Participation, Motivation, and Inclusion

SMALL COUNTY TRAINING WORKSHOP
CIBHS, Sacramento, CA
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Presenter:
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Objectives

- To explore frameworks for understanding recovery oriented approaches.
- To clarify a “working alliance” and the importance of boundaries in order for consumers to gain or re-gain productive roles in the community.
- To understand the role of context/environment in maintaining social and emotional health, and practice with an evidence based tool to explore one’s personal environment.
- To review the basics of psychopathology and to learn how psychiatric symptoms can negatively impact quality of life and the achievement of meaningful goals.
- To practice motivational interview skills to help consumers clarify meaningful and realistic goals and objectives.
- To discuss strategies for increasing participation and inclusion.
# Models of Mental Health Approaches (Worldviews)

<table>
<thead>
<tr>
<th>(Attribute)</th>
<th>Medical Model</th>
<th>(Psych) Rehab Model</th>
<th>Social Model</th>
</tr>
</thead>
<tbody>
<tr>
<td>Power</td>
<td>Hierarchical</td>
<td>Collaborative partnership</td>
<td>Individual</td>
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<tr>
<td>Focus</td>
<td>Illness &amp; symptoms</td>
<td>Function</td>
<td>Wellness</td>
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<tr>
<td>Knowledge Base</td>
<td>Pathology</td>
<td>Pathology and strengths; Context</td>
<td>Lived experience</td>
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<tr>
<td>Techniques</td>
<td>Component based</td>
<td>Skill development “in vivo”</td>
<td>Support, inclusion</td>
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<tr>
<td>Outcomes</td>
<td>Clinical recovery (cure)</td>
<td>Functional recovery (adaptation)</td>
<td>Personal recovery (acceptance)</td>
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Psych Rehab - The process of restoring community functioning and improving quality of life.

- Rehab is contextual, requiring knowledge of home and community as well as individual life events, influences, and experiences.
- Rehab is skill based; therefore requires practice!
- Rehab is action oriented and has immediate application to daily living.
Additional Framework
(SAMSHA’s 8 Dimensions of Wellness)

Through its Wellness Initiative, SAMHSA pledges to promote wellness for people with mental and substance use disorders by motivating individuals, organizations, and communities to take action and work toward improved quality of life, cardiovascular health, and decreased early mortality rates.

To learn more and sign the Pledge for Wellness, visit http://www.samhsa.gov/wellness.

For information, contact: SAMHSA’s Wellness Initiative
1 Choke Cherry Road
Rockville, MD 20857
E-mail: wellness@samhsa.hhs.gov

<table>
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<tr>
<th>Dimension of Wellness</th>
<th>Obstacles to Participation and Inclusion</th>
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<tbody>
<tr>
<td>Emotional</td>
<td>Fears (rational or irrational), phobias, poor self esteem, depression, previous trauma</td>
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<tr>
<td>Financial</td>
<td>Lack of funds, poor money management, poor judgment regarding funds (overspending or easily exploited), increased spending opportunities</td>
</tr>
<tr>
<td>Social</td>
<td>Lack of access (transportation), not being included (or perceiving exclusion), minimal events or opportunities, lack of skills, estranged from family and friends</td>
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<tr>
<td>Spiritual</td>
<td>No contact with organized religion (by choice or availability), poor awareness of non-organizational spirituality, minimal contact with the natural world or “spiritual” environments, lack of daily roles that provide meaning</td>
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<tr>
<td>Occupational</td>
<td>Lack of opportunities, poor skills, lack of productive roles</td>
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<tr>
<td>Physical</td>
<td>Poor accommodations for disabilities, sensory “overload”, limited avenues for exercise, limited knowledge or access to healthy food</td>
</tr>
<tr>
<td>Intellectual</td>
<td>Available environments are over or under stimulating, lack of developed interests or hobbies</td>
</tr>
<tr>
<td>Environmental</td>
<td>(All of the above)</td>
</tr>
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Establishing a Working Alliance

- Determine “framework” of intervention (singular or hybrid) and communicate desired outcome.
- Identify the context of the alliance (place and time of interaction, including transition out of alliance).
- Clarify purpose of roles (in relation to context/environment).
- Establish boundaries of relationship.
- Provide safety, develop trust, and value strengths.
- Honor a “vision” for the future and collaboratively develop goals.
Vision to Goals
Realizing the Vision

A *Vision Statement* is a broad, motivational, and positive view of a hoped future. The description helps clarify & emphasize ambitions and future goals for a happy life.

- Establish concrete goals as milestones along the way.
- Understand and address the obstacles to achieving goals.
- Be willing to modify the vision and goals as needed.
- Develop specific objectives for each goal.

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Guidelines for Understanding Obstacles

(How do I know what I am seeing or hearing?)

- Examine one’s own “mental models” and be open to the possibilities.

- Listen to descriptions, especially of life events, without jumping to conclusions.

- Avoid comparisons with the experiences of others.

- Consult and collaborate with others.

- Try multi-model methods of information gathering (e.g. drawing or writing in worksheets instead of talking).

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The Kawa Model

An evidence based tool for understanding the relationship between the person and the social and physical environment

- Provides a visual representation of a personal narrative within a context; identifying both strengths and areas of concern as perceived by the individual.

- Applicable cross culturally, as well as with people of various learning styles and functional/developmental levels, through the use of universal, metaphorical & naturalistic concepts.

- Adaptable for individuals, groups, communities, and organizations.
The Kawa (River) Metaphor

Source: http://kawamodel.com

- Symbolizes the journey through life; the river upstream represents the past while the lower stream represents the future.

- A free flowing river represents good health.

- A river impeded by rocks and driftwood, or a shallow bank, represents a problem and ill health.

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Completing the Kawa Exercise

- Can be accomplished with drawing or through the use of a pre-made kit (such as with magnet boards).

- Reminders of the metaphors are often needed throughout exercise, as well as encouragement to “be thorough” and “creative”.

- Assurances that there are no “right” or “wrong” models. Perceptions and interpretations are varied and personal.
Kawa Model
Practice Session

Subsequent discussion
Why Do I Need to Know about Symptoms?

Accurate identification of the cause and effect of symptoms and behaviors (the “problem”) is crucial for developing recovery oriented goals, particularly for outcomes related to socialization and inclusion. (Know the obstacles).

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Types of Symptoms
(May be related to primary psychiatric disorder, neurological disorder, medication, or a combination of factors)

• Cognition
  Delusions
  Executive dysfunction
  Memory deficits
  Language

• Affect
  Depression
  Lability
  Over or under responsiveness

• Perception and Sensation
  Hallucinations
  Sensory processing deficits

• Energy/Motoric Responses
  Disrupted sleep patterns
  Stereotypy
  Lethargy
  Agitation

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Is the Problem a Symptom of Mental Illness?

- Substance/medication effects
- Response to life events
- Cultural or lifestyle manifestations
- Neurological or metabolic disorders

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Often Confused (Misidentified) Symptoms

- Poor boundaries or social phobias versus sensory processing deficits
- Low intelligence versus executive dysfunction
- Depression versus hypohedonia
- Motivation versus initiation
Motivational Interviewing

An evidence-based treatment featuring ‘change talk’, which is defined as statements by the client revealing consideration of, motivation for, or commitment to change. Research indicates a clear correlation between client statements about change and outcomes. The more someone talks about change, the more likely they are to change.
Different Types of Change Talk

Mnemonic: DARN CAT

(Preparatory Change Talk)  (Implementing Change Talk)

Desire (I want to change)  Commitment (I will make changes)

Ability (I can change)  Activation (I am ready, prepared, willing to change)

Reason (It’s important to change)  Taking Steps (I am taking specific actions to change)

Need (I should change)
Motivational Interviewing Practice Session

Subsequent discussion
Goals to Objectives

- Conditions (What are you providing?)
- Desired outcome (The person will...)
- Measurement (beginning to end)
- Evidence (How will you know the goal is met?)
- Time frame (How long will it take to reach goal?)

*Try one! (Practice)*
Strategies for Increasing Participation, Motivation, and Inclusion

- Expectations and Structure
  - Coaching/Guiding
    - Buddy system
- Environmental coping strategies (community)
  - Environmental modifications (Home or wellness center/clinics)
Being Part of the Community

- Transportation
- Networking and Representation
- Resources
- Outings
Closure and Future Plans

Take away points:

Is there one suggestion from this presentation that you would like to implement?

Would you like further information or training on the concepts presented?
(Please complete the provided evaluation form)

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Shoshana Zatz szatz@cibhs.org

Thank you for your participation!

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