

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

Lamarr Lewis

September 24, 2024



Mountain Plains (HHS Region 8)

MHTTC

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

# Disclaimer and Funding Statement

This presentation was prepared for the Mountain Plains Mental Health Technology Transfer Center (Mountain Plains MHTTC) under a cooperative agreement from the Substance Abuse and Mental Health Services Administration (SAMHSA). All material appearing in this presentation, except that taken directly from copyrighted sources, is in the public domain and may be reproduced or copied without permission from SAMHSA or the authors. Citation of the source is appreciated. Do not reproduce or distribute this presentation for a fee without specific, written authorization from the Mountain Plains MHTTC. For more information on obtaining copies of this presentation please email [casey.morton@und.edu](mailto:casey.morton@und.edu).

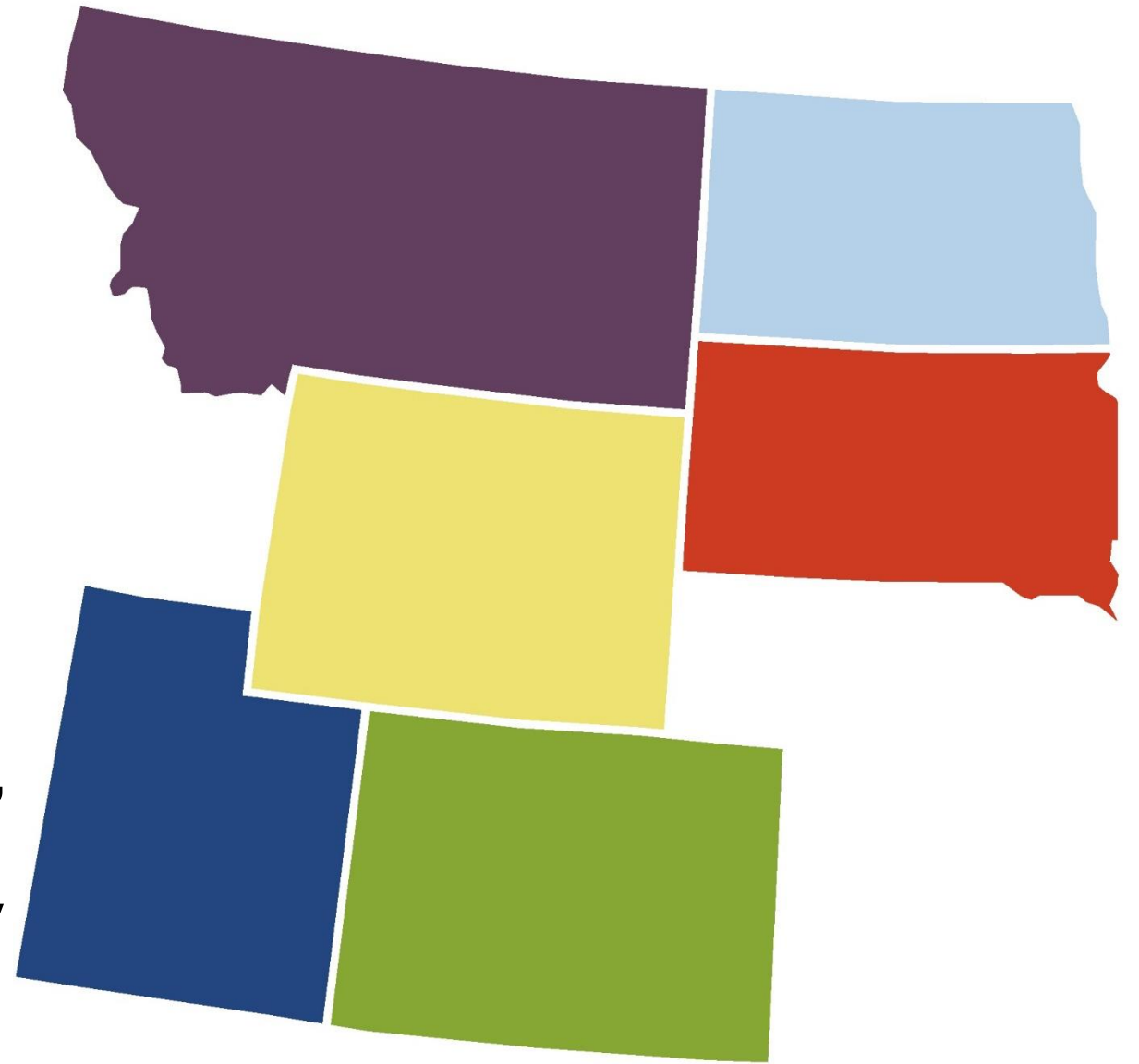
At the time of this presentation, Miriam Delphin-Rittmon served as SAMHSA Assistant Secretary. The opinions expressed herein are the views of Lamarr Lewis and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

The work of the Mountain Plains MHTTC is supported by grant H79SM081792 from the Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.

# 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



# **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

*"Being defeated is often a temporary condition. Giving up is what makes it permanent."*

Marilyn vos Savant

*"Reality is created by the mind, we can change our reality by changing our mind."*

Plato

*"Opportunities multiply as they are seized."*

Sun Tzu



# 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!



# Homework Review



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

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

- ▶ *What are some strengths I have?*
- ▶ *What reward am I looking for?*
- ▶ *Who supports me?*
- ▶ *How would I describe my self talk?*

# Last Week's Review

- ▶ Recovery Oriented Language
- ▶ Self-Determination
- ▶ Reward
- ▶ Strengths-Based Self-Assessment
- ▶ The Coach Approach



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

# Collective Genius Activity

*“I want to feel better...”*



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

What could this mean?

What could this person be trying to say?

# The “Wins & Lessons” Process



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

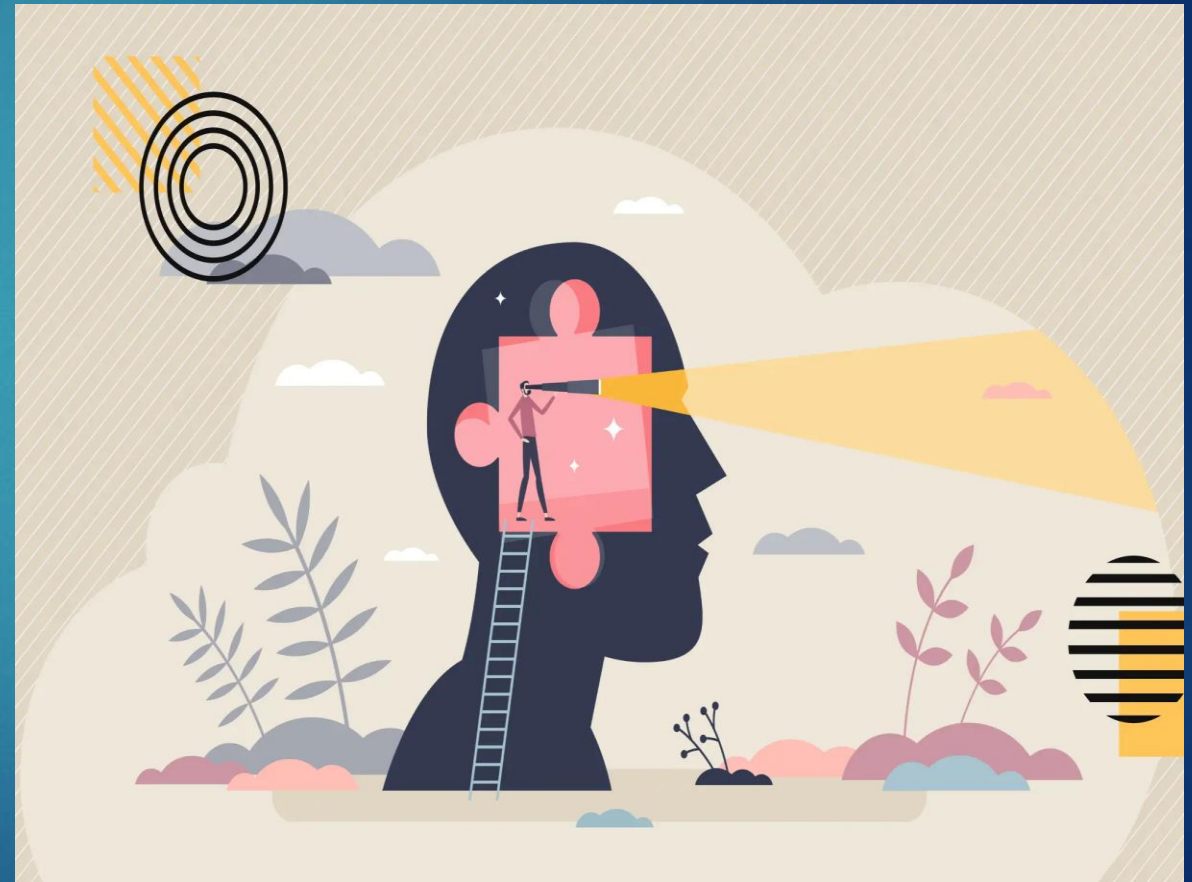
## **Reframe:** *Losses to Lessons*

- ▶ Awareness
- ▶ Assessment
- ▶ Acknowledgement
- ▶ Appropriate Support

# Awareness

*“Strengths in Action...”*

1. Look for the Positive
2. Reframe/Reappraisal
3. Find Meaning



# Assessment



- ▶ Collect Data/Evidence
- ▶ GOOD DOCUMENTATION

*“If it’s not documented,  
it didn’t happen...”*

# Acknowledgment

*“If Only...”*

*“Something is good  
right now...”*

- ▶ Gratitude Journaling
- ▶ Grateful Moment
- ▶ Share the Good News





# Appropriate Support

1. External Reflectors
2. Avoid “Toxic Positivity” or Patronizing Behavior
3. Subtle Reminders



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

# Homework



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

1. Find SOMETHING to feel good about
2. Tell someone
3. Let me know how it went at:  
[lewisfamilyconsulting@gmail.com](mailto:lewisfamilyconsulting@gmail.com)

[www.lewisfamilyconsulting.net](http://www.lewisfamilyconsulting.net)

# In Closing...



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

## “Wins & Lessons”

- ▶ Awareness
- ▶ Assessment
- ▶ Acknowledgment
- ▶ Appropriate Support

# Stay in Touch!

▶ Lamarr E. Lewis

[www.lewisfamilyconsulting.net](http://www.lewisfamilyconsulting.net)

▶ MP MHTTC

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

