

# The Zoom Interface

The screenshot displays the Zoom Webinar interface with several key components and annotations:

- Header:** "Zoom Webinar" title bar, "You are viewing David Terry's screen", and "View Options" dropdown.
- Main Content:** "TTC Technology Transfer Centers" logo, "Funded by Substance Abuse and Mental Health Services Administration", and a large "Thank you for joining us today!" message. Below it, a note states "You will not be on video during today's session".
- Q&A Window:** A "Question and Answer" window is open, showing a question: "This is a test question!". It includes tabs for "All questions (1)" and "My questions (1)". Annotations explain that users can switch between questions and use the Q&A feature to ask questions of the host and presenters.
- Chat Window:** A "Zoom Webinar Chat" window is open on the right. It shows a "To: All panelists" field and a message: "Your text can only be seen by panelists". Annotations explain that the chat feature allows users to talk with others and that the "To" field indicates who will receive the message.
- Bottom Bar:** Contains "Audio Settings", "Chat", "Raise Hand", "Q&A", and "Leave" buttons. Annotations point to "Click Here to maximize your session view", "Click Here to adjust your audio settings", and "Click here to leave the session".
- Audio Settings Panel:** A "Select a Speaker" panel is visible, showing "Speakers (Realtek(R) Audio)" selected and "Same as System" as an option.

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

# Build Your Flourishing Plan One Day at a Time: Use your Strengths

Michelle Zechner, PhD, LSW, CPRP  
Rutgers, School of Health Professions  
4/19/22



# 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 schoolteachers 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!



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

# 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

This presentation was prepared for the Northeast and Caribbean Mental Health Technology Transfer Center (MHTTC) under a cooperative agreement from the Substance Abuse and Mental Health Services Administration (SAMHSA). All material appearing in this presentation, except that taken directly from copyrighted sources, is in the public domain and may be reproduced or copied without permission from SAMHSA or the authors. Citation of the source is appreciated. Do not reproduce or distribute this presentation for a fee without specific, written authorization from the Northeast and Caribbean Mental Health Technology Transfer Center (MHTTC). This presentation will be recorded and posted on our website.

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



Discuss the power of personal strengths and using them to flourish



Identify readiness strategies for flourishing



Explore the benefits of generating a flourishing plan



Apply information to build a flourishing plan



Helping  
Professionals  
are **STRONG**



# Strength Categories

---

- Wisdom
- Courage
- Humanity
- Justice
- Temperance
- Transcendence

# Wisdom



Creativity



Curiosity



Judgement



Love of  
Learning



Perspective



# Courage

- Bravery
- Honesty
- Perseverance
- Zest



Be a  
rainbow  
in someone  
else's cloud

## Humanity

- Kindness
- Love
- Social Intelligence





# Justice

---

- Fairness
- Leadership
- Teamwork





# Temperance



Forgiveness



Humility



Prudence



Self-Regulation



# Transcendence

- Appreciation of Beauty & Excellence
- Gratitude
- Hope
- Humor
- Spirituality

# Using Our Strengths at Work

- Helps problem-solve, cope and live a flourishing life
- Inform our values, priorities and approach
- Improve your relationships
- Enhance health and overall wellbeing
- Increases fulfillment




# Poll 1

---

Where are Your Strengths?





Flourishing Takes  
Strengths &  
READINESS

# CYCLE OF CHANGE



Are you ready?

# Ready to Flourish?



**Change takes  
practice**



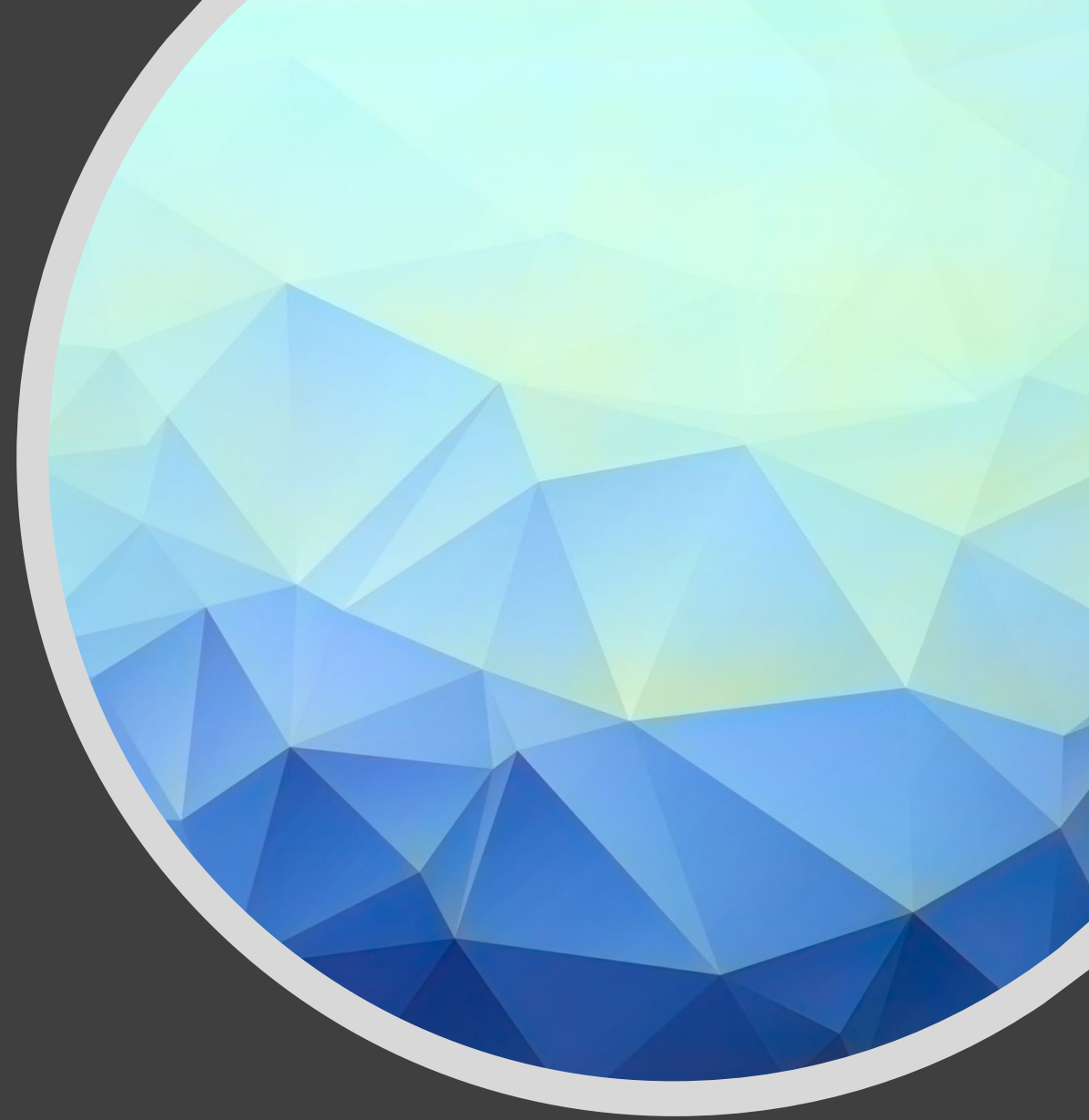
**Disconnect in  
wanting and  
change**



**Time to build  
personal  
motivation**



**Action  
supports  
flourishing**






## Poll 2

When considering adding or expanding flourishing actions into your work life, how ready are you?





# Build Motivation for Flourishing Actions

---

*Why is your flourishing a  
priority for you now?*





# The Flourishing Habit

---

- Build habits using self-compassion and forgiveness
- Focus on specific actions that feel positive for you\*
- Start slow <5 minutes
- Link the action to something “trigger”



YOUR DAILY  
ROUTINE  
MATTERS

*What habits do you currently have in place that are most important for your flourishing?*

*What habits would you like to develop?*

# How a Plan Helps

---

- Overcomes inertia
- Reminder of priorities
- Improves self-efficacy
- Notes progress



# A Daily Flourishing at Work Plan



# A Sample Plan



1. What daily flourishing actions would you like to begin and/or broaden?

*Daily walk for 10 minutes for reflection*

2. How will you know if you achieved your goal?

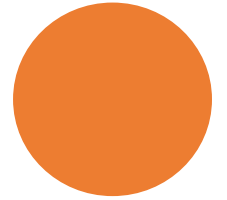
*Track using my calendar*


3. What might get in the way of flourishing actions for you?

*Not prioritizing my time or other tasks*

**What are some ways you can overcome these difficulties?**

*Remind myself of my value (& values!). Walk during lunch break.*



A person is walking away from the camera through a field of tall, golden-brown grasses. The sun is low on the horizon, creating a bright, hazy glow and long shadows. The person is wearing a dark top and light-colored pants. The overall mood is peaceful and contemplative.

# Keep Your Plan Going!

## 4. What strengths will you use?

*Creativity, determination & appreciation of beauty*

## 5. Who will cheer you on?

*My friends, supervisor, co-workers and family.*

## 6. How can you keep a focus on flourishing?

*Check-in with myself on Fridays. Review my calendar. Celebrate success and consider what got in the way and how to use supports or strengths to continue*



# A Tool for You

## Flourishing at Work: A Plan for Helping Professionals

your well-being and want to commit to flourishing actions. Changing our behavior takes intention  
you make now that might improve your ability to flourish at work?

- 1. Why is your flourishing a priority now?**  
For some helping professionals, prioritizing their flourishing might be due to feeling sick, unmotivated, experiencing burnout, or even considering leaving their jobs. Think about why YOU are choosing to make this a priority now and continue to remind yourself of this as you work on your plan. Are you feeling stuck, unhappy, or perhaps the other emotions described above? This is your reason for wanting to make this change now.
- 2. What strategies can you use to prioritize your time, take better care of yourself and focus on the things that really matter?**  
Strategies may look different for each of us. Do you want to include more small breaks into your day or maybe find time to attend to your spiritual well-being or do the volunteer work that provides you joy? What specifically can you do to create the time in your schedule? For example, will you need to set more boundaries with work or other commitments in order to prioritize these self-care activities?
- 3. How can your personal strengths inform your priorities and approach to work? How might your personal strengths be used to start or continue flourishing actions?**  
Consider your strengths and skills. Are you someone who has a lot of empathy and compassion for others? Are you organized and skilled at prioritizing tasks and other work responsibilities? Are you someone who is creative and committed to making music?
- 4. What habits do you need to flourish? What habits do you currently have in place that are most important for your flourishing? What are ones that you want to develop?**  
Many of us already have habits in place that we will want to maintain. These might include getting eight hours of sleep a night, eating healthy meals throughout the day, maintaining perspective about challenges, and finding time for laughter and fun. Or, these might be habits that we want to develop and include in our flourishing plan.  
This short e-book might be helpful to learn more: [Healthy Habits](#)
- 5. Making yourself a priority and introducing new actions is a process not an event, which requires patience and the ability to persevere.**  
As helping professionals, we often prioritize others health over our own. By committing to our own flourishing, we are committing to becoming better helpers. How can you exercise self-compassion and kindness towards yourself and others as you move forward? How might you see challenges and setbacks as opportunities for growth and strength development rather than failure?

@NECMHTTC @NECMHTTC #mhttnetwork.org/centers/northeast-caribbean-mhttc @NECMHTTC @NECMHTTC  
This work is supported by grant H79SM081783-01S1 from the Department of Health and Human Services, Substance Abuse and Mental Health Services Administration

## My Flourishing at Work Plan

A short, concrete plan(s) can help you succeed with the change(s) you would like to make to support your work. A critical ingredient in this work is to introduce self-compassion into your daily dialogues, problems, challenges and new habits. Self-compassion, or giving yourself permission to be human, can support changes you want to make to your life ([self-compassion.org](#)). Make sure you build in, or keep, the good habits you have such as sleep, exercise, and purpose.

Lastly, be sure to engage supports to help you succeed with your plan. Change is a team sport. Who is on your bench? What do you need from them? Overall, remember to make yourself a priority, focusing on your strengths, let go of what you can, embrace healthy positivity when you can, and make space for play.

Below is a template for helping professionals to develop a Flourishing at Work plan. Examples are provided in *italics*.

<b>1</b> <b>What daily and weekly flourishing actions would you like to begin and/or broaden?</b> <i>An example might be adding a 10 minute walk to reflect on the day.</i>	<b>2</b> <b>How will you know if you achieved your goal?</b> <i>Tracking with a journal, calendar or a check list can help with accountability.</i>
<b>3</b> <b>What might get in the way of flourishing actions for you? What are some ways you can overcome these difficulties?</b> <i>Other tasks may get in the way. One way I can overcome this potential difficulty is to wake up 10 minutes earlier or spend 10 minutes of my lunch break walking and make my co-workers aware that I will be unavailable during this time.</i>	<b>4</b> <b>What strengths will you use?</b> <i>Creativity, determination, and appreciation of beauty.</i>
<b>5</b> <b>Who can cheer you on as you do more to flourish?</b> <i>My friends, supervisor, co-workers, and family.</i>	<b>6</b> <b>How will you keep your flourishing actions going?</b> <i>Check-in with myself on Fridays. Review my calendar. Celebrate success and consider what got in the way and how to use supports or strengths to continue.</i>

**Resource List:**

- [Coronavirus Pandemic Wellness Resources](#)
- [Self-Care Planning Working Towards Wellbeing](#)
- [VIA Character Survey](#)
- [Creating a Life Resource List to Help You Achieve a Goal](#)
- [How to Cultivate the Resources for Resilience](#)

@NECMHTTC @NECMHTTC #mhttnetwork.org/centers/northeast-caribbean-mhttc @NECMHTTC @NECMHTTC  
This work is supported by grant H79SM081783-01S1 from the Department of Health and Human Services, Substance Abuse and Mental Health Services Administration

# Summary

---

Our strengths support us  
at work and at home

Building readiness can  
help motivate

Creating a flourishing plan  
reminds us to take actions

# Question and Answer



# 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.



# Toward Wellness and Recovery

## Our Podcast Channel



Check out our latest podcast series!

## Flourishing at Work: A Plan for Helping Professionals

**Search then Subscribe** wherever you get your podcasts!

[Spotify](#) Apple Music [Podbean](#)

# Resources

- My Flourishing at Work Plan
- <https://mhttcnetwork.org/centers/northeast-caribbean-mhttc/wellness-product-collections>
- Coronavirus Pandemic Wellness Resources  
<https://ppc.sas.upenn.edu/resources/coronavirus-pandemic-resources>
- Self-Care Planning: Working Towards Wellbeing  
<https://www.youtube.com/watch?v=-oJawXgAhng>
- VIA Character Survey  
<https://www.viacharacter.org/survey/account/register>
- Creating a Life Resource List to Help You Achieve a Goal  
<https://blog.iqmatrix.com/life-resource-list>
- How to Cultivate the Resources for Resilience  
<https://www.mindful.org/how-to-cultivate-the-resources-for-resilience>

# References

- Carter, C. (2021). *How to Set a Resolution that Sticks: ESTABLISHING NEW HABITS & ACHIEVING YOUR GOALS*. Retrieved from: <https://www.christinecarter.com/habits-ebook/>.
- Prochaska, J. O., & DiClemente, C. C. (1983). Stages and processes of self-change of smoking: Toward an integrative model of change. *Journal of Consulting and Clinical Psychology*, 51(3), 390–395. <https://doi.org/10.1037/0022-006X.51.3.390>
- Via Institute on Character (2022). *Via Character Strength Survey*. Retrieved from: <https://www.viacharacter.org/survey/account/register>



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

# Connect With Our Center

Phone: (908) 889-2552

Email: [northeastcaribbean@mhttcnetwork.org](mailto:northeastcaribbean@mhttcnetwork.org)

Website:

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

*Like and follow us on social media!*

- Facebook: Northeast & Caribbean MHTTC
- Twitter: @necmhttc
- LinkedIn: @Northeast and Caribbean MHTTC