

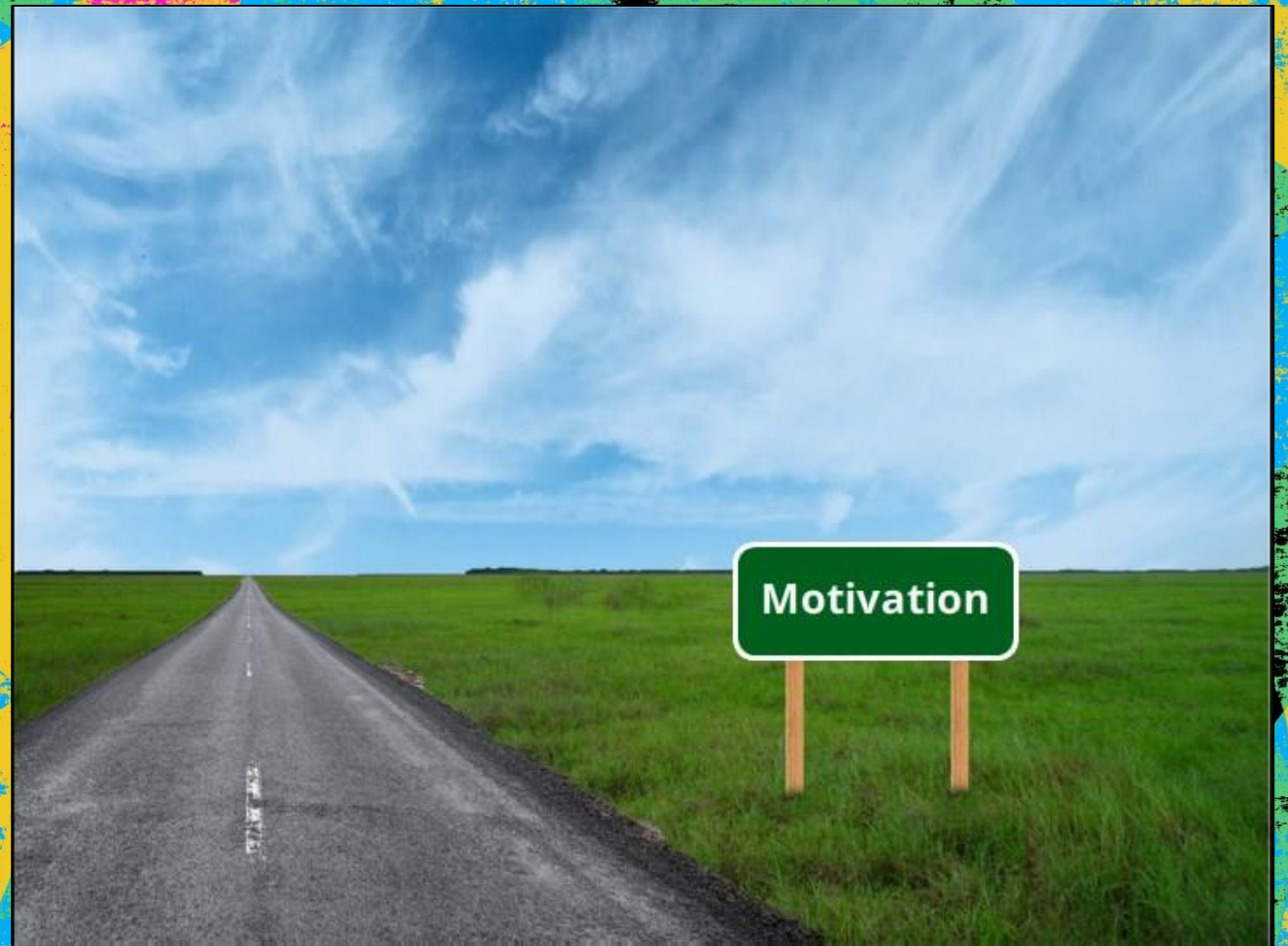
Motivation IN Recovery

*IMPROVING CLIENT OUTCOMES
AND THEIR CAPACITY FOR
CHANGE*

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Stuff You'll Learn



Discuss treatment considerations for individuals with lack of motivation due to intellectual/developmental disabilities, substance use, or comorbid severe and persistent mental illness.



Apply evidence-based interventions to increase client motivation in behavioral health 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...

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

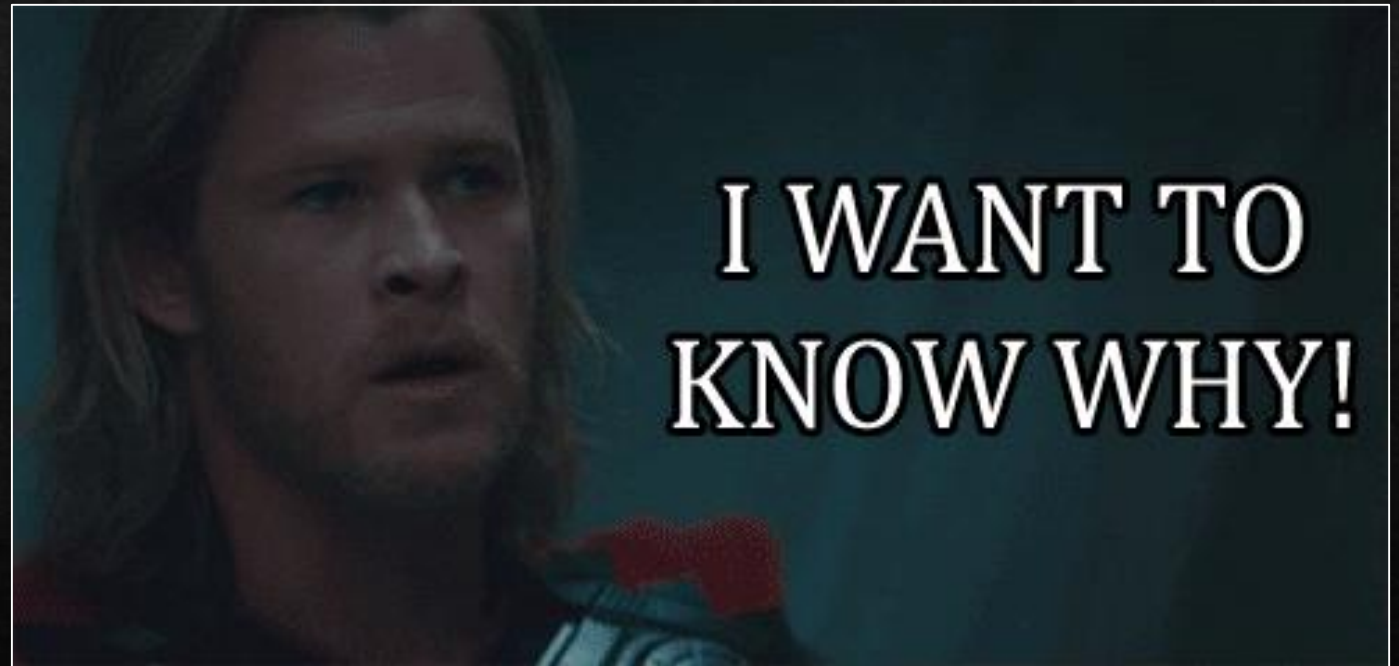
-Dr. Garry McGiboney

“Keep Going!”

-ME

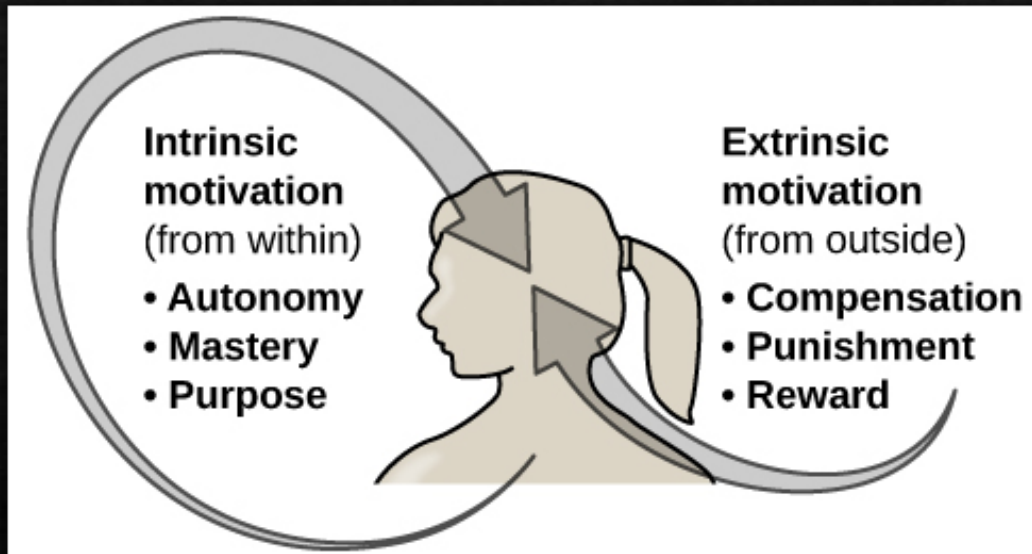
IceBreaker

Why are you
here?



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What is Motivation?



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What is Recovery?



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DEmotivation

Questions for Discussion

- ◇ What is demotivation?
- ◇ How does demotivation impact recovery?
- ◇ How do YOU stay motivated?
- ◇ What are some barriers to motivation?



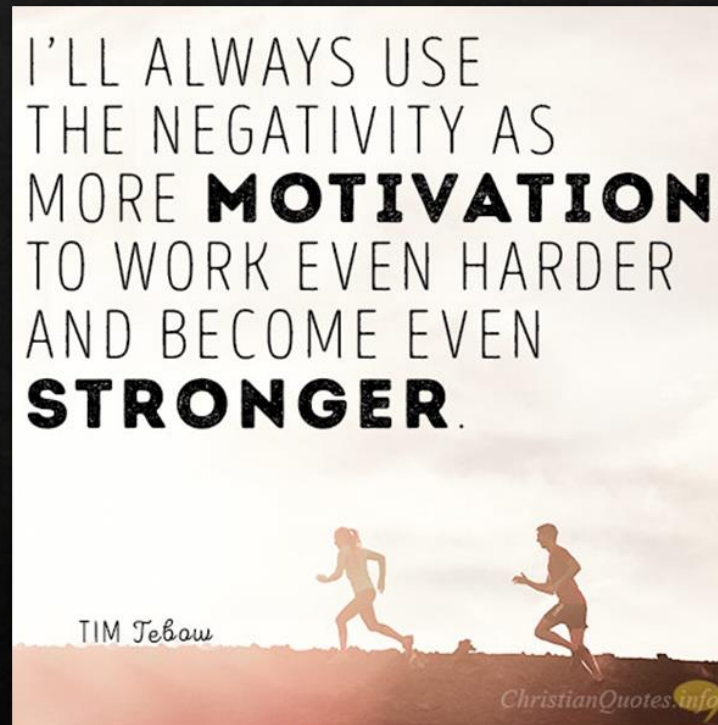
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The background is a solid teal color. A prominent white ladder is positioned vertically on the right side of the frame. Below it and to the left, there are several grey ladders of varying heights and positions, some appearing to be on a surface. The overall aesthetic is clean and modern.

Motivation and Goals

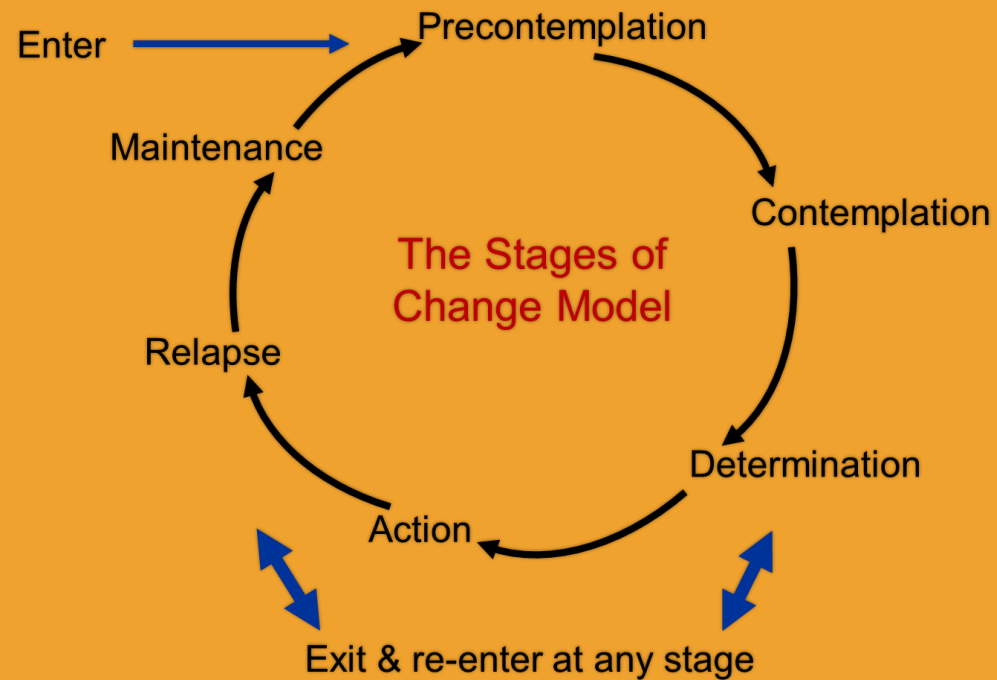
Why is it easier to stay motivated when you have a goal?

What do you think about this statement?



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Stages of Change



- ◇ Precontemplation
- ◇ Contemplation
- ◇ Preparation
- ◇ Action
- ◇ Relapse
- ◇ Maintenance

REWARD



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

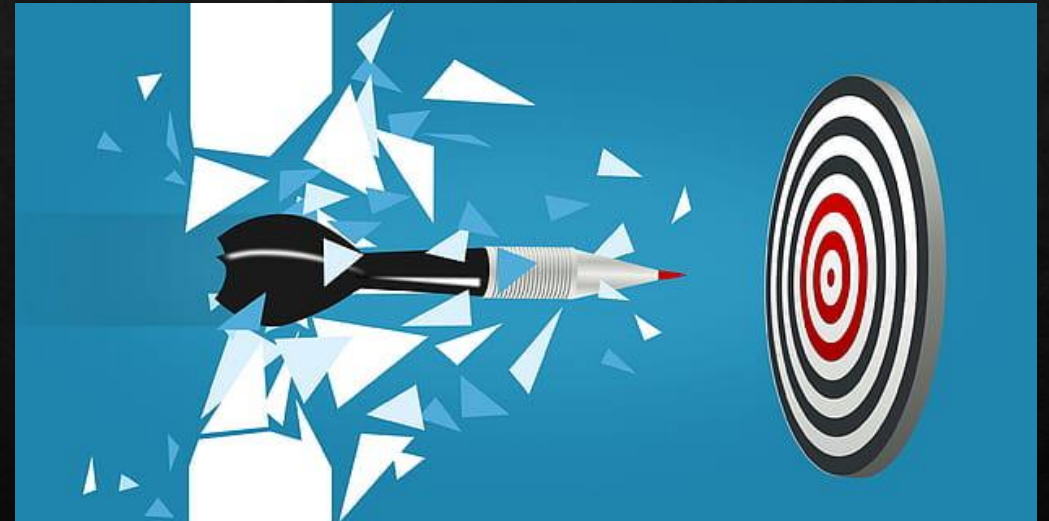
How sustainable is reward in recovery?

What are some examples you have used?

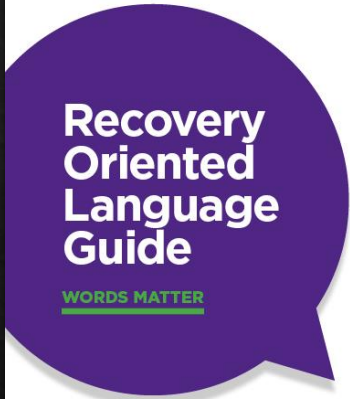
Recovery-Oriented Approach



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Recovery Language



FIND THE RIGHT WORDS

✘	✔
<ul style="list-style-type: none">• Sam is crazy, insane, nuts, mental	<ul style="list-style-type: none">• Sam lives with a mental health condition• Sam is a person with lived experience of...
<ul style="list-style-type: none">• Gurpreet is dangerous, abusive, angry or aggressive	<ul style="list-style-type: none">• Gurpreet tends to (describe the actions) when upset
<ul style="list-style-type: none">• Ira is anti-social	<ul style="list-style-type: none">• Ira is finding it difficult to socialise
<ul style="list-style-type: none">• Committed suicide or Commit suicide	<ul style="list-style-type: none">• Died by suicide• Ended their own life

Person-Centered Planning



STRENGTH AND GOALS



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- ◇ 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

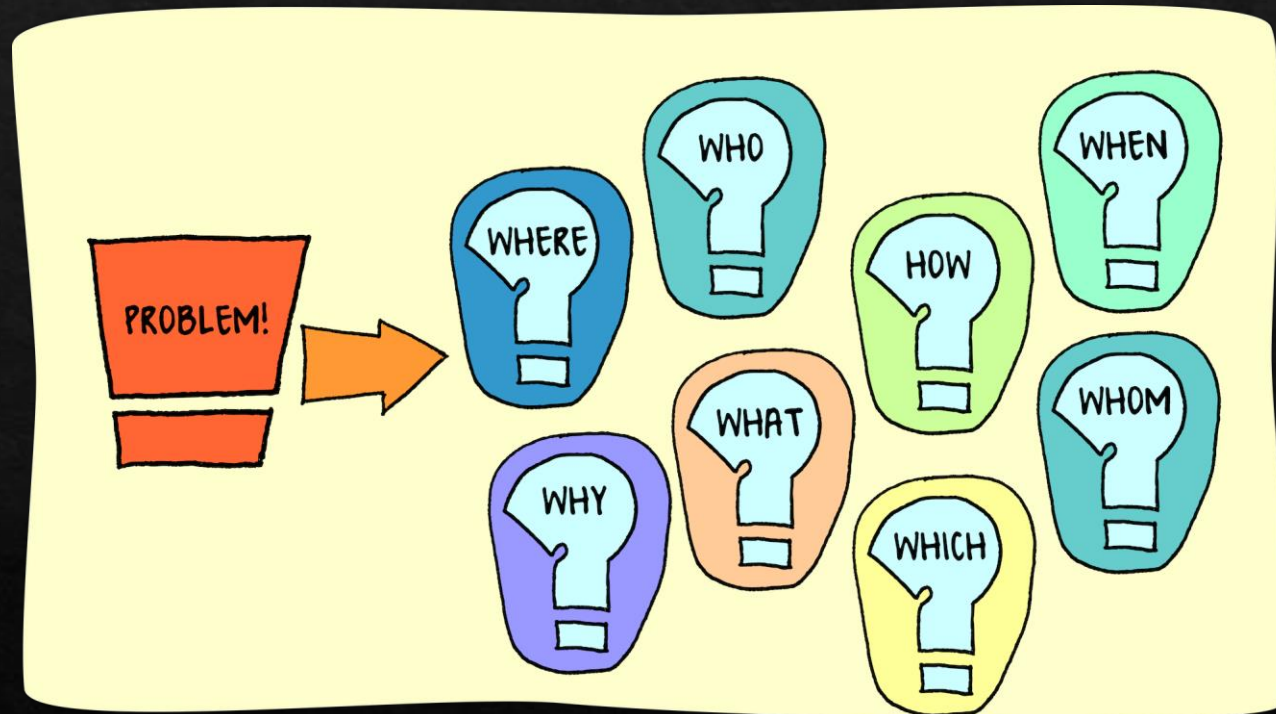
Homework

Think about what you want to accomplish this year and what help you may need.

THEN, write a strength-based goal to achieve it.



Questions?



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For Further Information

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