

Building  
A Hopeful Life  
through  
Meaningful  
Roles



1

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

2

A Quick Review

The Four Stages of Recovery

- Hope
- Empowerment
- Self Responsibility
- Meaningful Roles

3

Fostering Hope

a fundamental belief that people can grow, learn, and change

a plan for getting started

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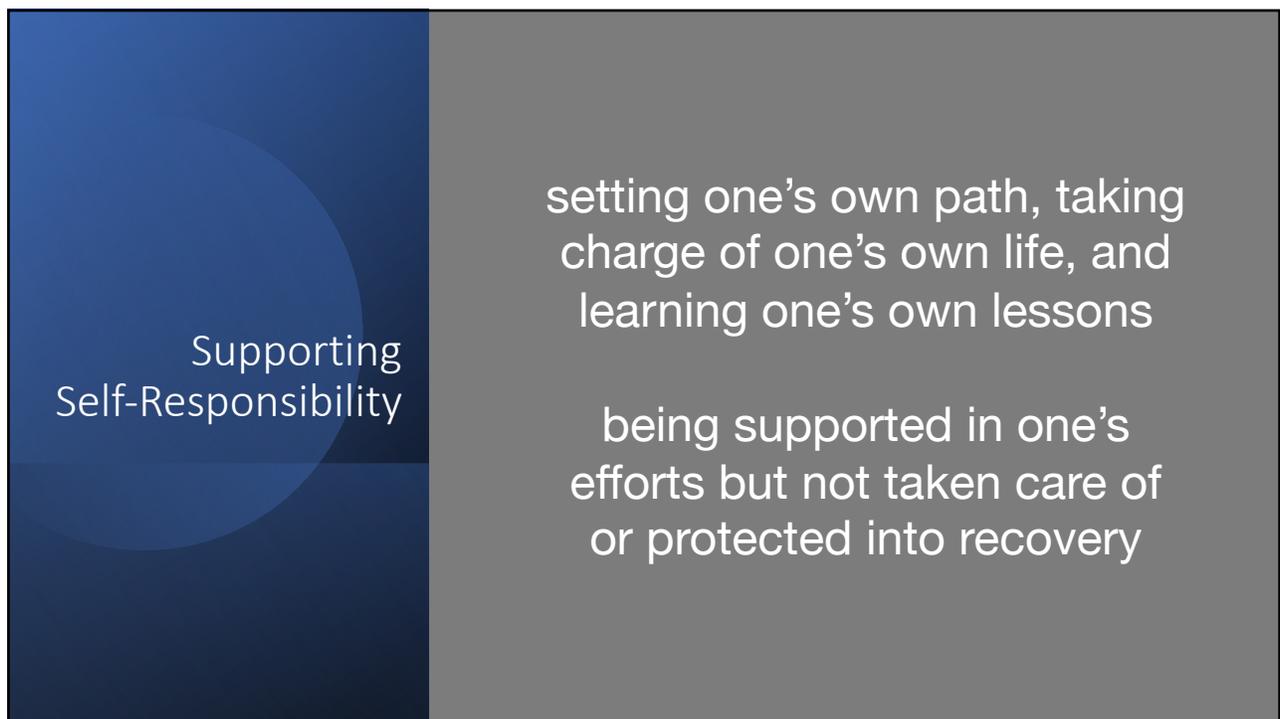
A slide with a dark blue background on the left and a grey background on the right. The left side features a large, semi-transparent blue circle. The text "Supporting Empowerment" is centered in the blue area. The right side contains two paragraphs of white text.

Supporting Empowerment

having the sense of one's own capabilities

we don't empower people...  
We create environments and opportunities for people to develop their own sense of empowerment

5

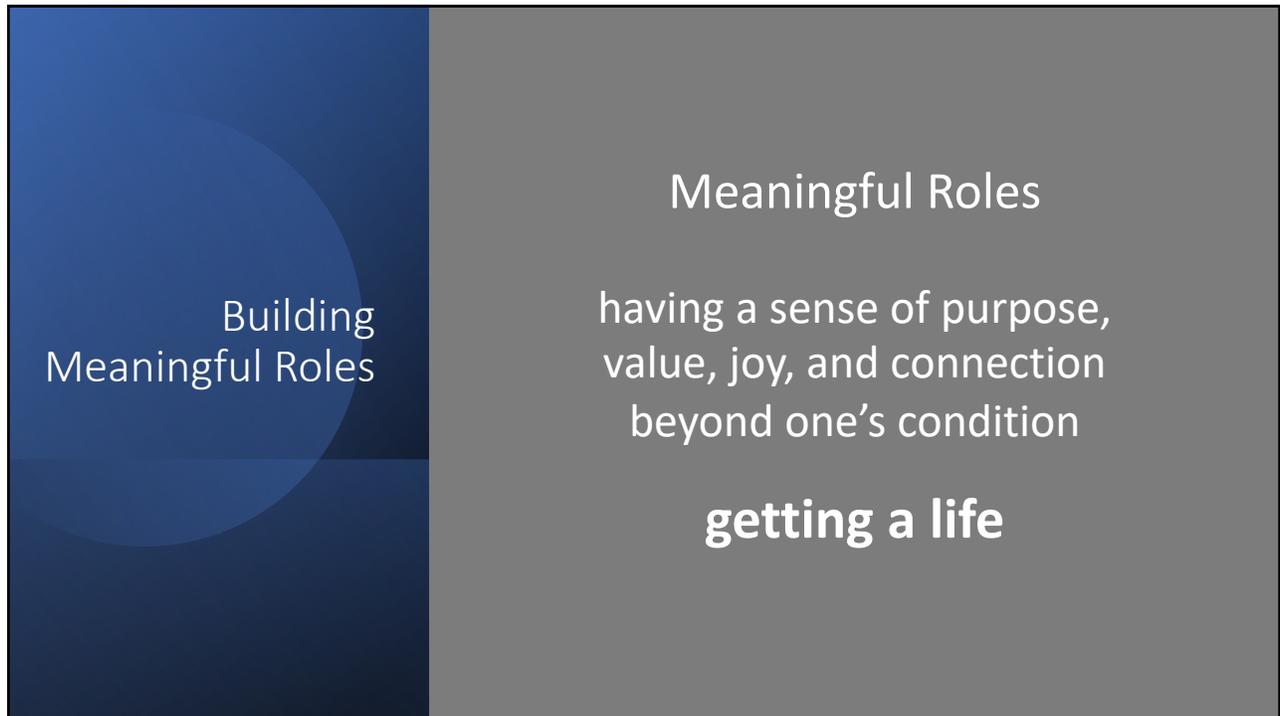
A slide with a dark blue background on the left and a grey background on the right. The left side features a large, semi-transparent blue circle. The text "Supporting Self-Responsibility" is centered in the blue area. The right side contains two paragraphs of white text.

Supporting Self-Responsibility

setting one's own path, taking charge of one's own life, and learning one's own lessons

being supported in one's efforts but not taken care of or protected into recovery

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Building Meaningful Roles

Meaningful Roles

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

**getting a life**

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Recovery Doesn't Happen in a Vacuum

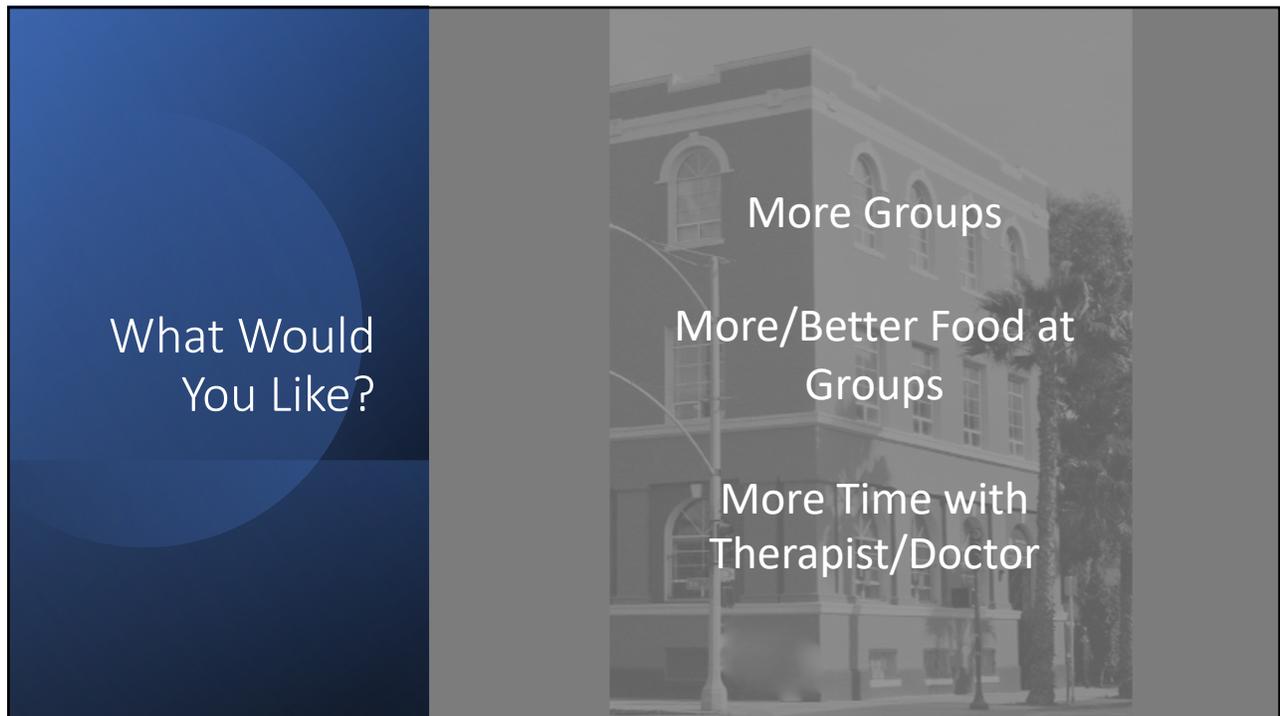
<https://youtu.be/jhK-7DkWaKE>

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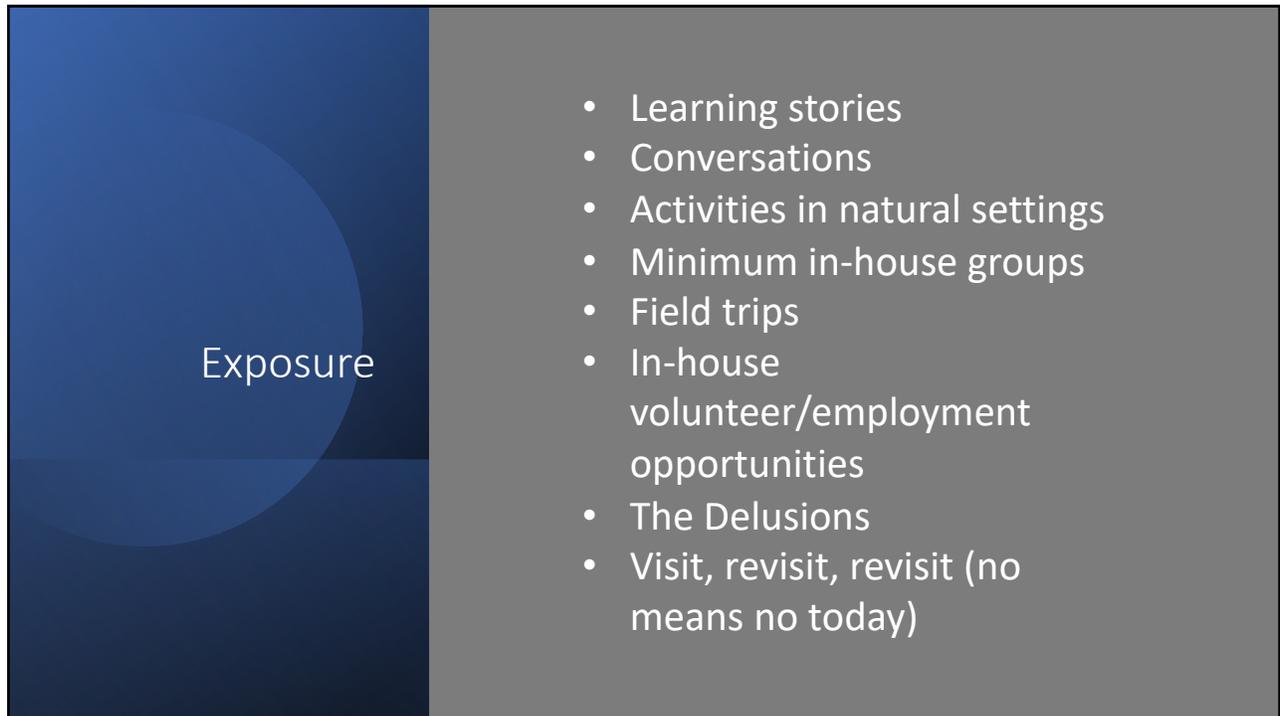
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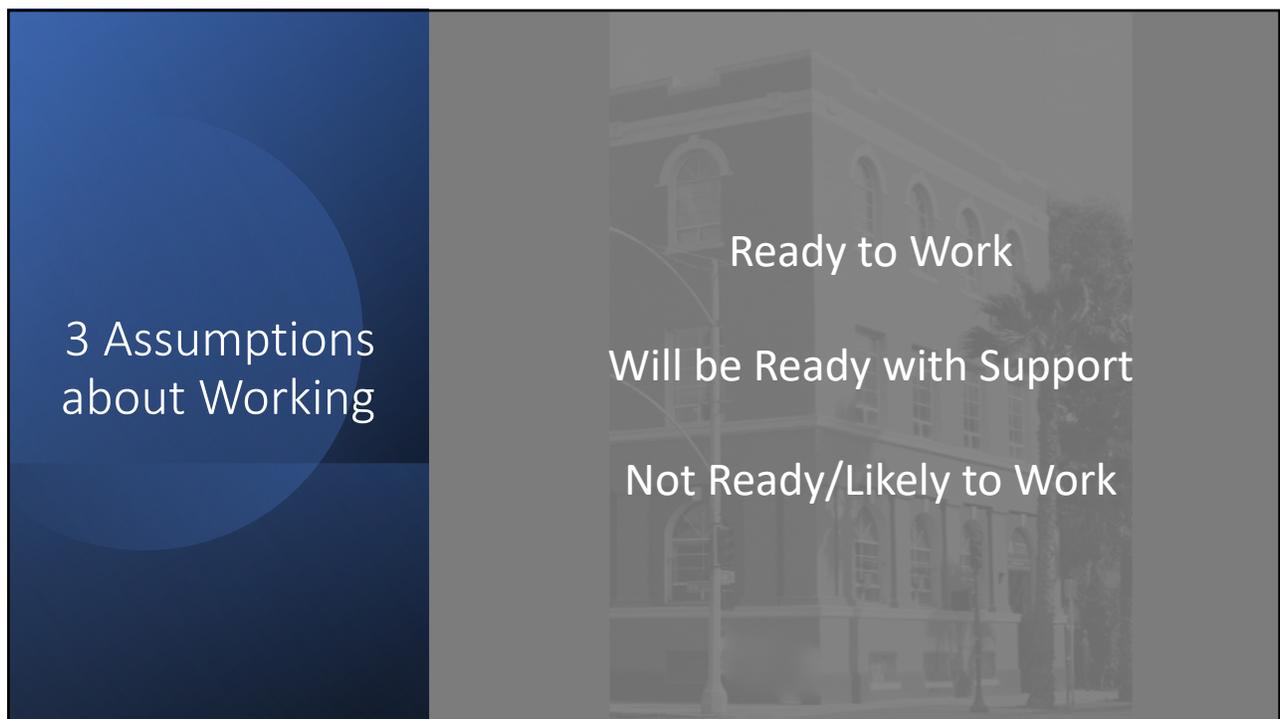
10



Exposure

- Learning stories
- Conversations
- Activities in natural settings
- Minimum in-house groups
- Field trips
- In-house volunteer/employment opportunities
- The Delusions
- Visit, revisit, revisit (no means no today)

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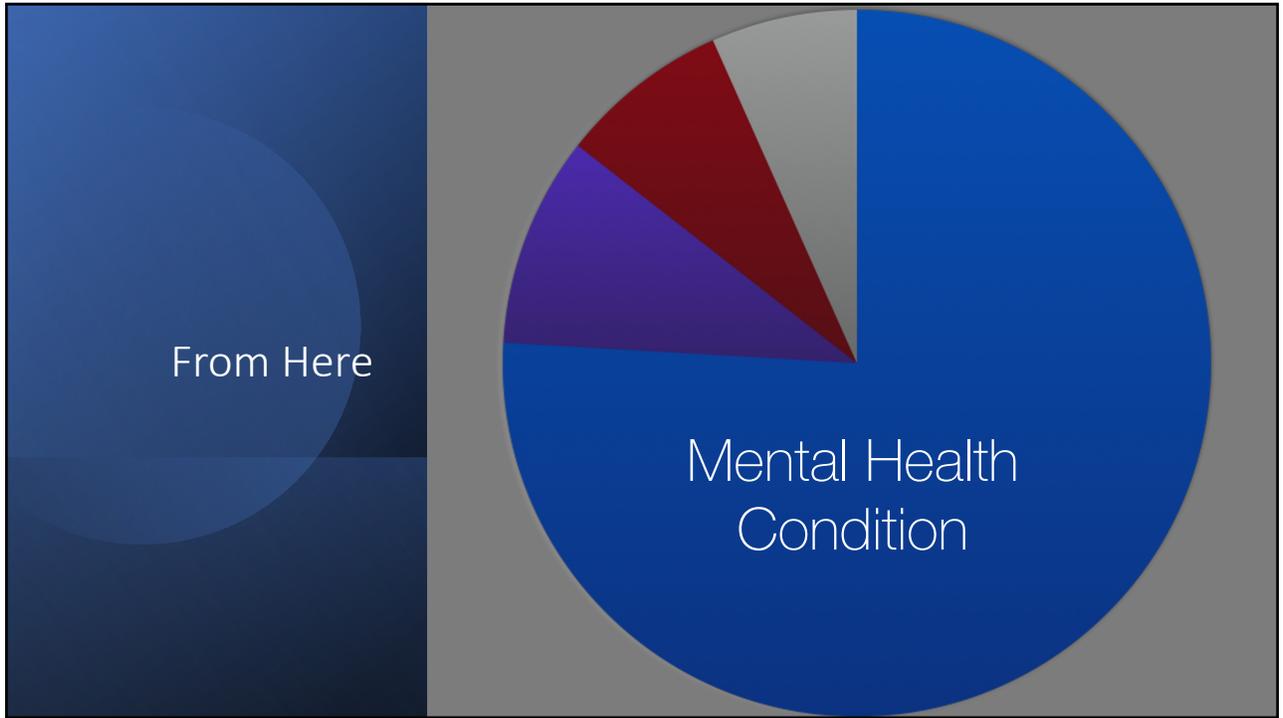
3 Assumptions about Working

Ready to Work

Will be Ready with Support

Not Ready/Likely to Work

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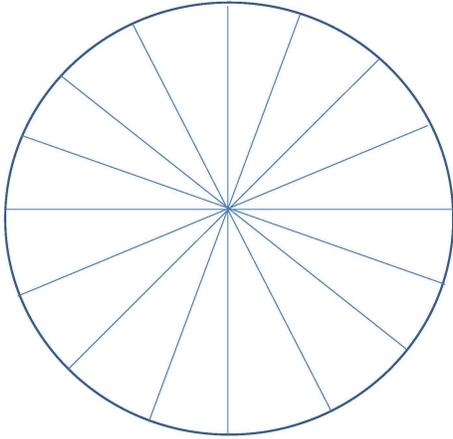
Breakout Time



What are your meaningful roles?

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Breakout Time



what are my meaningful roles?

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What is Ready?

Being prepared and likely to succeed  
or  
Being motivated and excited

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“If you can dream it...”

The Dream Sheet

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“If you can dream it...”

*Dream Sheet*

1. **Interpersonal Relationships**  
 Who are the most important people in your life?  
 Who is not in your life now who you would like to be?  
 What do you look for in a close relationship?  
 What qualities do you bring to a relationship?  
 What keeps you from having close relationships?
2. **Hobbies/Activities**  
 What things do you enjoy doing  
 -at home?  
 -in the community?  
 -alone?  
 -with others?  
 What activity(ies) do you not do now that you would like to try?  
 What skills/abilities do you have? What would you need to add?  
 Do you have activities that you used to do that you don't do now that you would like to do again?
3. **Career/Employment/Education**  
 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?
4. **Living Situation/Residence**  
 Close your eyes and imagine yourself in your perfect home. What does it look like?  
 What does it look like?  
 Who are you living with?  
 What keeps you from having this dream house/apartment?  
 What is important for you in your housing?
5. **Healthy Living**  
 What does a healthy you look like?  
 What is keeping you from that?  
 Do you have any health concerns now?  
 If so, do you know how to take care of them?
6. **Spirituality**  
 What is unique and special about you that you have to offer the world?  
 Is there are group, belief system and/or organization that you identify with?  
 What is your “chicken soup for the soul”?

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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.”

A black and white photograph of a person from behind, wearing a dark hoodie with the words "DREAM KILLER" printed in large, white, block letters on the back. The person is standing with their hands on their hips against a plain white background.

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## Building Meaningful Roles Exercise



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## Building Meaningful Roles Exercise

1

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.

2

Rachel is somewhat new to your program. She is 27 years old and has been living independently for the last 5 years. Her primary source of income is SSI although she does supplement it with odd jobs she gets from time to time. She is very articulate and keeps herself and her surroundings neat and clean. She does struggle with delusional thoughts and can be unrealistic in her ideas. You have tried getting her interested in working since she does possess the basic attributes that should make her successful. In your meetings she has repeatedly indicated that she wants to be an actor.

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## Building Meaningful Roles Exercise

3

Elizabeth is someone in your program who has begun to trust you, something she has had difficulty doing in the past. She is 22 and recently moved from a group living situation to one where she shares a 2-bedroom apartment with another person from your program. One of the things that attracts you to Elizabeth is her passion for the universe. She will talk about stars, planets, all sorts of celestial bodies. She is fond of saying that one day she wants to travel to space. Recently she came to see you excited and practically shouted out that she wants to become an astronaut.

4

Jamal is someone in your program with whom you have a pretty good relationship. He is 28 and lives in a single room occupancy hotel for which he pays with a combination of income from part time work and SSI benefits. The part time work consists of cleaning up and helping out at a gas station/car mechanic not far from where he lives. He has attended college several times, and although he's had success in math and geography-oriented classes, other subjects don't interest him as he doesn't see the point in them. The result is he usually ends up quitting. In your conversations with him lately, he has said he feels like lately he is in a rut and has indicated that he would like to lean to fly, perhaps becoming an airline pilot.

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Steve,  
Robert,  
Nathanial,  
and a Violin

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## Key Things to Remember

- Relationships are developed through mutual respect and reciprocity, including openness to genuine emotional connections
- Treat people as people
- Person's choice
- Strength-based
- Inclusive
- Promote growth and learning

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## Dwell in Possibility



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Thanks!



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