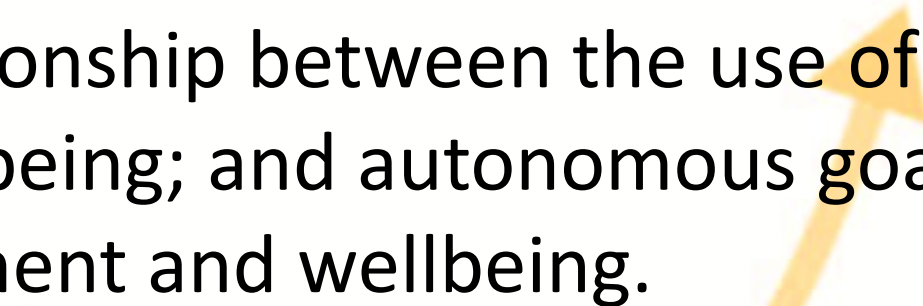


Life Journey Enhancement Tools (LifeJET): Coaching tools for people living with mental illness.

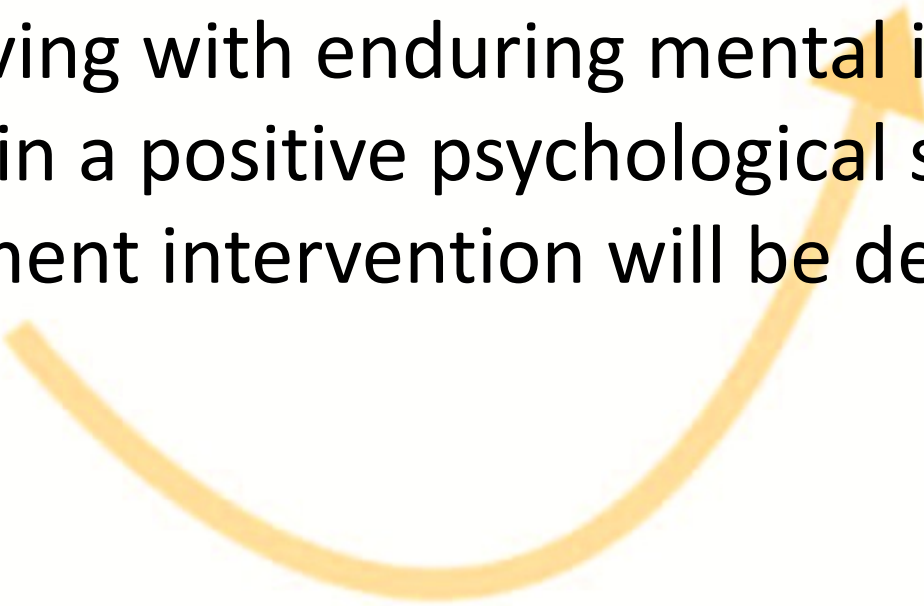
Dr Lindsay Oades




(1) This workshop will provide an overview of the relationship between the use of strengths and wellbeing; and autonomous goal achievement and wellbeing.



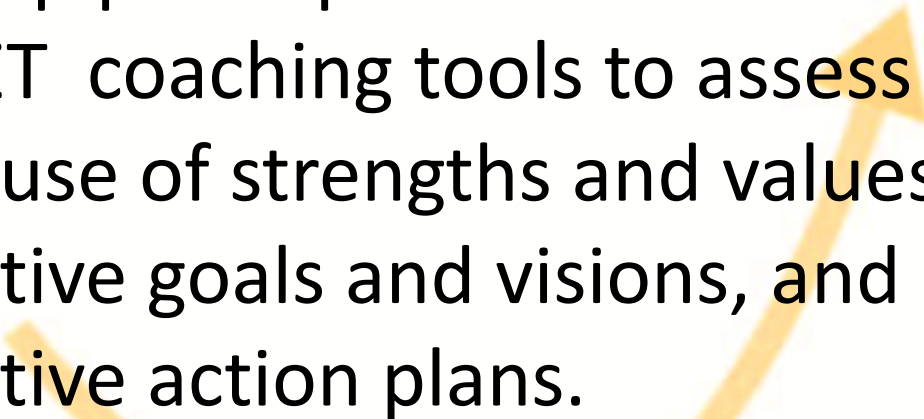
(2) A recent study entitled Flourish in which people living with enduring mental illness engaged in a positive psychological self development intervention will be described.



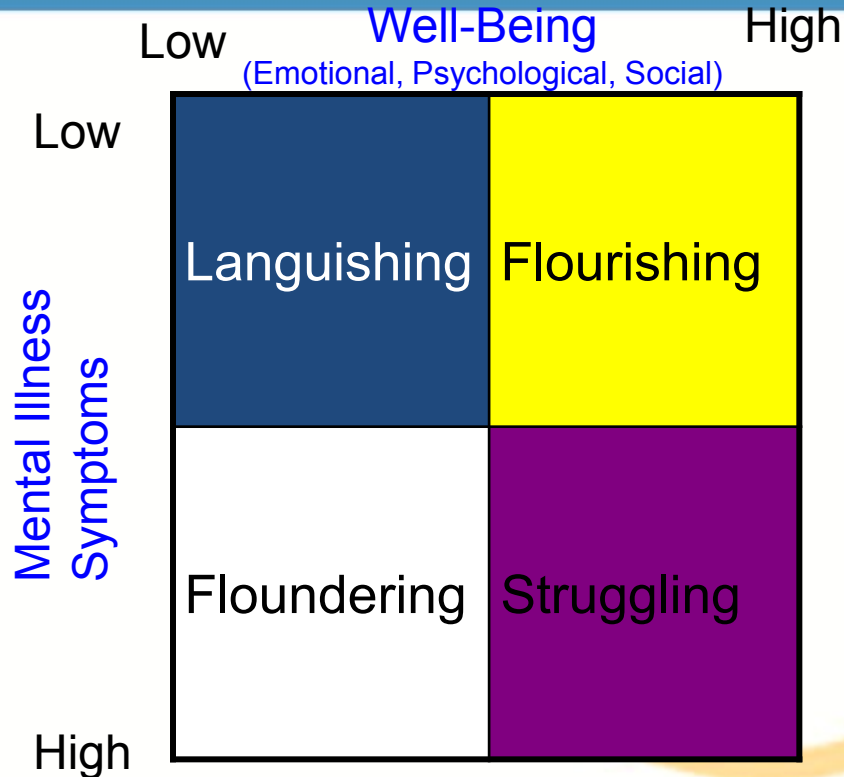
(3) Benefits from enabling staff and consumers to use the same coaching tools and processes will be discussed



(4) Workshop participants will be asked to use the LifeJET coaching tools to assess their personal use of strengths and values, set collaborative goals and visions, and set collaborative action plans.



- Flourishing is not about reduction of symptoms of illness, it is about mental health, or *wellbeing*.
- Wellbeing is not the opposite of mental illness.
- People can be without symptoms of mental illness, yet not have high wellbeing – they are not flourishing.
- Likewise, a person can have symptoms of mental illness, and also have high wellbeing.



Floundering

- High mental illness symptoms
- Low wellbeing

Languishing

- Low mental illness symptoms
- Low well-being

Diagram - Centre for Confidence and Well-being, 2006

- 1. Eight module workbook
- 2. Audio recordings on MP3
- 3. Peer-support meetings
- 4. Telephone coaching



Component 1 - Handbook

Eight modules:

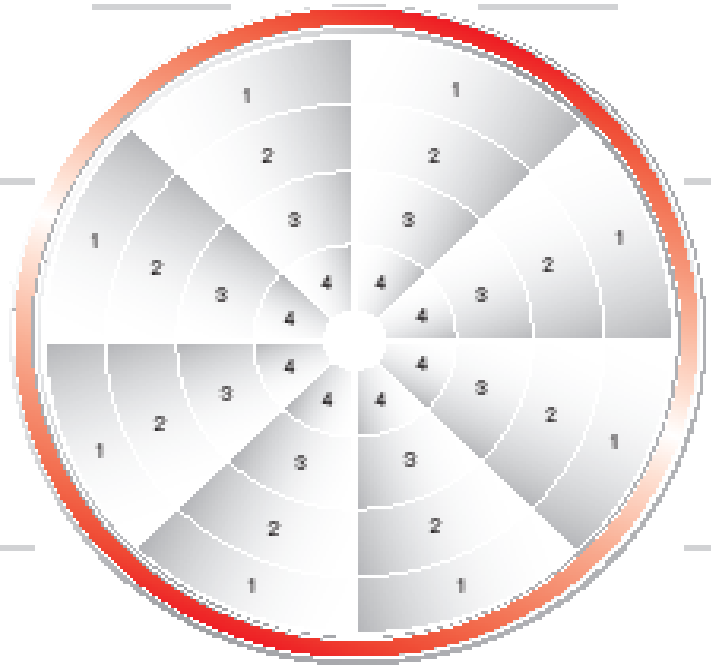
1. Identifying your **values** & discovering your core **self**
Recognising the good things in life
2. Identifying and using your **strengths** & values
3. Setting **goals** to obtain the things you value in life
4. Understanding and overcoming resistance to **change**
5. Living in the present – practising **mindfulness**
6. Staying positive – anticipating barriers and finding **pathways** around them
7. Support for the journey – your success **team**
8. Recognising your **progress, reviewing** your goals and **keep going...**



The Camera

The instrument to focus personal values and strengths

Date:	Review Date: .
Client ID:	Signature:
Worker ID:	





The Compass

The instrument to know where you are and where you are going

Date:	Review Date:
Client ID:	Signature:
Worker ID:	

My personal life vision is:

(eg what would you call a photo album of photos taken by your camera- ie values and strengths).

Please list in order of importance up to 3 valued life directions towards which you are typically trying to orient yourself in your daily life (blue areas).
On the review date, rate the level of success you feel you've attained within this valued direction (orange areas).

	Valued direction A		Attainment Score (tick one at review)	Valued direction B		Attainment Score (tick one at review)	Valued direction C		Attainment Score (tick one at review)
Higher level goal attainment	Write goal here		score = 2	Write goal here		score = 2	Write goal here		score = 2
Target goal attainment >70% confident	Write goal here	Target goal Importance A (A+B+C must = 10)	score = 1	Write goal here	Target goal Importance B (A+B+C must = 10)	score = 1	Write goal here	Target goal Importance C (A+B+C must = 10)	score = 1
Lower level goal attainment	Write goal here		score = 0	Write goal here		score = 0	Write goal here		score = 0
	Coordinate A			Coordinate B			Coordinate C		

Calculating Coordinates: For each Valued direction, multiply the Attainment score by the Target goal importance, to get a Coordinate.
Calculating Success Coordinates: Add Coordinates A, B and C. Multiply this number by 5. This is your Success coordinate out of 100.

Success Coordinate



The Map

My Action Plan: The instrument to plan what to do next.

Valued Direction (from Compass)	Target goal (from Compass)		
Action name:	Action Description: What specific action is required to achieve the target level goal?		
Eg walking	Eg Walking briskly on the oval next door three times a week in the morning		
Date Set:	How often	When	Where
Social support	Resources Who can give me practical help? With what?	Information Who can give me information when needed? What information?	Emotional Who can listen and support me?
Monitoring behaviours	How can I monitor this behaviour? (eg diary, calendar recording what you have done)		
Barriers	What are my barriers? (eg financial, time, motivation)		
Solutions	What are some solutions or backup plans?		
Confidence (circle level of confidence)	Not all confident 0 10 20 30 40 50 60 70 80 90 100 Very Confident		
Review date:	Review outcome:		
Make as soon as possible			

Date:	Client ID:	Worker ID:	Review Date:	Signature
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Map

: The instrument to plan what to do next.

Valued Direction (from Compass)	Target goal (from Compass)		
Action name:	Action Description: What specific action is required to achieve the target level goal?		
	Eg Walking briskly on the oval next door three times a week in the morning		
Date Set:	How often	When	Where
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Confidence (circle level of confidence)	Not all confident 0 10 20 30 40 50 60 70 80 90 100 Very Confident		
Review date:	Review outcome:		

Worker ID:	Review Date:	Signature
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Component 2 - Audio recordings

Five MP3 recordings:

1. **Recovery and Flourishing** – develops and explains the relationship between these concepts
2. **Positive Change** – discussion around the concepts of setting goals that reflect your life vision
3. **Mindfulness** – not acting on negative thoughts. A guided mindfulness exercise
4. **Gratitude** – three consumers discuss the role of gratitude in maintaining their wellbeing. Gratitude exercise
5. **A personal story** – the role of positive psychology concepts in one consumer's recovery

Flourish

Component 3 - Group meetings

Fortnightly meetings

- Peer-led framework
- Facilitated by trained consumers
- Discuss content of materials
- Mutual help with any barriers to progress
- Facilitator's role - more coach than counsellor

Flourish

Component 3 - Group meetings

Fortnightly meetings

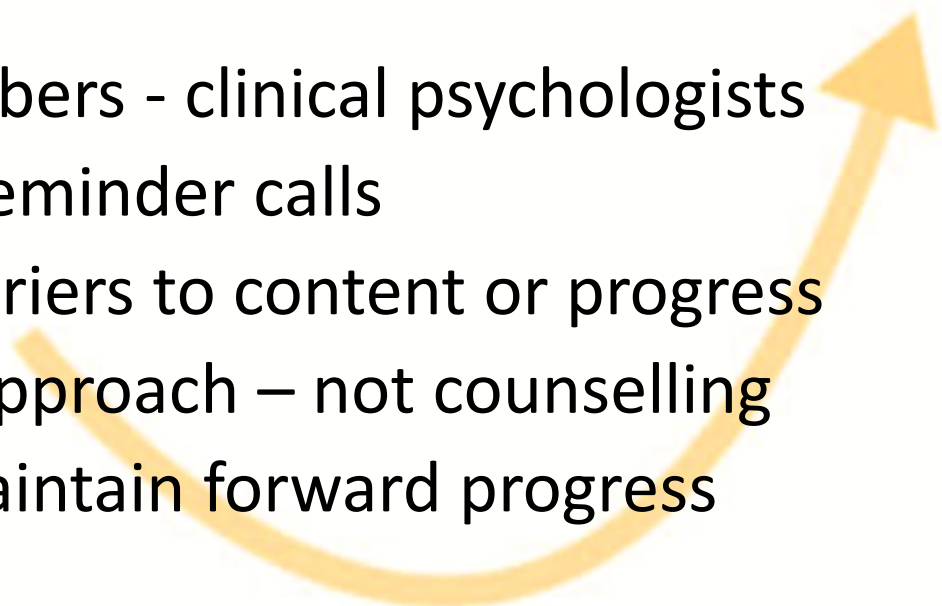
- Peer-led framework
- Facilitated by trained consumers
- Discuss content of materials
- Mutual help with any barriers to progress
- Facilitator's role - more coach than counsellor



Component 4 - Telephone coaching

Fortnightly, alternate weeks to meetings

- Team members - clinical psychologists
- 5-minute reminder calls
- Discuss barriers to content or progress
- Coaching approach – not counselling
- Aim - to maintain forward progress



Consumer Input

“nothing about us without us..”

Consumer Reference Group

To assist with content development

- Advertised through Consumer Advisory Group newsletters
- Applicants chosen on basis of illness experience, recovery experience, personal development efforts.
- Considerations: gender; cultural diversity; stage of recovery.



Consumer Input

Content Development Roles

Research team

- drafted workbook content based on:
 - recovery principles
 - positive psychology

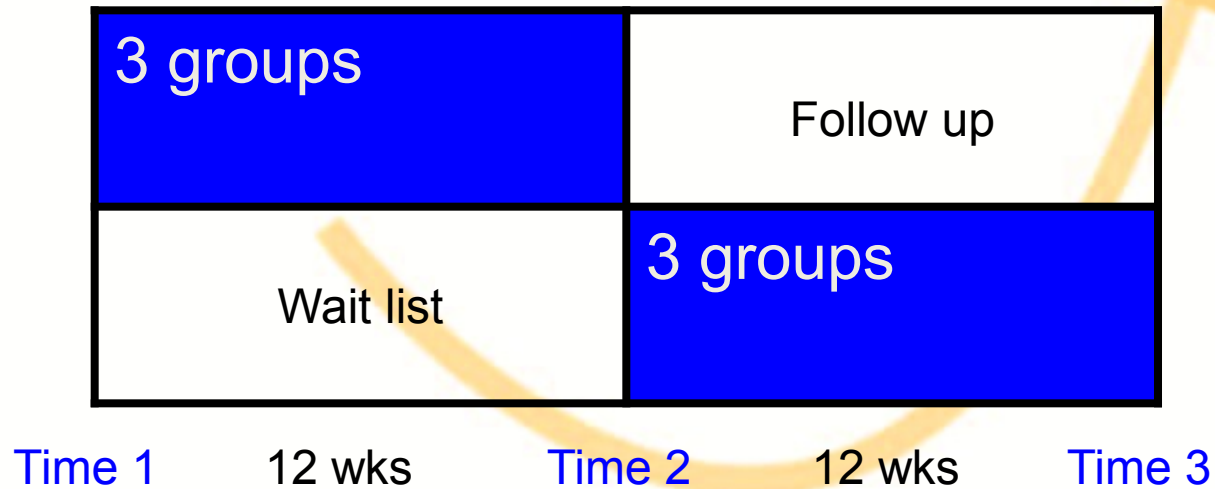
Consumer Reference Group

- reviewed draft modules at home
- completed the exercises
- gave feedback on:
 - content
 - language
 - exercises



Evaluation

- Wait-list control design
- City, regional and rural sites



Measures

Mental Health Continuum

- Emotional well-being (positive emotions)
- Psychological well-being (autonomy, purpose, mastery, self-acceptance, growth, relationships)
- Social well-being (self in the community)

Personal Goal Strivings

- Progress on valued life goals

Recovery Assessment Scale

- Five aspects of recovery (goal orientation, hope & confidence, trusting others, asking for help, not dominated by symptoms)

Scientific Evaluation

Measures (cont)

STORI

- A measure of stage of recovery based on consumers' descriptions

Kessler-10

- Depression and anxiety in the last 4 weeks

Consumer Evaluation

Consumer Evaluation

- **Focus Groups**

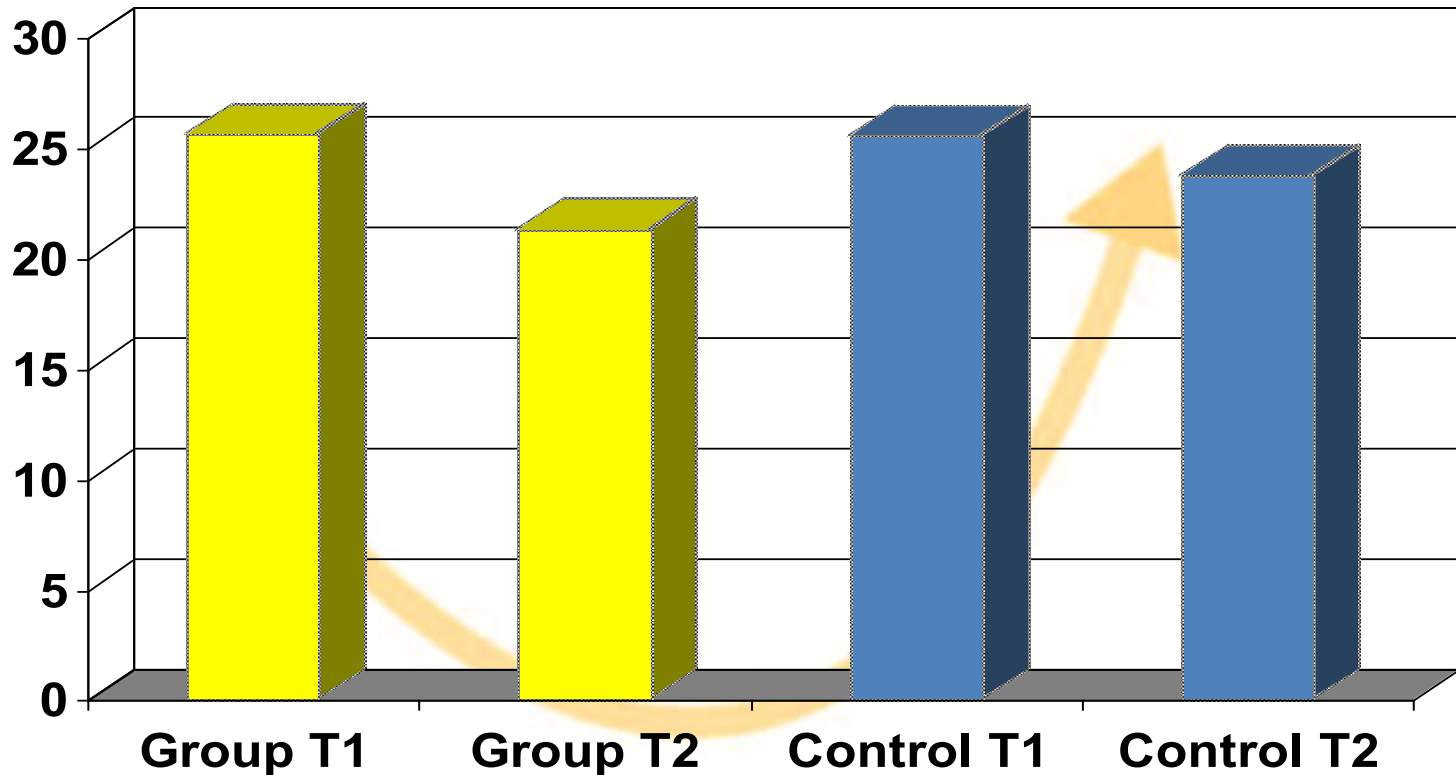
At the end of the program, participants will discuss

- What was helpful/not helpful
- Enjoyable/not enjoyable
- Strongest/Weakest aspects

- **Group facilitators** – informal feedback

Feedback will be used to improve and refine the program

Psychological Distress (K10)



Recovery (RAS)

