and the outcome.

Questions to Consider

Discuss what has attracted you to the helping profession.

Describe your main motivation for wanting to be a helper/rehabilitation counselor.

Think about the attributes of an effective helper/rehabilitation counselor and describe the characteristics you would identify as being the most important.

What personal strengths do you have that assist you in your work as a helper/rehabilitation counselor?

Describe your thoughts about the major frustrations and demands of being a helping professional.

How do the values we just discussed impact your responses to these points of discussion/questions?

Corey & Corey, 2021

Beliefs and Attitudes

Impact of Values, Beliefs, and Attitudes on the Counseling Profession

What are some specific concerns related to the practitioner's values, beliefs and attitudes?

What are some ways to avoid the downsides of practitioners' values, beliefs and attitudes?

Common Myths

What are common myths related to mental illness?

What are three strategies you can do to prevent/address myths?

Recovery

Takeaways

Preparation for 2/3/22 Session

Application and Discussion: A challenging situation

1. Participant's de-identified info (age, mental health condition, symptoms)
2. What is the person's career goal?
3. What are their strengths and barriers related to the goal?
4. What specific concerns/challenges are you experiencing?

Question and Answer

Mental Health Resources

- Bazelon Center for Mental Health Law

  www.bazelon.org
- National Alliance on Mental Illness (NAMI)

  www.nami.org
- National Institute of Mental Health

  www.nimh.hih.gov
- National Mental Health Association
  - www.nmha.org
- US Dept. of Health and Human Services Substance Abuse and Mental Health Services Administration
  - www.samhsa.gov
- U. S. Psychiatric Rehabilitation Association
  - www.uspra.org

References

Corey, M. & Corey, G. (2021). *Becoming a helper (8th ed)*. Cengage.

Davidson L, Sells D, Sangster S, O'Connell M.(2005). What we can learn from the person? In: Corrigan RORPW, editor. Recovery in Mental Illness. Broadening our understanding of wellness. Washington, DC: American Psychological Association

Drake, R.E. & Whitley, R.(2014). Recovery and Service Mental Illness: Description and Analysis. *Canadian Journal of Psychiatry, 5*9(5), 236-242.

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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SAMHSA
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