

Description of the “Glass Half Empty, Glass Half Full” Breakout Room Exercise

You will need “CASRA Glass Half Empty Glass Half Full Breakout Room Exercise” handout to use during the Breakout Room Exercise.

You will be randomly assigned to a Breakout Room that will be named using a word / descriptor in the Deficit-Based Language column from the “CASRA Glass Half Empty Glass Half Full Breakout Room Exercise” Handout.

- Breakout Room 1 Schizophrenic / Borderline
- Breakout Room 2 Addict/Junkie/Crackhead
- Breakout Room 3 Non-Compliant
- Breakout Room 4 Unmotivated or “Not Ready”
- Breakout Room 5 In Denial/Lacks Insight
- Breakout Room 6 Entitled
- Breakout Room 7 Manipulative
- Breakout Room 8 Acting Out

It is important You remember the name of Your Breakout Room because You will be reporting on this specific word / descriptor when the Breakout Rooms close and You return to the main room.

You will be spending 20 minutes in your Breakout Room.

First, create a Strengths-Based, Person-Centered Language descriptor to replace the Deficit-Based Language descriptor used to name your Breakout Room. You will be reporting on this specific word / descriptor when the Breakout Rooms close, and You return to the main room. Please choose a representative / spokesperson to report when returning to the main room.

Second, use the remaining time to create Strengths-Based, Person-Centered Language descriptors to replace the remaining Deficit-Based Language descriptors listed in the “CASRA Glass Half Empty Glass Half Full Breakout Room Exercise” Handout.

Don’t worry about translating the entire list of Deficit-Based Language descriptors to Strengths-Based, Person-Centered Language descriptors. Do the best You can.

Please note any of the Deficit-Based Language words / descriptors that may have been challenging to translate into Strengths-Based, Person-Centered Language.

When the Breakout Room closes and You return to the main classroom, I will be asking You to provide examples / share your Strengths-Based, Person-Centered Language used to replace the word / descriptor used to name the Breakout Room You were assigned.

You will also be asked which of the Deficit-Based Language words / descriptors You found challenging to translate into Strengths-Based, Person-Centered Language.

The Glass Half Empty, The Glass Half Full Language Exercise

Translate the terms used in the "Deficit-Based Language" column into
Strengths-Based, Person-Centered Language

| Deficit-Based Language | Strengths-Based, Person-Centered Language |
|---|---|
| He's a Schizophrenic. She's so Borderline. | |
| An Addict / Junkie Crack-head / Meth-head | |
| Non-Compliant | |
| Unmotivated or "Not Ready" | |
| In Denial Lack of Insight | |
| Entitled | |
| Manipulative | |
| Acting Out | |

(Exercise adapted for this presentation from Person Centered Care Planning and Service Engagement (PCCP), Yale University, 2017. Content of table derived from the following sources: Tondora and Davidson, 2006; White, 2001; and Meta Services, 2005.)