

# 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?

## Quotes to Ponder

*“To give life a meaning, one must have a purpose larger than self.”*

Will Durant

**THE TRUE  
MEANING OF LIFE  
IS TO PLANT  
TREES, UNDER  
WHOSE SHADE  
YOU DO NOT  
EXPECT TO SIT**

NELSON HENDERSON

PICTUREQUOTES.com

# IceBreaker



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

## Creating Hope for the Future

What are some goals or aspirations that keep you hopeful and motivated in your recovery journey?

How do you envision a life well-lived, and what steps are you taking to achieve that vision?



# Session 2 Review

- ◇ Motivation and Goals
- ◇ REWARD
- ◇ Recovery-Oriented Approach
- ◇ Recovery and Culture
- ◇ Strength and Goals
- ◇ Homework Review



# Today's Focus...



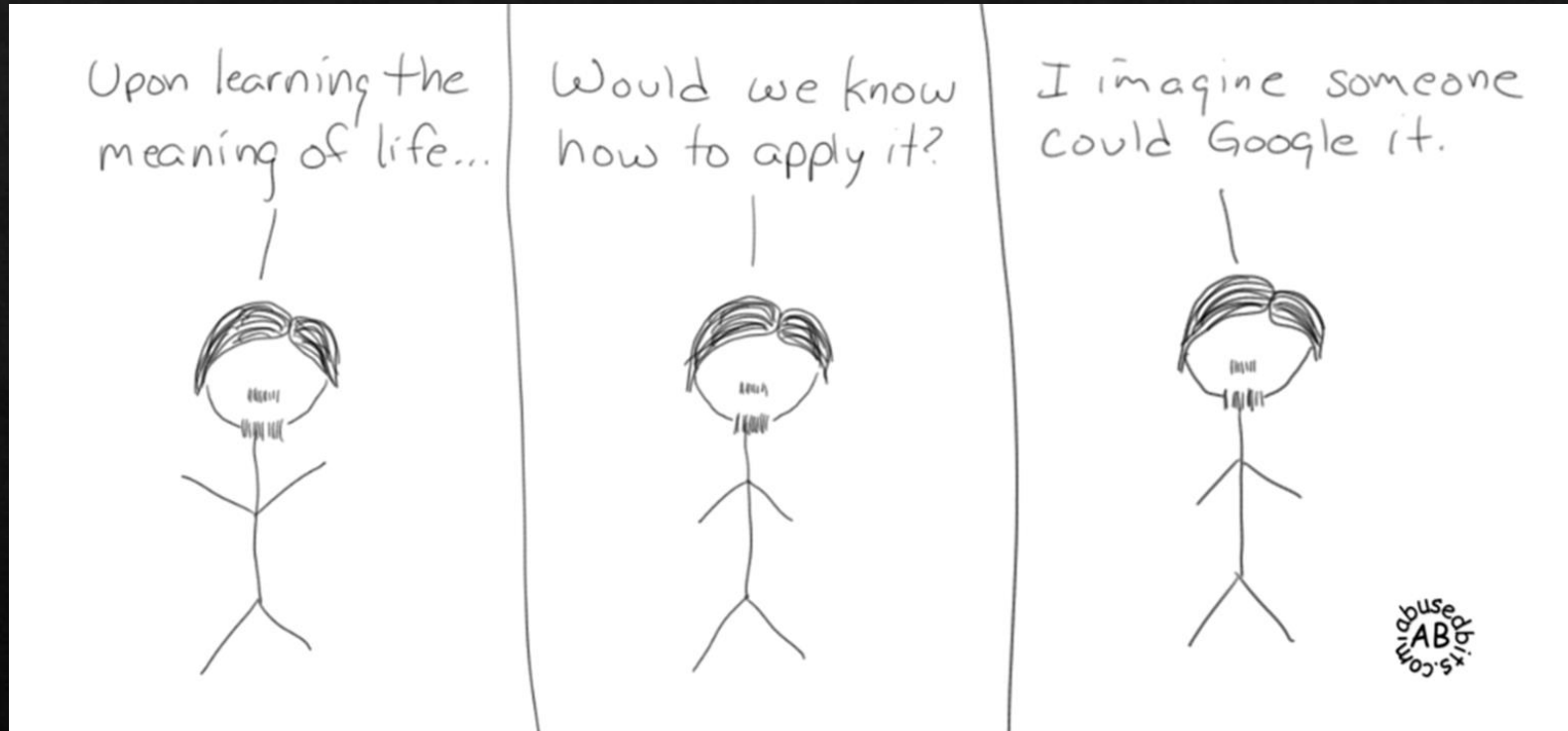
◇ Meaning

◇ Broadening

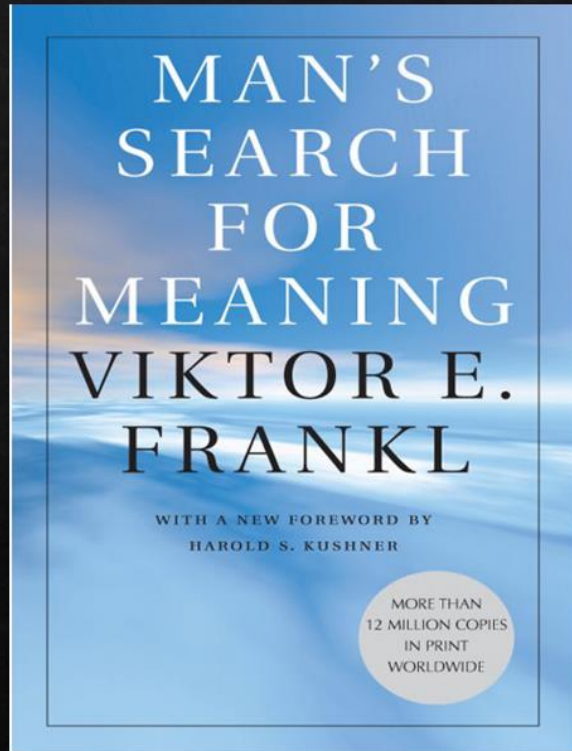
◇ Modeling



# What's the Meaning of Life? What's the Meaning of Recovery?



# Meaning





# Broadening

Broadening: Acquisition of resources  
i.e. psychological, physical, social, etc.

Ponder...

What were your favorite childhood  
games?

Think about your closest friend... What  
were the emotions when you first knew  
you'd be friends?



# Modeling



Also called...

**OBSERVATIONAL** learning

Question...

How much do you think your clients learn from you by watching you?



# Integration

## Putting It ALL Together

### Meaning Making

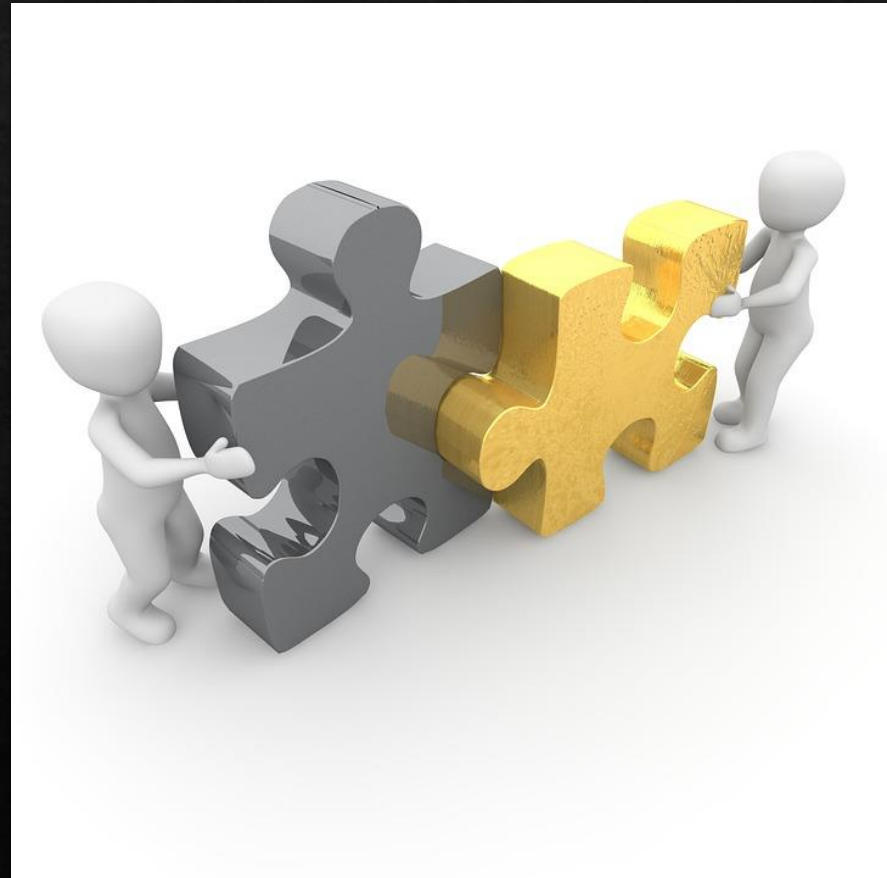
Practical Ways: Narrative Therapy and Journaling

### Broadening

Practical Ways: Resource Mapping and Action Planning

### Modeling

Practical Ways: Peer Support and Role-Modeling



# Breakout Room Activity

A 35-year-old person diagnosed with depression, is struggling with feelings of isolation, lack of motivation, and difficulty managing daily tasks.

They want to improve their mental health and overall well-being but is unsure where to start.

1. Psychological Resources
2. Physical Resources
3. Social Resources
4. Integrating Resources





# Homework

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

1. *Who can I look to as a model?*
2. *How can I broaden my skills?*



# 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>

