Staying Focused and Aligning with Clients Around Long-Term Recovery Goals

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What is Recovery?

SAMHSA definition:

Recovery is a process of change through which people improve their health and wellness, live self-directed lives, and strive to reach their full potential. There are four major dimensions that support recovery:

- Health—overcoming or managing one’s disease(s) or symptoms and making informed, healthy choices that support physical and emotional well-being.
- Home—having a stable and safe place to live.
- Purpose—conducting meaningful daily activities and having the independence, income, and resources to participate in society.
- Community—having relationships and social networks that provide support, friendship, love, and hope.
Key Recovery-Oriented Outcomes/Indicators

Health
Symptoms
Hospitalization
Legal
Substance Use
Transportation

Other important outcome areas

Often times, these other outcome areas can be viewed in the context of key recovery-oriented outcomes
What People Want

To feel safe
Financial stability
Role with meaning, purpose, and valued identity
Connection to others
Connection with the community
To love and be loved
To be part of something, to be included
Have fun, enjoy life, laugh

“Active Ingredients” of Goals

We often use the term “goals” to describe what people want; but what people seek are often the “active ingredients” that they believe will be derived from a particular stated goal.

<table>
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<tr>
<th>STATED GOAL</th>
<th>WHAT PEOPLE MIGHT BE SEEKING</th>
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| I want to be in a relationship | • I want someone to do things with that I enjoy (cooking, travel, music, etc.)
• I want someone who I can share my hopes/dreams/fears/concerns with
• I want financial stability
• I want to be with someone who helps me feel safe |
| I want to exercise    | • I want to have more energy, so I can…
• I want to decrease my risk of heart disease, so I can…
• I want to spend time with my friend who exercises
• I want more active things for me to do in my life, so I don’t think about… |
Eliciting Values

'It sounds like _____ is really important to you.'

01 What are the most **important** things to you?

02 What do you most **value**?
Acknowledge others' autonomy, the right to make choices, free will.

Avoid lack of autonomy words.

Avoid: must, have to, need to, should.....

Affirm: It's your choice; your decision, whatever you think is best.....
How have world events over the past months impacted your own ability and willingness to focus on, and work toward, your long terms goals?

Checking in:
How is your week going?

Digging in:
How are you doing (with)?
What did she say?

How was it for you to say that to her?

Checking in:

What did she say?

Digging in:

How was it for you to say that to her?

Being Aware of Our Practice Approach

Controlling/Directive

Protect

Overly Nurturing/Process-Oriented

Neglect
Our narratives can affect our practice approach

Strategies

Process for goal-directed work during a session

Listen to people and empathize

Listen for key drivers related to movement (or lack of)

Find agreement around an aim (could be a concrete goal or an “active ingredient” of a goal)

Discuss possible pathways (elicit the person's own thinking)

Work toward finding the “best next step” for the person
Key concepts related to "recovery"

- Recovery is not cure or remission of symptoms, as viewed from a medical lens.
- Recovery is more about reclaiming (sense of self, my life, control, power, my pathway) or transforming (sense of self, my life, control, power, my pathway).
- Recovery is highly subjective and personal.
- Recovery is not an end-state, but rather a journey.

What makes it "worth it" to continue movement?

Where is the space for possibility?

Where is movement already occurring?

Capturing key drivers

Agreeing on an aim

An aim long-term and aspirational, but it can also be immediate and short-term:
- I want to graduate from college
- I want to be able to safely buy groceries

Remember to explore the meaning people attach to a stated goal (the "active ingredient")
- I don't want to feel anxious all the time (stated goal)
- I want to enjoy going to the movies with my friends (active ingredient)
- I want a lifelong partner (stated goal)
- I want to feel loved - and love and care for someone else (active ingredient)
Discussing possible pathways

“What steps have you already taken?”
“How do you think you might approach this?”
“What has worked for you in the past?”
“Who do you see being helpful with this?”
“What are some ways we could find out more about this?”

The Next “Best” Step

What do you think needs to happen next?
What would be something you would feel comfortable/confident doing between now and ______?
Is there something smaller that you would feel comfortable/confident doing?
What would increase your comfort/confidence to take a next step?

Final thoughts on a person’s recovery journey

- A setback is not failure; leave space for learning and growth
- Not yet achieving the end desired result does not diminish the value in the journey itself – celebrate successes along the way – leave room for learning and growth
- A recovery journey isn’t linear – there isn’t necessarily a “right” or “wrong” pathway – leave space for learning and growth
- A person’s recovery journey is theirs; not ours
Sync
Verb
short for synchronize
1. to match up; when people or things move together

Facilitate re-evaluation of goals
Re-sync the relationship
Shift goals: Lower effort, high impact

If there was a larger meaning to this...what do you think it would be?
Meaning Making

Step 1
Hardship

Step 2
Intersection with values

Step 3
Meaning