



Lewis Family Consulting

Motivation IN Recovery: Motivation and Goals

Key Takeaways

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

- Paulo Coelho

Motivation and Goals

Mentimeter: What is a goal?

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

Gives you something to stretch for.

You need to develop skills in collaboratively setting meaningful and achievable goals with clients.

REWARD

- ◇ Learning through reward reinforcement
- ◇ BF Skinner: Operant Conditioning

Learning through reward reinforcement (BF Skinner): Animals adjust behavior based on reward

Reward is something that increases the likelihood of repeating a behavior.

Questions for Reflection

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



Understand the concept of recovery: People/Human first

1. Recognize the importance of person-centered and strengths-based approaches in promoting recovery.
2. Learn strategies to combat stigma and promote inclusivity and acceptance.
3. Explore strategies to promote community integration and social inclusion for individuals with psychiatric disabilities.
4. Understand the role of housing, employment, and education in the recovery process.
5. Develop cultural competence to provide culturally sensitive and inclusive care.
6. Recognize the impact of culture on perceptions of mental health and recovery.

Recovery Language...

Is Person Centered, Culturally responsive questions... Inclusive...

Recovery language uses the words a person uses to describe themselves, their experience and their supports. Listen to a person's choice of words when they talk to you. Ask what terms they prefer and why. Using their words helps to build understanding and a respectful relationship.

Using recovery-oriented language: This means using words that convey hope and optimism for people's ability to recover and live fulfilling lives. For example, instead of saying "suffering from" or "afflicted with," say "living with" or "experiencing."

Recovery and Culture

What is Culture?

Culture is a broad, multi-dimensional construct, influenced by the context of social norms and experiences. Culture refers to integrated patterns of human behavior that include the language, spirituality, thoughts, communications, actions, customs, beliefs, values, and institutions of racial, ethnic, religious, or social groups. Cultural competence is a set of congruent behaviors, attitudes, and policies that come together in a system, agency, or among professionals, enabling them to work effectively in cross-cultural situations.

Cross, T., Bazron, B., Dennis, K., & Isaacs, M., (1989). *Towards A Culturally Competent System of Care, Volume I*. Washington, DC: Georgetown University Child Development Center, CASSP Technical Assistance Center.

- Reciprocal Accountability (Relationship building goes both ways)
- Two-way Intentionality (What do you want to get from the interactions?)

Cultural Humility Focus



1- Affirming and acknowledging that everyone sees, experiences, and engages the world differently, depending on how they were socialized

2-Generate more self-awareness and active listening skills i.e. work on self, first!

Person-Centered Planning

Person-centered planning is a process-oriented approach empowering people to plan their life, find their voice, and work toward reaching their goals. The goal of person-centered planning is to support participants to be the center of developing their own path towards achieving personalized goals.

The person-centered process helps to identify desired personal outcomes based on the individual's life goals, interests, strengths, abilities, desires, and preferences.

1. Shared Decision Making
2. Person First, Recovery Oriented Language
3. Individually Driven
4. Collaborative Process (Team approach: Clinicians, Individual, ID'd supports)
5. Fluid and not Static

Strength and Goals

Step 1: Identify and affirm their strengths

What are they good at? What are they not?

Step 2: Align goals with strengths

- Focus on those goals they can control-> They may need more help identifying strengths

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

- Celebrate wins, no matter how small
- Practice being happy in small steps