



**ARC**  
Advancing Recovery Collaborative

## Learning Session 1

### FINDING CHANGE IDEAS

Team Member Name: \_\_\_\_\_

Team Name: \_\_\_\_\_

#### Changes Presented

#### Change I Am Interested In

**Help clients and staff understand that recovery is a possibility for all people diagnosed with serious mental health issues**

- Use oral and written personal stories of recovery to help each other increase staff's belief that recovery is possible and an expected outcome of the program (examples: videos, audio recordings, written accounts, journal articles, books, newsletters, etc.).
- During the enrollment process, introduce new clients to a peer who can share their personal recovery story, connect on common lived experiences, and facilitate welcoming them into the program/ community.

**Assist Each Person to Discover and Express Their Evolving Definition of Recovery**

- Identify clients' strengths to help build hope for recovery
- Help clients develop a holistic view of their recovery, including values and big picture goals, using solution-focused techniques (examples: Values Card Sort, Miracle Statement, Collage of images, Strengths Assessment).
- Explore the specific meaning of why a client's goal is meaningful and important in order to discover the "active ingredients" behind it.
- Enhance the physical presence of the organization's facilities to demonstrate support and belief in recovery (examples include: availability of recovery oriented reading materials, reception staff who make people feel welcome)

**Identify clients' usable strengths**

- Create awareness of the importance of clients' particular strengths and how they may be used to drive their wellness or to achieve a self-determined goal (example: KU Strengths Assessment)
- Identify and record specific and detailed client strengths (talents, skills, personal and environmental resources and supports) in seven life domains that can be used to achieve specific goals identified by the client
- For a client who does not have a specific goal he/she wants to achieve, identify and record specific and detailed strengths (talents, skills, personal and environmental resources, desires and supports) in seven life domains that might indicate what is meaningful and important to the client and from which a meaningful goal could be identified.
- Create opportunities for clients to discover their 'core gifts', strengths and goals and to find the meaning in their suffering



**ARC**  
Advancing Recovery Collaborative

## Learning Session 1

### FINDING CHANGE IDEAS

Team Member Name: \_\_\_\_\_

Team Name: \_\_\_\_\_

#### Changes Presented

#### Change I Am Interested In

**Set and achieve meaningful and important goals using highly individualized and specific strengths**

- Use Strengths Assessment to identify clients' community-based goals as well as strengths linked to achieving those goals
- Use objective tools from mental health, substance use and other fields (e.g. WRAP, Strength-Based Assessments, Importance/Confidence Ruler, What Color is My Parachute) to assist clients to frame their goals in ways that are concrete and specific and in a variety of life domains
- Describe each strength in its most usable form so that the client can see how specifically that strength can be used to help them achieve their goal and to increase their confidence in their ability to achieve the goal.
- Work with clients to discover their 'active ingredients' behind their goal(s) and to become clear on what they are searching for to identify options to achieve the goal(s) (active ingredients may be related to spirituality, sexual intimacy, etc.)

**Plan to achieve goals by breaking them into smaller, measurable steps (short-term goals)**

- Identify with clients ways to utilize strengths, natural supports, self-help support, peer support, and community-based resources prior to intervening with program resources and services (for example: Framework for Support Model)
- Record one or two specific and measurable steps that can be accomplish within the week to achieve a specific goal as a means of helping client not be overwhelmed by the process of achieving a long-term goal and increasing confidence that the goal can be achieved.

**Other Ideas**

From other teams, the panelists, etc.