

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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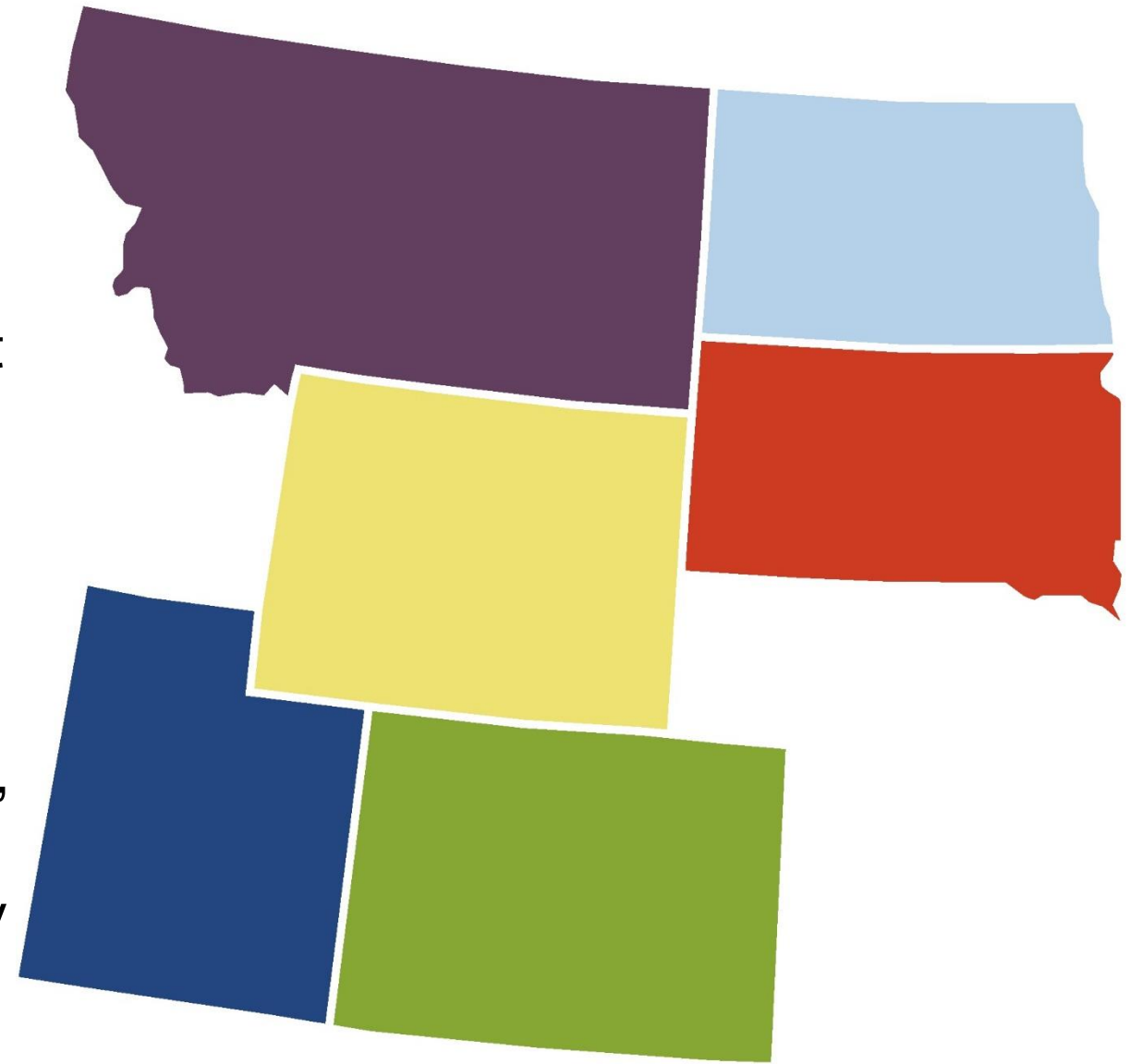
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The Mountain Plains Mental Health Technology Transfer Center

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

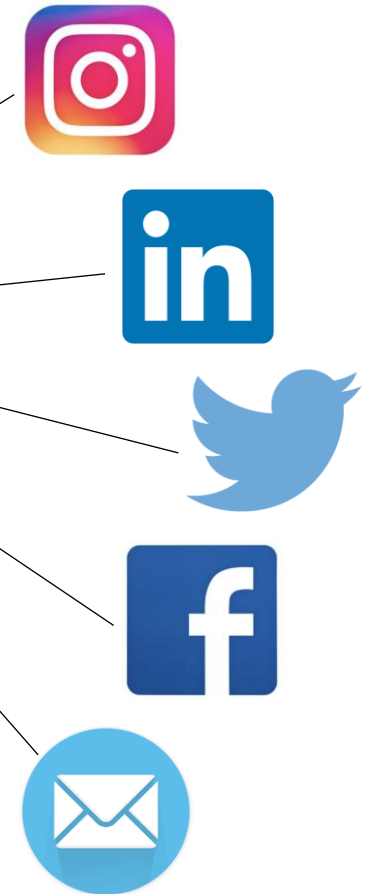
CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS


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SCAN ME





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

“Life is about finding yourself, embracing your strengths and weaknesses, and being true to who you are.”

Oprah Winfrey

“I keep moving ahead, as always, knowing deep down inside that I am a good person and that I am worthy of a good life.”

Jonathan Harnisch

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



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

- ▶ What is the 1st step I need to take?
- ▶ What motivation do I need?
- ▶ What things can keep me from achieving my goal?
- ▶ What resources do I have?

Last Week's Review

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



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Recovery Oriented Language

Recovery Oriented Language Guide

WORDS MATTER

FIND THE RIGHT WORDS

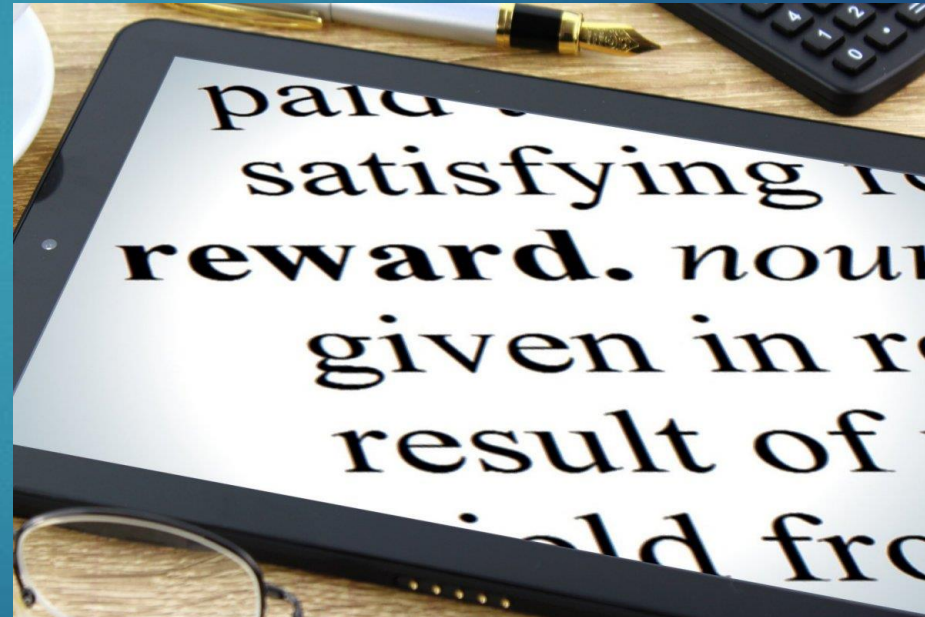
✘	✔
<ul style="list-style-type: none">• Sam is crazy, insane, nuts, mental	<ul style="list-style-type: none">• Sam lives with a mental health condition• Sam is a person with lived experience of..
<ul style="list-style-type: none">• Gurpreet is dangerous, abusive, angry or aggressive	<ul style="list-style-type: 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

Self-Determination



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Reward



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Strengths-Based Self-Assessment

- ▶ Facilitate Self-Reflection
- ▶ Feedback from Trusted Individuals
- ▶ Think “Outside the Box”
i.e. Creative Expression,
Play Therapy, etc.



“In their own words...”

Have you heard this before? What did you do?

1. Take a Coach Approach
2. Go Beyond First Answers
3. PAY ATTENTION (To their answers)



Collective Genius Activity

“I want to feel better...”



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What could this mean? What could this person be trying to say they want?

In Closing...



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- ▶ Recovery Oriented Language
- ▶ Self-Determination
- ▶ Reward
- ▶ Strengths-Based Self-Assessment

Homework



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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?

Stay in Touch!

▶ Lamarr E. Lewis

www.lewisfamilyconsulting.net

▶ MP MHTTC

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

