

Motivation IN Mental Health Recovery

*Sustaining Change and
Creating Hope for a Life
Well-Lived*

Lamarr E. Lewis, LAPC CPRP

Region 10

NW MHHTTC



What You'll Learn

- ◆ Define motivation, how it can facilitate a person's mental health recovery, and support their self-empowerment process.
- ◆ Discuss treatment considerations for individuals with amotivation due to intellectual/developmental disabilities, substance use, and/or co-morbid Severe and Persistent Mental Illness.
- ◆ Apply evidence-based interventions to increase client motivation in their treatment.
- ◆ Enhance clinical decision-making and practical application of techniques related to improving client outcomes.

Big Question: How can we increase motivation with the people that we serve?

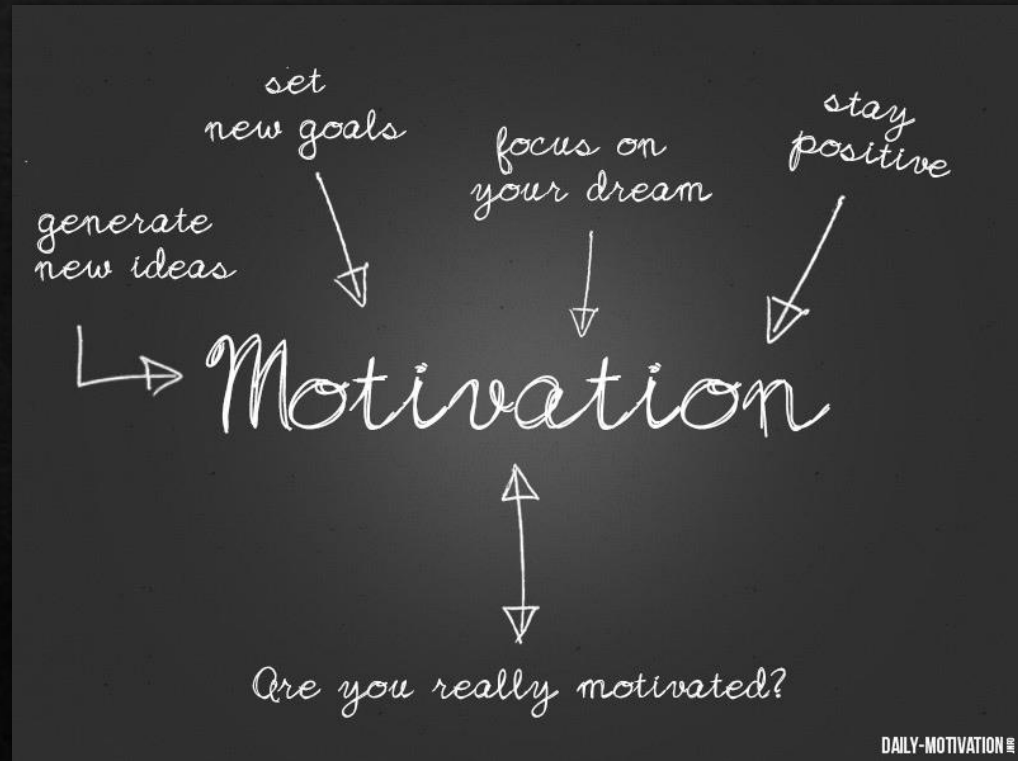
Quote to Ponder

*“Start as many times as
it takes to finish...”*

Dr. Garry
McGiboney



IceBreaker



[This Photo](#) by Unknown Author is licensed under [CC BY-SA-NC](#)

Personal Motivation Story

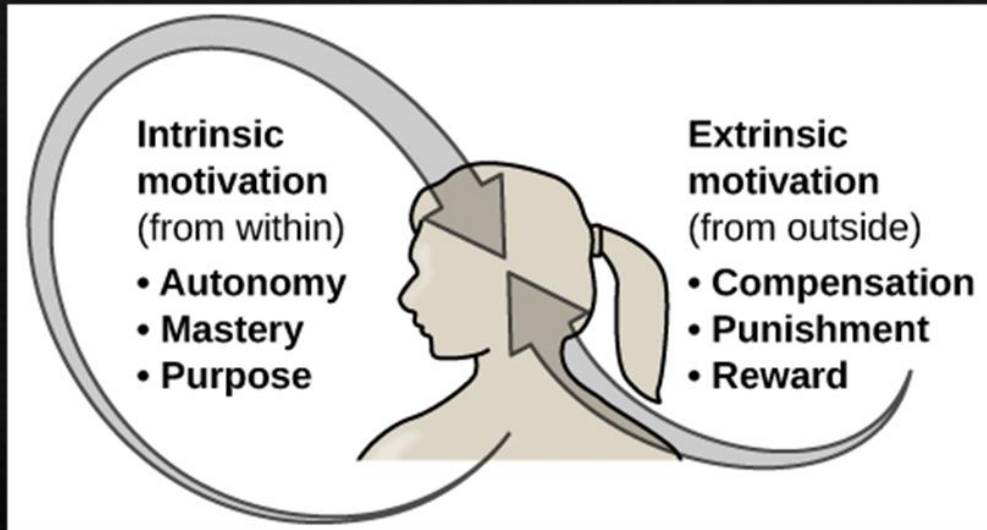
Share a moment in your life's journey when you felt most motivated to make a positive change.

What was it that inspired you?

How did it impact your path forward?

What did you do when it became difficult?

What is Motivation?



[This Photo](#) by Unknown Author is licensed under [CC BY](#)



[This Photo](#) by Unknown Author is licensed under [CC BY](#)

What is Recovery?



[This Photo](#) by Unknown Author is licensed under [CC BY](#)

What do you think about this statement?

I'LL ALWAYS USE
THE NEGATIVITY AS
MORE **MOTIVATION**
TO WORK EVEN HARDER
AND BECOME EVEN
STRONGER.

TIM Tebow



ChristianQuotes.info

[This Photo](#) by Unknown Author is licensed under [CC BY-SA](#)

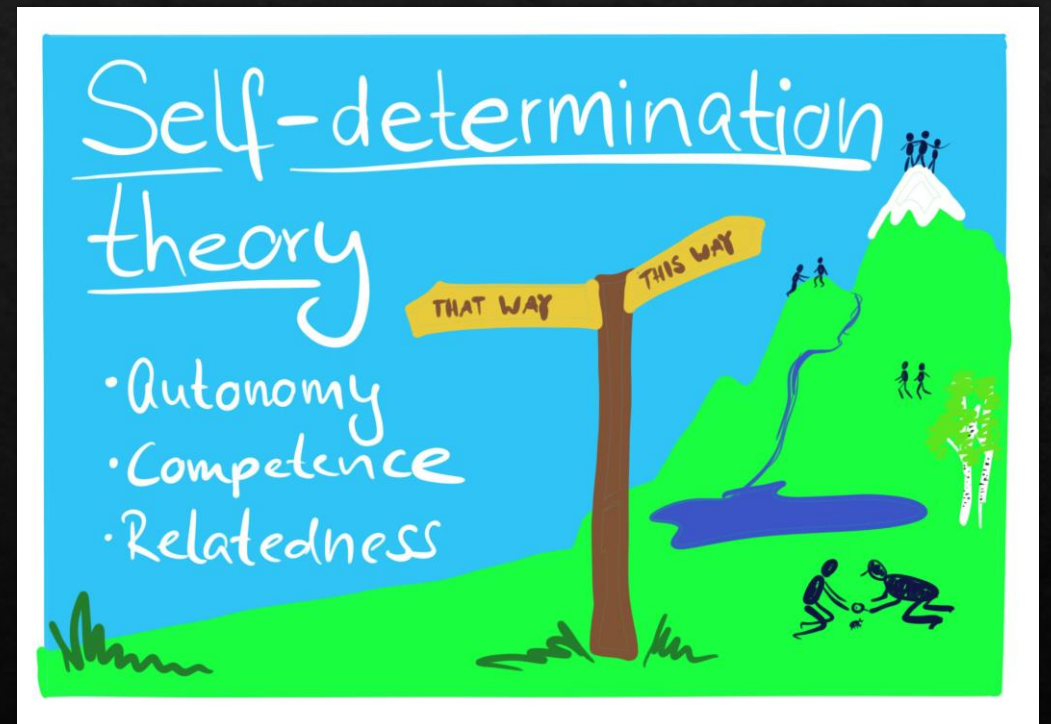
Barriers to Motivation



Self-Determination

- ◆ Autonomy
- ◆ Competence
- ◆ Relatedness

*Why is Self-Determination
important to Recovery?*



[This Photo](#) by Unknown Author is licensed under [CC BY-SA-NC](#)

My Bucket List

1. What's something you've always wanted to do, but haven't done yet?
2. What would you do in your life with unlimited resources? Like Money, Time, Relationships, etc.
3. What's something new that you've wanted to learn but haven't?
4. What do you need to give your life meaning and purpose?



Homework

Think about ONE goal you want to accomplish this year, write it down, then answer the following:

1. What help do I need?
2. How will I stay motivated?
3. How will I handle adversity, when it comes?
4. What steps do I need to take to achieve this?



The background is a solid teal color. A prominent feature is a tall, glowing white ladder that extends from the bottom to the top of the frame. To the left and right of this central ladder are several shorter, grey ladders of varying heights, some of which are partially cut off by the edges of the frame. The overall aesthetic is clean and modern, with a focus on verticality and light.

Motivation and Goals

Why is it easier to stay motivated when you have a goal?



Things to Ponder...

- ◆ “Start as many times as it takes to finish...”-Dr. Garry McGiboney
- ◆ “This obstacle is just another fight, and I NEVER went down without one!”-ME

Remember...

Strive to Give, Receive, and USE...

The gift of TIME

Thank You for Paying Attention!

Lamarr E. Lewis, LAPC CPRP
(He/Him/His)
lewisfamilyconsulting@gmail.com
www.lewisfamilyconsulting.net

Northwest MHTTC
<http://mhttcnetwork.org>

