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

Flourishing

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
# The Compass

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

**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).

<table>
<thead>
<tr>
<th>Valued direction A</th>
<th>Attainment Score (tick one at review)</th>
<th>Valued direction B</th>
<th>Attainment Score (tick one at review)</th>
<th>Valued direction C</th>
<th>Attainment Score (tick one at review)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Higher level goal attainment</td>
<td>Write goal here</td>
<td>Higher level goal attainment</td>
<td>Write goal here</td>
<td>Higher level goal attainment</td>
<td>Write goal here</td>
</tr>
<tr>
<td>Target goal attainment</td>
<td>Write goal here</td>
<td>Target goal attainment</td>
<td>Write goal here</td>
<td>Target goal attainment</td>
<td>Write goal here</td>
</tr>
<tr>
<td>&gt;70% confident</td>
<td>Target goal Importance A (A+B+C must = 10)</td>
<td>Target goal Importance A (A+B+C must = 10)</td>
<td>Target goal Importance B (A+B+C must = 10)</td>
<td>Target goal Importance C (A+B+C must = 10)</td>
<td></td>
</tr>
<tr>
<td>score = 1</td>
<td>score = 1</td>
<td>score = 1</td>
<td>score = 1</td>
<td>score = 1</td>
<td></td>
</tr>
<tr>
<td>Lower level goal attainment</td>
<td>Write goal here</td>
<td>Lower level goal attainment</td>
<td>Write goal here</td>
<td>Lower level goal attainment</td>
<td>Write goal here</td>
</tr>
<tr>
<td>Coordinate A</td>
<td>Coordinate B</td>
<td>Coordinate C</td>
<td>Success Coordinate</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## The Map

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

<table>
<thead>
<tr>
<th>Valued Direction (from Compass)</th>
<th>Target goal (from Compass)</th>
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<tbody>
<tr>
<td></td>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>Action name:</th>
<th>Action Description: What specific action is required to achieve the target level goal?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eg walking</td>
<td>Eg Walking briskly on the oval next door three times a week in the morning</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>Data Set:</th>
<th>How often</th>
<th>When</th>
<th>Where</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resources</td>
<td>How can I give me practical help? With what?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Information</td>
<td>Who can give me information when needed? What information?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Emotional</td>
<td>Who can listen and support me?</td>
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<table>
<thead>
<tr>
<th>Social support</th>
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</thead>
<tbody>
<tr>
<td>How can I monitor this behaviour?</td>
</tr>
<tr>
<td>Monitoring behaviours (e.g., diary, calendar recording what you have done)</td>
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</table>

<table>
<thead>
<tr>
<th>Barriers</th>
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<tbody>
<tr>
<td>What are my barriers?</td>
</tr>
<tr>
<td>(e.g., financial, time, motivation)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Solutions</th>
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</thead>
<tbody>
<tr>
<td>What are some solutions or backup plans?</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Confidence (circle level of confidence)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not at all confident 0 10 20 30 40 50 60 70 80 90 100 Very Confident</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Review date:</th>
<th>Review outcome:</th>
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<tbody>
<tr>
<td>Make as soon as possible</td>
<td></td>
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</tbody>
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**Date: Client ID: Worker ID: Review Date: Signature**
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
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 3 - Group meetings

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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 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.

“nothing about us without us..”
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
• Wait-list control design
• City, regional and rural sites

<table>
<thead>
<tr>
<th>Time 1</th>
<th>12 wks</th>
<th>Time 2</th>
<th>12 wks</th>
<th>Time 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 groups</td>
<td></td>
<td>Follow up</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wait list</td>
<td>3 groups</td>
<td></td>
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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)
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

- **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)