

Empowered Pathways Collaborative, Strength-Based Goal Setting to Enhance Mental Health Recovery

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Mountain Plains (HHS Region 8)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

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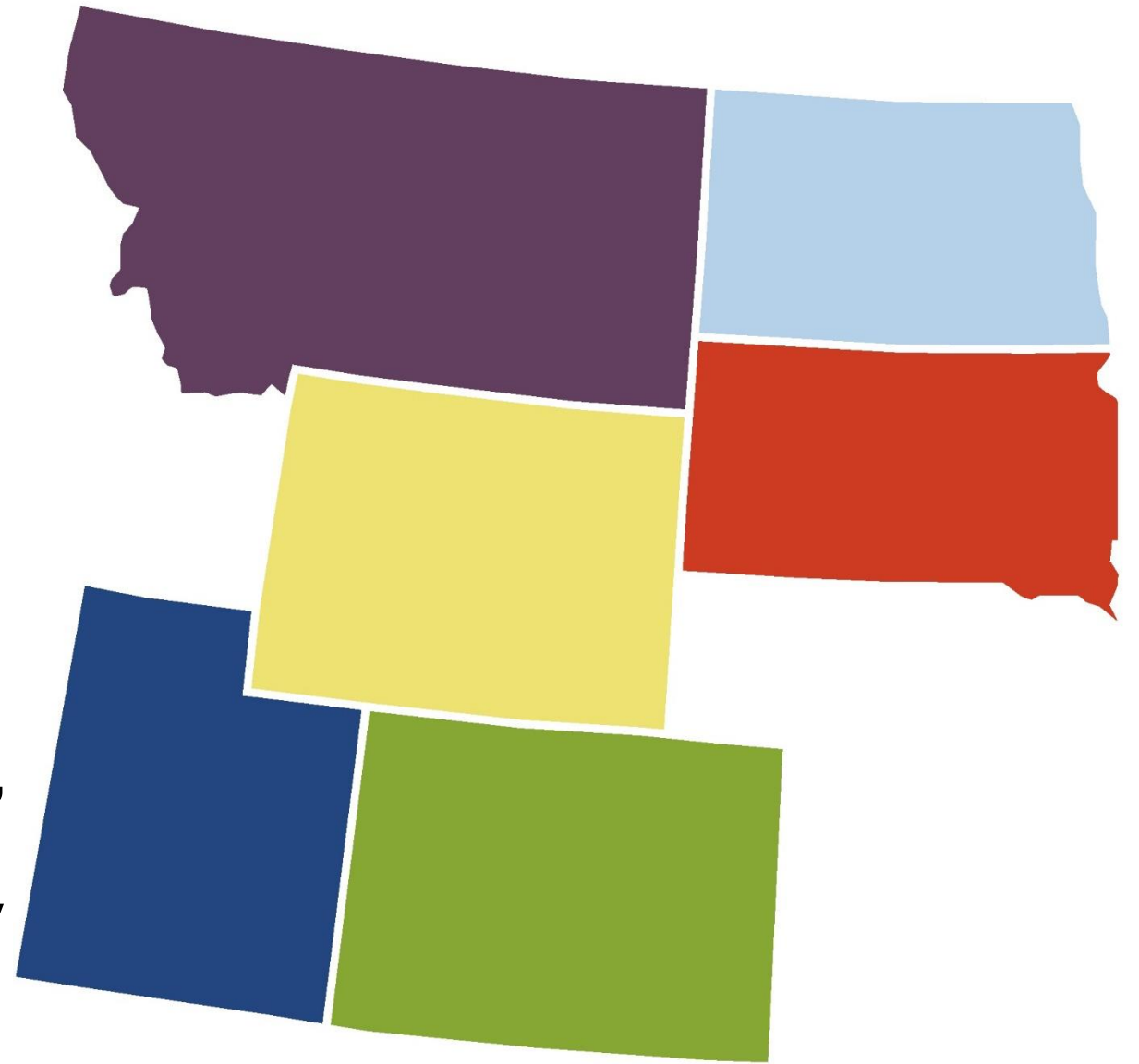
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The Mountain Plains Mental Health Technology Transfer Center

The Mountain Plains Mental Health Technology Transfer Center (Mountain Plains MHTTC) provides training and technical assistance to individuals who serve persons with mental health concerns throughout Region 8 (Colorado, Montana, North Dakota, South Dakota, Utah and Wyoming).

We belong to the Technology Transfer Center (TTC) Network, a national network of training and technical assistance centers serving the needs of mental health, substance use and prevention providers. The work of the TTC Network is under a cooperative agreement by the Substance Abuse and Mental Health Service Administration (SAMHSA).



Land Acknowledgement Statement

Today, the University of North Dakota rests on the ancestral lands of the Pembina and Red Lake Bands of Ojibwe and the Dakota Oyate - presently existing as composite parts of the Red Lake, Turtle Mountain, White Earth Bands, and the Dakota Tribes of Minnesota and North Dakota. We acknowledge the people who resided here for generations and recognize that the spirit of the Ojibwe and Oyate people permeates this land. As a university community, we will continue to build upon our relations with the First Nations of the State of North Dakota - the Mandan, Hidatsa, and Arikara Nation, Sisseton-Wahpeton Oyate Nation, Spirit Lake Nation, Standing Rock Sioux Tribe, and Turtle Mountain Band of Chippewa Indians.



The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED AND
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

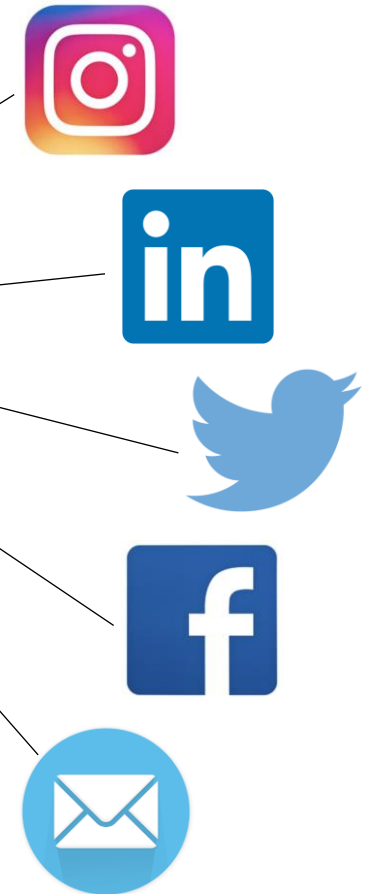
NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS


RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS

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Empowered Pathways

*Collaborative, Strength-Based
Goal Setting to Enhance
Mental Health Recovery*

LAMARR E. LEWIS

MOUNTAIN PLAINS MHTTC

Learning Objectives

- ▶ Participants will learn ways to identify and leverage client strengths to develop personalized, achievable goals in behavioral health settings.
- ▶ Participants will identify at least 2 techniques for facilitating collaborative goal-setting conversations that empower clients and foster engagement.
- ▶ Participants will gain strategies for tracking and adjusting goals to ensure continuous client progress and motivation.

Big Question: *How can we help people recognize their strengths to help them on their recovery journey?*

Quotes to Ponder

“Be strong, be fearless, be beautiful. And believe that anything is possible when you have the right people there to support you.”

— Misty Copeland

“Failure will never overtake me if my determination to succeed is strong enough.”

— Og Mandino

Strengths Based Goals Process

- ▶ **Step 1:** Identify and affirm your strengths
- ▶ **Step 2:** Create & align goals with your strengths
- ▶ **Step 3:** Notice goal attainment and feel good about it!



Person-Centered



1. Shared Decision Making

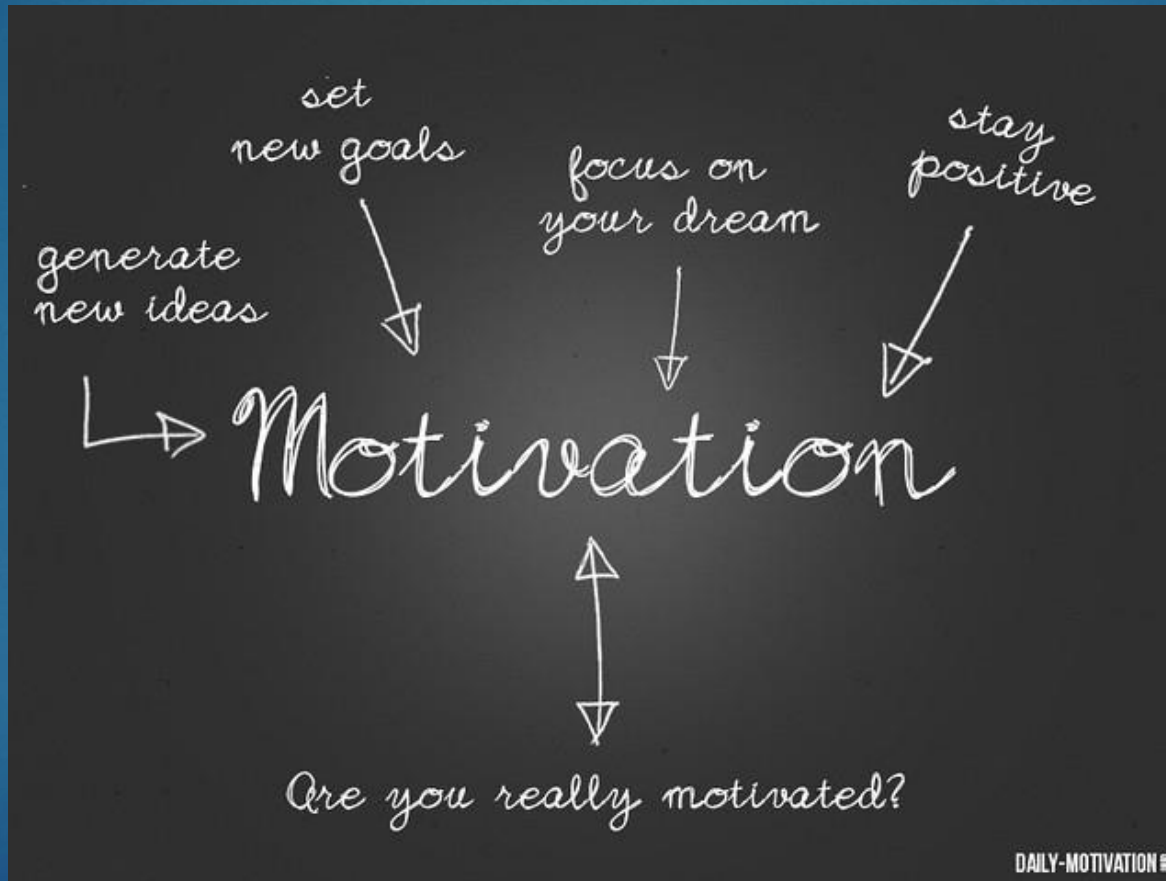
2. Person First, Recovery Oriented Language

3. Individually Driven

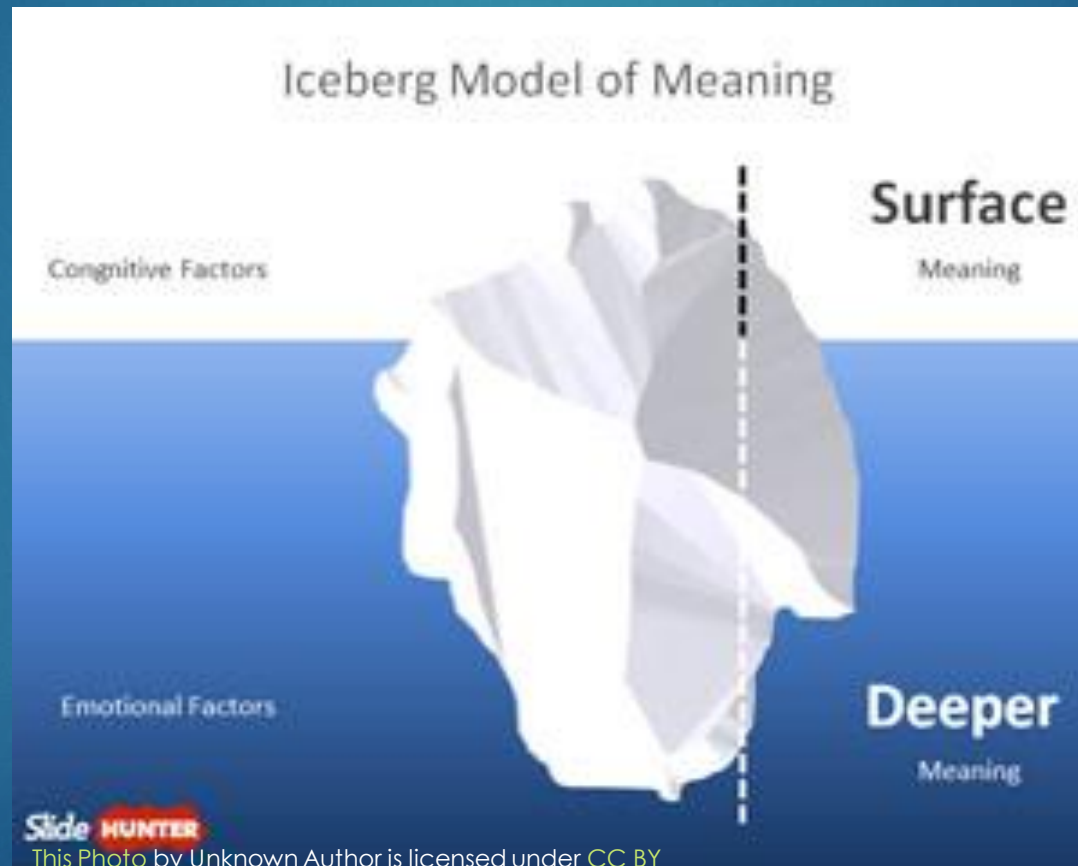
4. Collaborative Process

5. Fluid and not Static

Motivation



Meaning



Positive Emotions



“I don't have any strengths...”

Have you heard this before? What did you do?

1. Recall (Maybe REFRAME) the Past
2. Gather (Outside) Feedback
3. PAY ATTENTION



In Closing...



- ▶ Person-Centered
- ▶ Motivation
- ▶ Meaning
- ▶ Positive Emotions

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Stay in Touch!

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<https://mhttcnetwork.org/center/mountain-plains-mhttc/>

