


Building A Hopeful Life through Meaningful Roles



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WHY?

People who live with behavioral health conditions can and do recover and

Deserve to have opportunities to create a life not defined by those conditions

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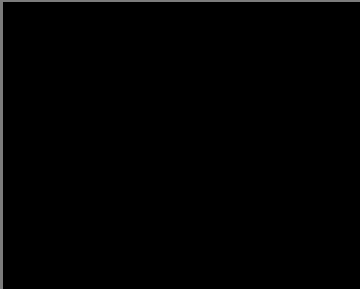
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Recovery Doesn't Happen in a Vacuum



<https://youtu.be/hK7DjWwKE>

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A Definition

Meaningful Roles

Having a sense of purpose, value, joy, and connection beyond one's condition

Getting a life

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The Village



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What Would You Like?



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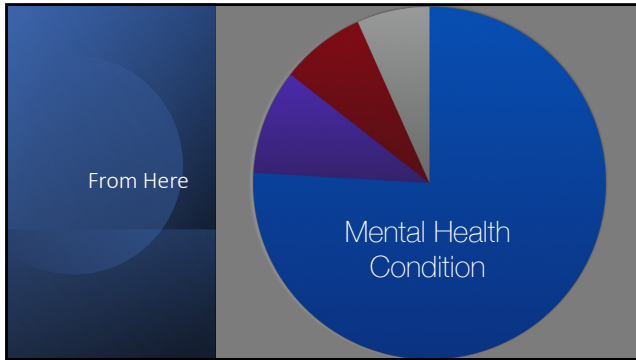
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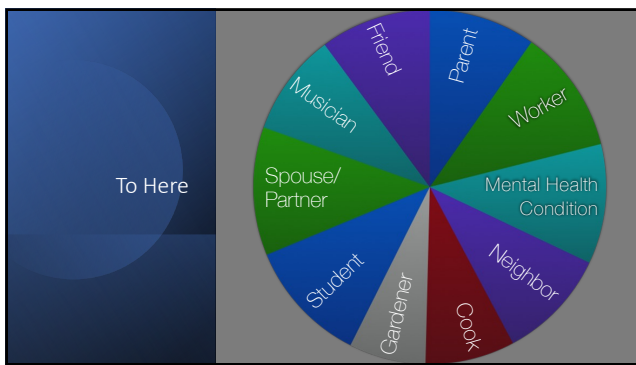
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- Exposure
- Learning stories
  - Activities in the community
  - Minimum in-house groups
  - Field trips
  - In-house employment opportunities
  - The Delusions
  - Visit, revisit, revisit (no means no today)

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Breakout Time



What are your meaningful roles?

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Building Hope

a fundamental belief that people can grow, learn, change and have a better future

And a plan for getting started

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Building Hope

1. What does hope mean to you?
2. Who are the people in your life who have given or provided you with hope?
3. What is/was it about those people that conveyed as sense of hope?
4. For whom are you hopeful?

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"If you can dream it..."

### The Dream Sheet

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"If you can dream it..."

"I want a job. I want to go to school."

When you were young, what did you want to be when you grew up?  
 Has that changed?  
 What jobs have you have that you liked?  
 What did you like about them?  
 What did you like best about school?  
 What did you like least about school?  
 What do you see yourself doing in 2 years?  
 Can you list the things you are good at or can take pride in?

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"If you can dream it..."

"I want a place to live."

Close your eyes and imagine yourself in your perfect home.  
 What does it look like?  
 Who are you living with?  
 What keeps you from having this dream home/apartment?  
 What is important to you in your housing?

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"That's not realistic."



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Dwell in Possibility



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Dwell in Possibility  
an exercise

Bill is a person in your program you are getting to know. He is currently living in a board and care facility and his source of income is his SSI. He is 32 years of age and a natural born citizen of the US. He states that he has always liked politics and regularly attends city council meetings. He struggles with trying to stay organized in his thoughts and in his life. At times he also has grand ideas which may or not be what you consider, realistic. He recently came to you in a period of clarity and indicated that he wants to run for office. He also stated that he doesn't want to bother with small time stuff and instead wants to run for President of the United States.

What would you do?

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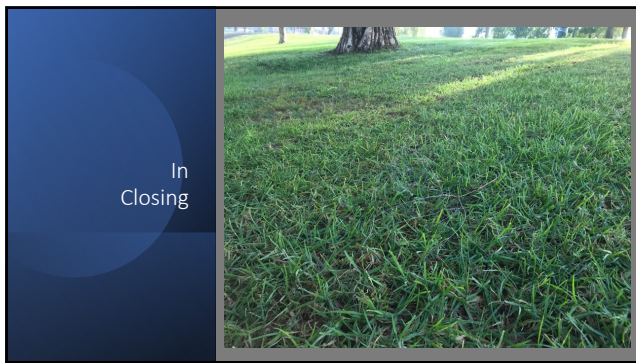
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