

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

“Change. But start slowly, because direction is more important than speed.”

- Paulo Coelho



IceBreaker



Sustaining Change

What strategies or practices have you found most effective in sustaining the changes you've made during your recovery?

How do you stay committed to these practices, especially during challenging times?

Session 1 Review

- ◇ Motivation
- ◇ Recovery
- ◇ Barriers to Motivation
- ◇ Self-Determination: Autonomy, Competence, Relatedness
- ◇ Homework Review



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 smaller, 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.

Motivation and Goals

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

Reward

- ◇ Learning through reward reinforcement
 - ◇ BF Skinner: Operant Conditioning
1. How sustainable is reward in recovery?
 2. What are some examples you have used?
 3. What is the reward of recovery?



Recovery-Oriented Approach



Recovery and Culture

What is Culture?

What is the
“Culture of Recovery?”



Person Centered Planning



Strength AND GOALS



Step 1: Identify and affirm their strengths

Step 2: Align goals with strengths

Step 3: Notice goal attainment and feel good about it!

Adapted from Dr. Christian Waugh

Breakout Room Activity

An individual comes to you to begin services with your program. This individual is a single parent of two young children. They work part-time as a customer service representative. Recently, they have been experiencing symptoms of depression and anxiety, including feeling overwhelmed, low energy, and difficulty concentrating.

Strengths

- ◇ Strong work ethic
- ◇ Good communication skills
- ◇ Supportive extended family
- ◇ Wants to improve mental health

Challenges

- ◇ Balancing work and family responsibilities
- ◇ Limited time for self-care
- ◇ Financial constraints
- ◇ Hesitancy to seek professional help due to stigma

Homework

Think about ONE goal you want to accomplish then answer the following:

1. *What is the 1st step I need to take?*
2. *What motivation do I need?*



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>

