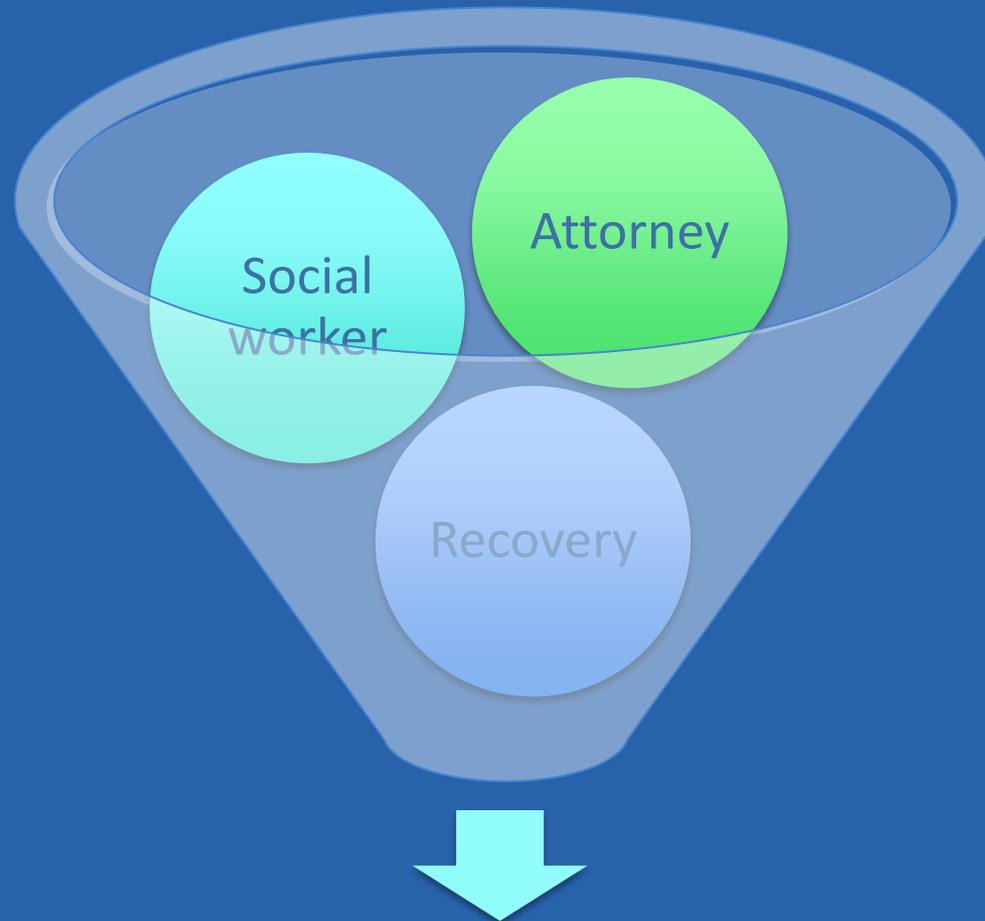


Activating self-determination and self-advocacy for recovery court participants

Karen Kranbuehl, JD, MSW
October 2018





Passion for what is possible
for every person

Overview

- What we want...
- Self-determination theory
- Into action
- Example, self-advocacy

What we want...

- Participants can communicate effectively with the court team.
- Participants are motivated to be healthy and productive.
- Participants are prepared for employment or education .

Frustration

“I should have just done the time.
It would have been a lot easier than this.”

- Recovery court can feel like just another inflexible set of systems.
- Voice does not feel relevant; speaking up feels vulnerable and futile.
- Feel like a project rather than a pro-active participant.

Particularly:

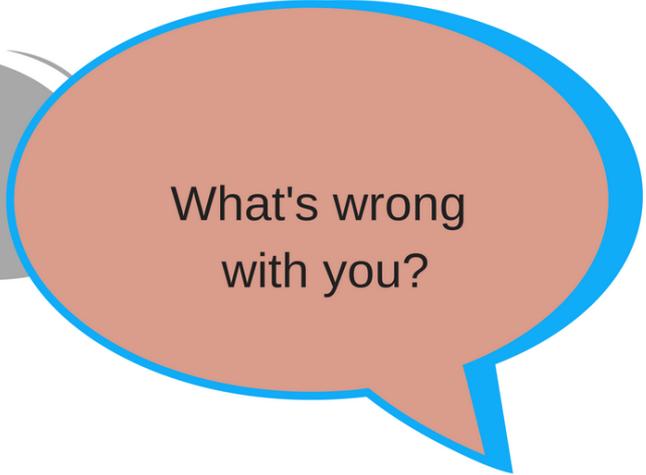
- early stages of the program
- prior judicial involvement
- transportation issues
- unmet daily needs



Just get
motivated!



You don't
care enough.



What's wrong
with you?



HOW can I get motivated?
NO one **tells me HOW!!!!**

Self-Determination Theory

SDT is a theory of motivation.

Theory: A person can develop internal motivation to thrive if three psychological needs are met.

Not Maslow's hierarchy of needs; these are psychological needs.

Great potential for using SDT with recovery court participants.

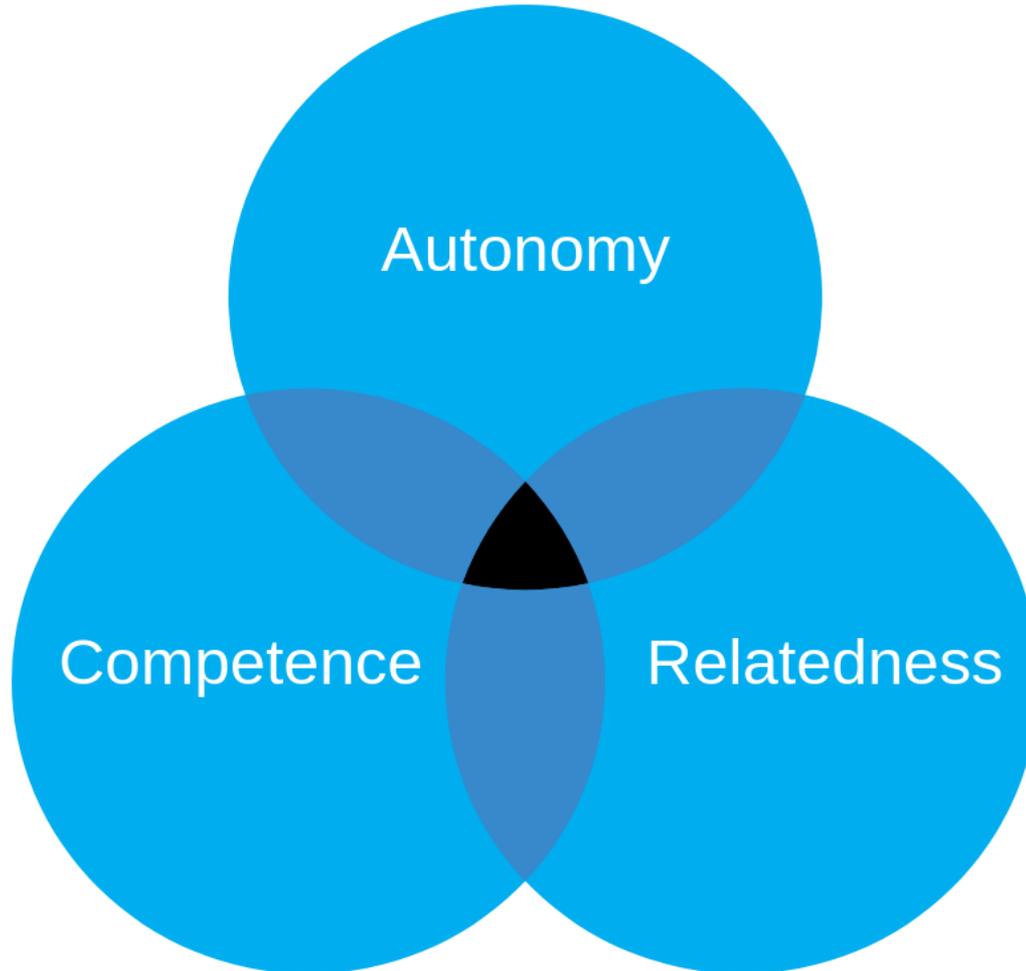
Pioneers of SDT: Richard Ryan and Edward Deci.

Learn more selfdeterminationtheory.org

Ryan, R.M., Lynch, M.F., Vansteenkiste, M., and Deci., E.L. (2011).

Motivation and autonomy in counseling, psychotherapy, and behavior change: A look at the theory and practice. *The Counseling Psychologist*, 39(2), 193-260.

SDT's 3 Psychological Needs



The 3 needs look like this...

Self-determination

Autonomy

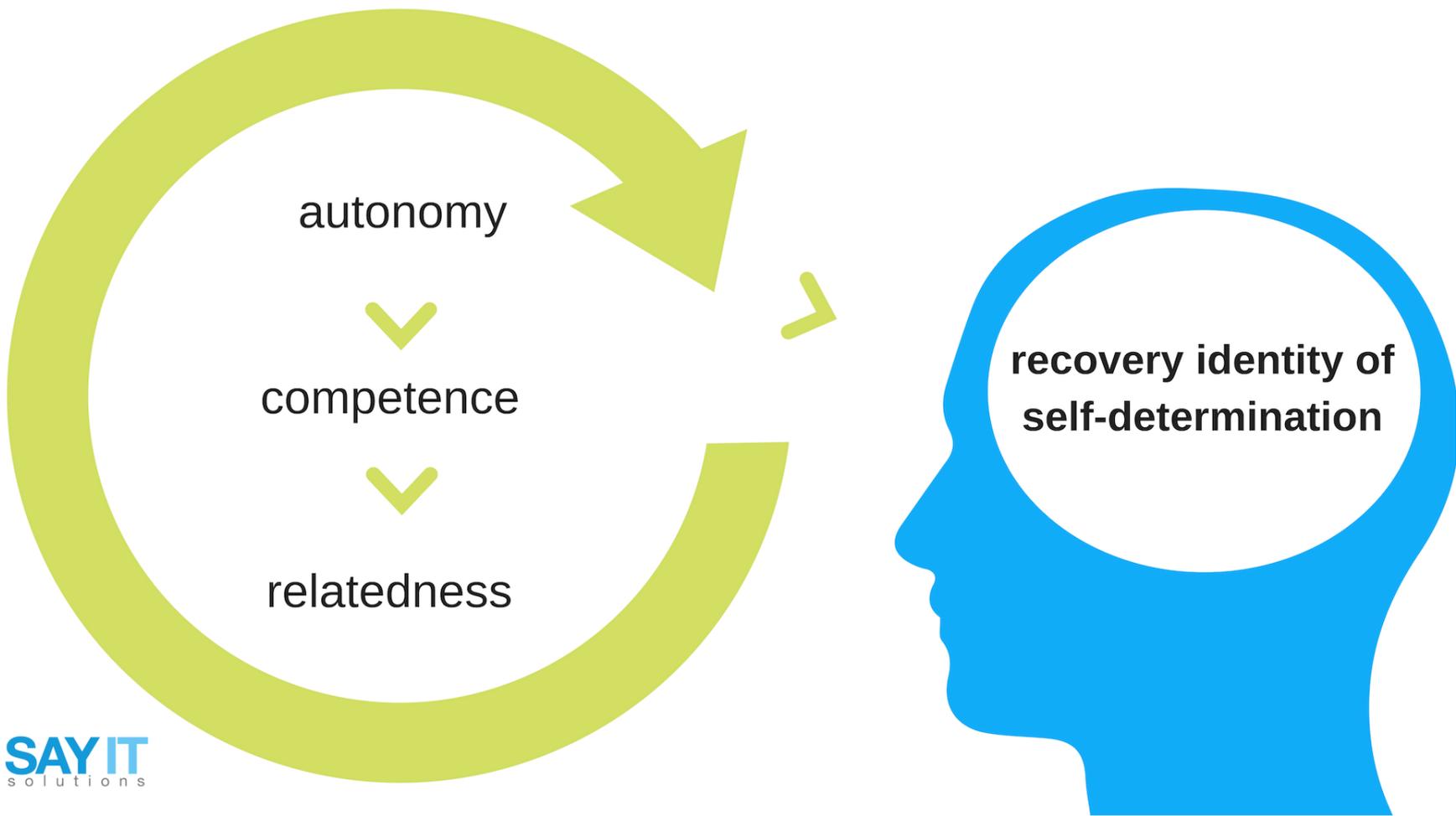
- Dignity and self-respect
- Feel seen and heard
- Set your own goals
- Have meaningful options

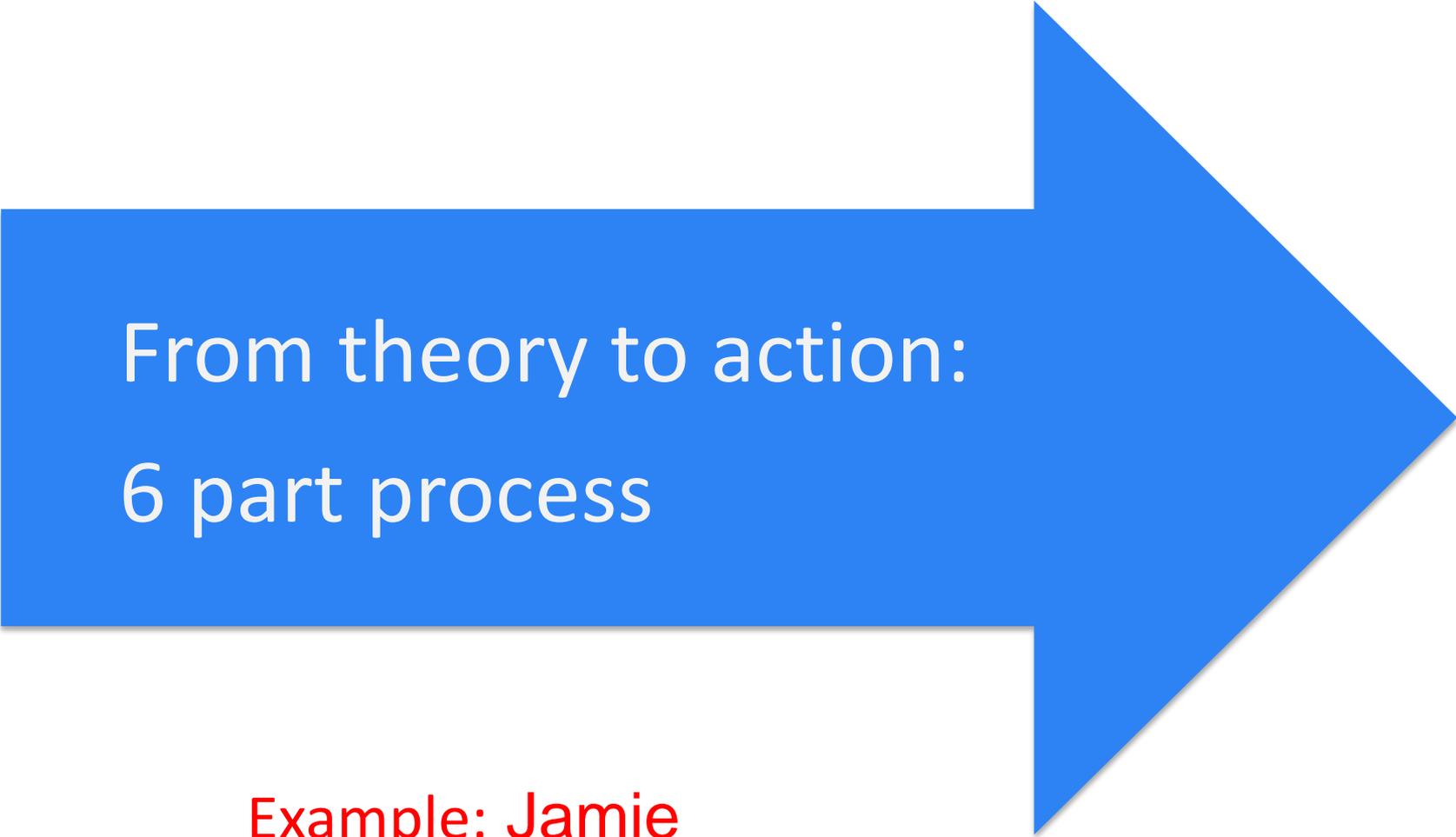
Competence

- Learn skills
- Practice skills
- Receive helpful feedback
- Build confidence
- Enjoy new learning

Relatedness

- Family and friends
- Mentors
- Resources
- Geographic community
- Community related to your identity





From theory to action:
6 part process

Example: Jamie

1. Demystify and de-stigmatize motivation.



↑ Something is off with Jamie this week

Ryan and Deci's model of motivation

Ryan, R.M., Lynch, M.F., Vansteenkiste, M., and Deci, E.L. (2011). Motivation and autonomy in counseling, psychotherapy, and behavior change: A look at the theory and practice. *The Counseling Psychologist*, 39(2), 193-260.



Chapter Lessons

- Chapter 3, Lesson 1: Motivation
- Chapter 3, Lesson 2: Building Self-Determination
- Chapter 3, Lesson 3: Self-Determination Check-In

OVERALL PROGRESS

CHAPTERS

- ▶ Chapter 1: Self-Advocacy Process
- ▶ Chapter 2: Self-Advocacy Mindset
- ▶ Chapter 3: Self-Determination Drives Motivation
- ▶ Chapter 4: Create A SMART Goal
- ▶ Chapter 5: Self-Knowledge
- ▶ Chapter 6: Understand Your Audience
- ▶ Chapter 7: Accountability
- ▶ Chapter 8: Expectations and Compromises
- ▶ Chapter 9: Communication Skills
- ▶ Chapter 10: Elevator Speech
- ▶ Chapter 11: Document And Follow-Through

Are you having some trouble with the program? Let's see how we can help!

I'm Stuck

2. Use a self-determination check-in.

Self-determination check-in

Use it to generate action-oriented ideas for building motivation and self-determination.



Jamie

Autonomy

feel dignity & respect?

X feel seen & heard?

able to set goals?

X have meaningful options?

Competence

chance to learn & practice?

X able to ask questions?

chance to get helpful feedback?

X building up confidence?

Relatedness

X to family? to friends?

to mentors in different areas of life?

to communities: spiritual, identity, geographic?

to supportive organizations?

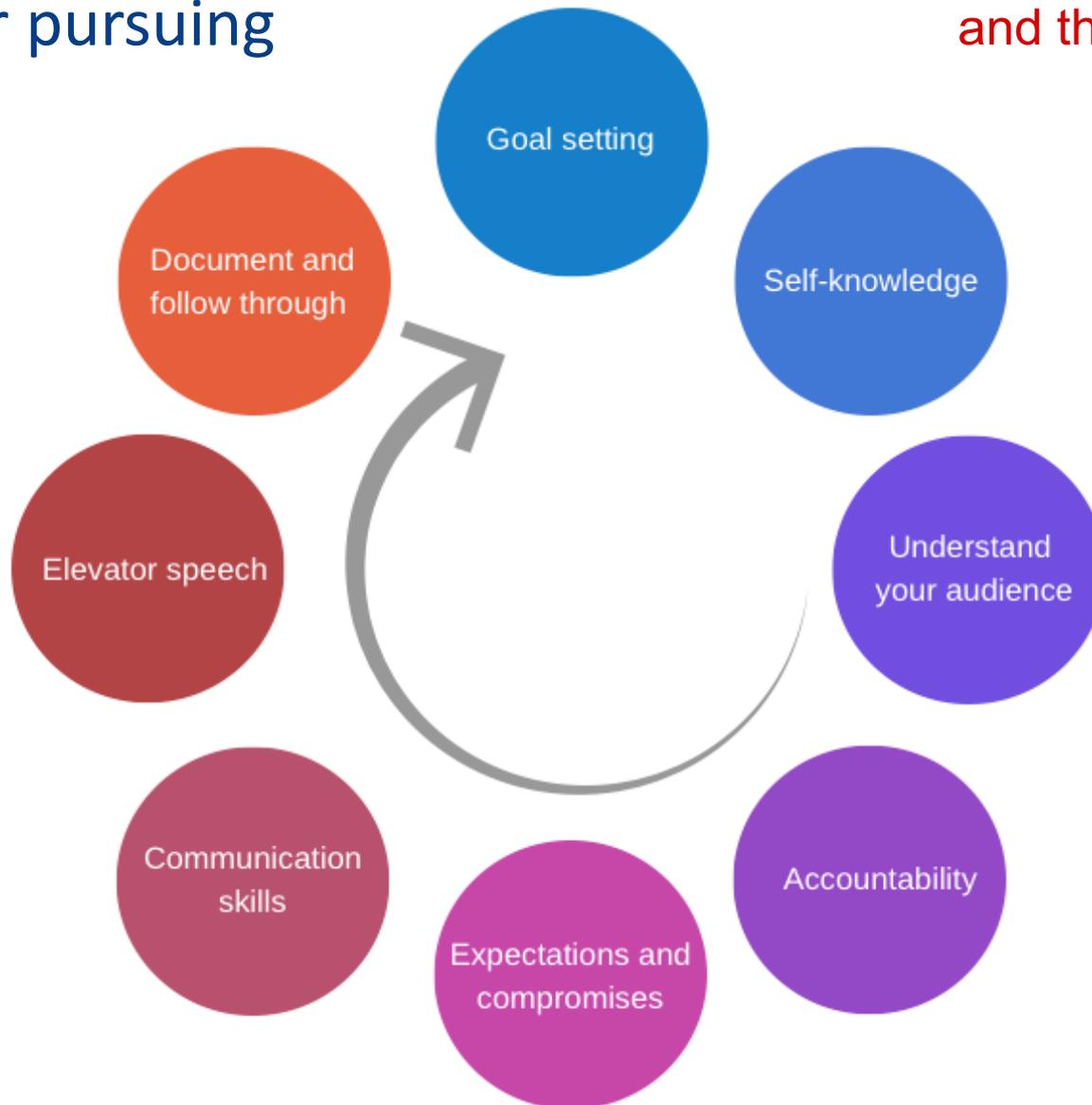
3. Build competence in creating goals.

Jamie's goal:
Get special permission from the court to visit Grandma in the hospital.

S	SPECIFIC	State a clear and detailed goal, so that you and your allies can know what you are trying to achieve.
M	MEASURABLE	How will you know if you have achieved the goal?
A	ACHIEVABLE	Is your goal realistic? This can be hard to decide, if you are having challenges. Ask for help if needed.
R	RESULTS	How will achieving this goal move you closer to the well-being and security you deserve?
T	TIME	Set a deadline date for achieving your goal. This will help you stay motivated and on track.

4. Use a repeatable process for pursuing goals.

Jamie learned some self-advocacy skills and then did this...



Checking back in on Jamie's self-determination

Self-determination check-in

Use it to generate action-oriented ideas
for building motivation and self-determination.



Autonomy

feel dignity & respect?

✓ feel seen & heard?

✓ able to set goals?

✓ have meaningful options?

Competence

✓ chance to
learn & practice?

✓ able to ask questions?

chance to get
helpful feedback?

✓ building up confidence?

Relatedness

✓ to family?

to friends?

to mentors in different
areas of life?

to communities: spiritual,
identity, geographic?

to supportive
organizations?

5. Teach how to cultivate *diverse* allies.

All about Allies List



Traits ✓

Honest

Trust-worthy

Good

communicator

Confident

Inner peace

Wisdom

Experience

Roles ✓

Family wisdom

Friendship

School mentor

Work mentor

Health support

Neighbor

Spiritual guide

Identity development

Actually use the ally network



Jamie Smith | Student

Jennifer
9197825566
jsloan@aatt.com

Alex
9198723242
alex@aatt.org

Luke
9197773452
luke@ges.com

Edit Allies



DIRECT MESSAGE TO ALLY

Select An Ally *

Lisa

Your Message *

Hi Lisa, I'm starting this self-advocacy program today! Can we set up a time to talk this weekend? I'm thinking about the goal I'd like to set. I'd love to talk to you about it. Your perspective is always helpful.
Jamie

MY ALLIES +

Lisa
7572325298
lisa@ungmail.com

Charles
7572323435
charles@ungmail.com

Jennifer
9197825566
jsloan@aatt.com

6. Cultivate a self-determination recovery *identity*: “I am a person who knows effective and healthy ways to pursue my own goals.”

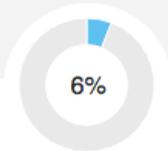


Jamie Smith | Student



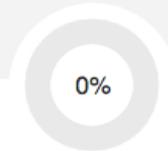
MY GOALS

Jamie sets new goals.



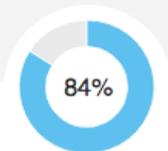
Landlord fix my heat.

REMOVE EDIT NOTES RESUME



Plan pain management with doctor & counselor

REMOVE EDIT NOTES RESUME



Change my work schedule

REMOVE EDIT NOTES RESUME



Introduction & Advocacy Mindset

NOTES RESUME

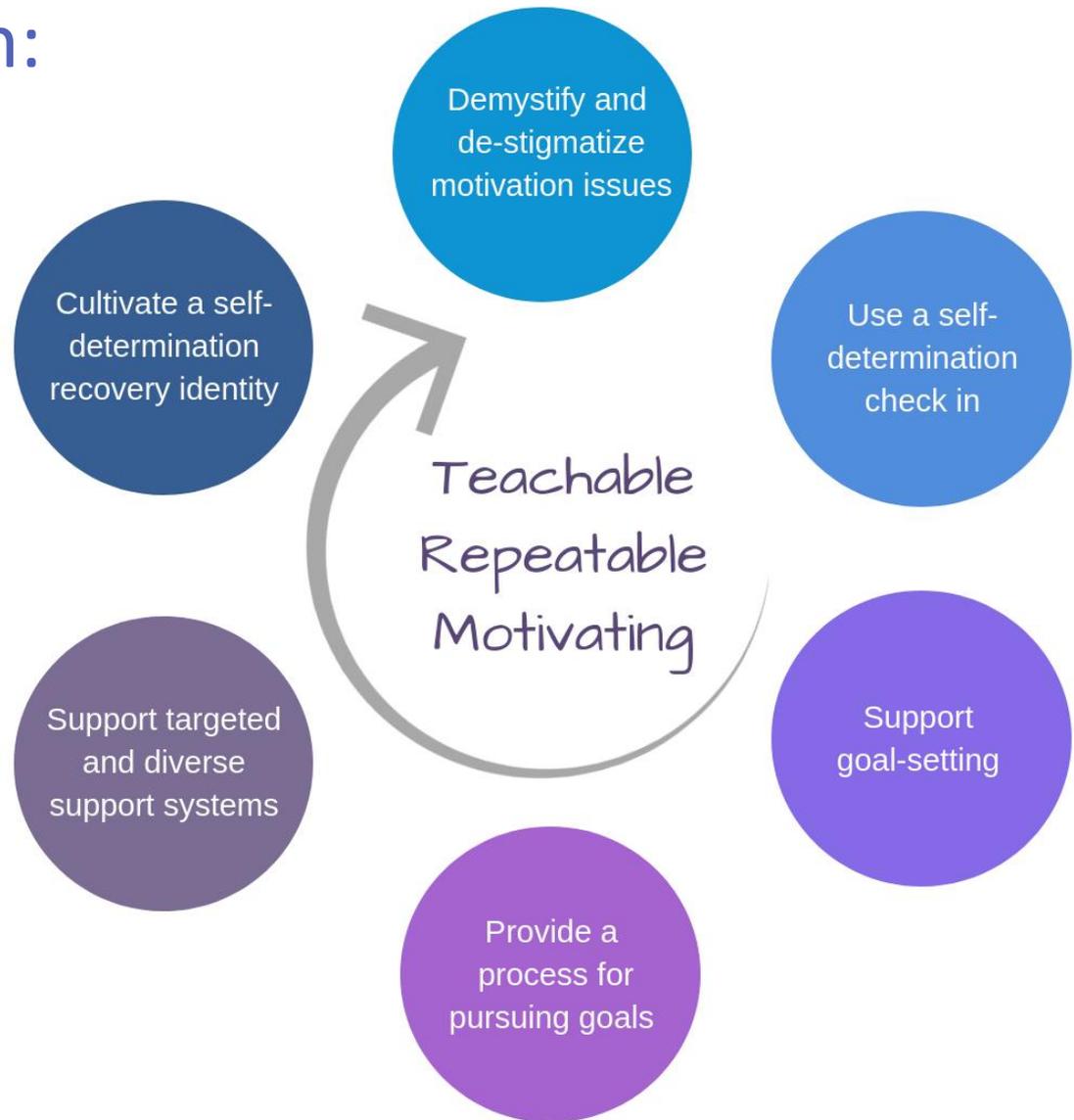
MY BADGES



MY ALLIES

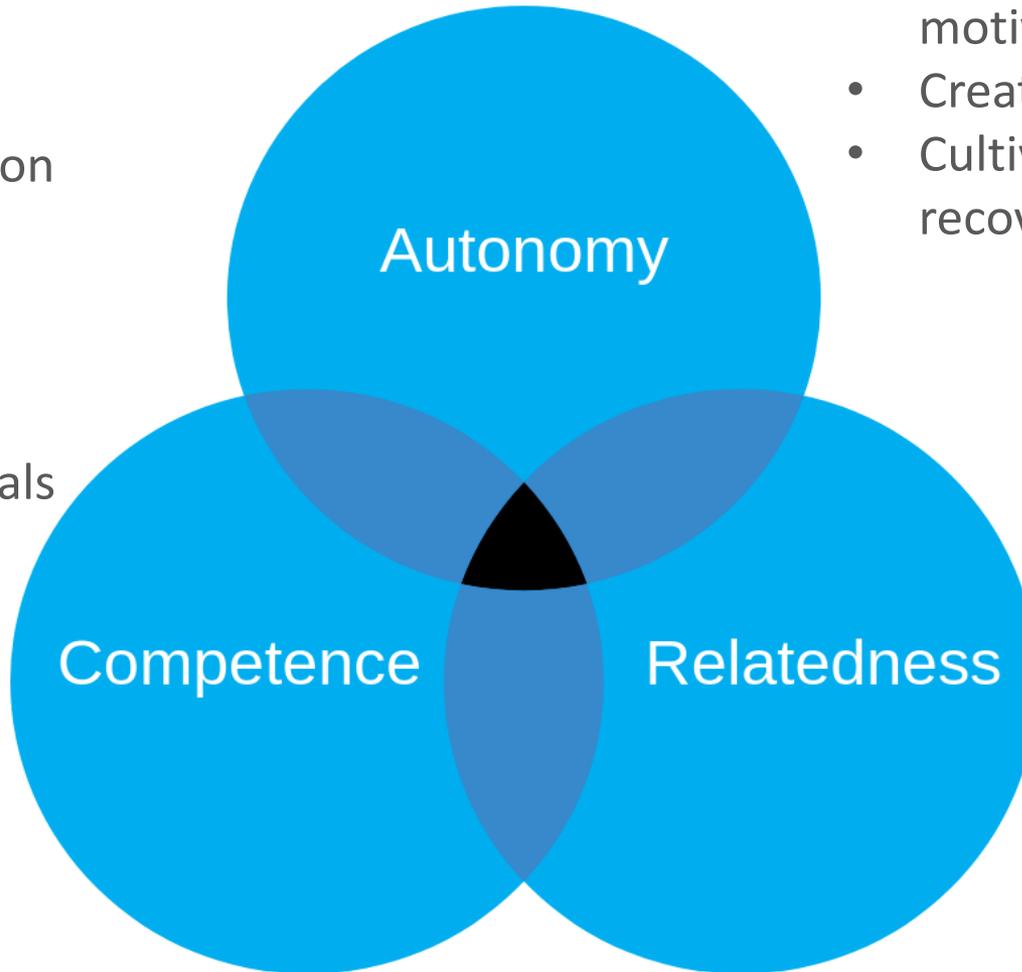
Lisa
7572325298
lisa@ungmail.com

Building participant self-determination: Review of 6 part process



How those action-steps build self-determination.

- Use self-determination check-in
- Learn repeatable process for pursuing goals



- Demystify and de-stigmatize motivation; continuum
- Create own goals
- Cultivate a self-determination recovery identity

- Acknowledge fluctuations
- Common language of self-determination
- Diverse, targeted support network

Take-aways

Court teams can use action-oriented self-determination strategies to

- Spark participant motivation
- Support productive behavior
- Support client self-navigation in life after court



Thank you!

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