

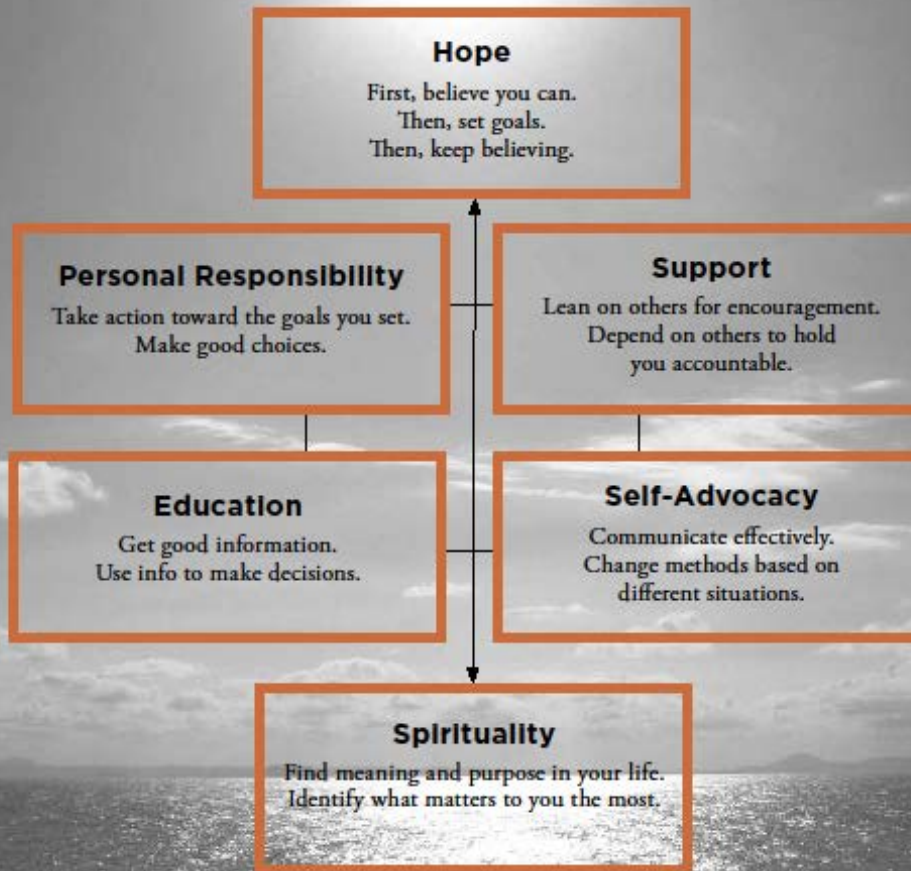
UTILIZING THE FOUNDATIONAL PRINCIPLES OF WELLNESS IN EMPLOYMENT GOAL SETTING

**IPS FOURTH FRIDAY CALL
AUGUST 28, 2015**

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Foundational Principles of Wellness



THE FOUNDATIONAL PRINCIPLES
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Illinois DHS/DMH
Revised 2014

Goal Setting Worksheet Using the Recovery Principles

HOPE: What is the goal one wants to achieve?

*Spirituality: Why is this goal important to me?
What do I want to achieve?*

*Self-Identified
Strengths*

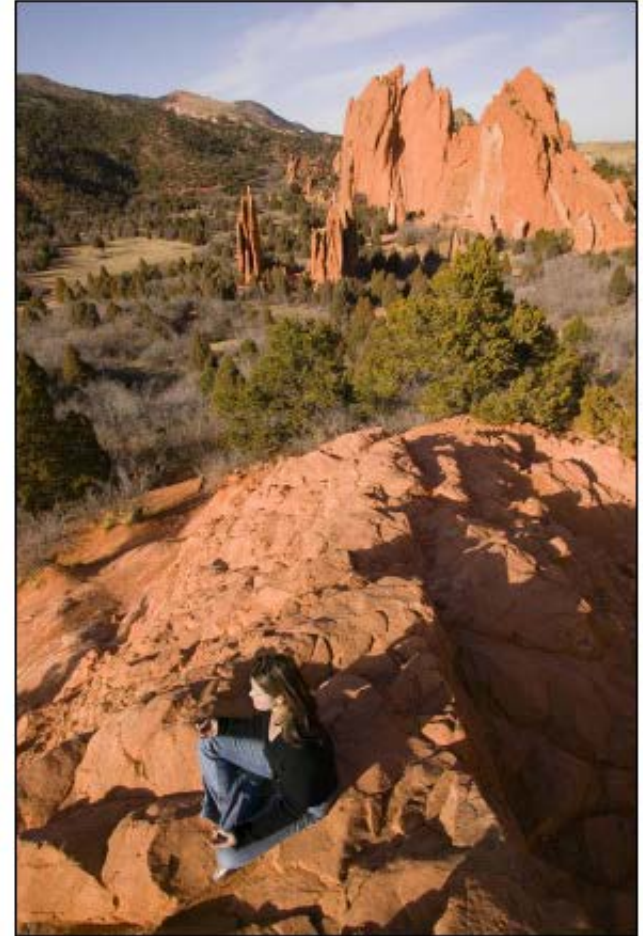
*Personal Responsibility: What steps
will I need to take to work towards
reaching this goal? (objectives)*

*Support: What supports will I need to
be successful in reaching my goal. (CS
Services, natural supports)*

*Education: What education
(formal or informal)
and skills will an individual need
to be successful.*

- First, believe you can.
 - Then, set goals.
 - Then, keep believing.
-
- Before you can set the goal as a tangible outcome we must first ask our self
Why?

Hope



Goals can be achieved

HOPE- REFLECTIONS

- What are the person's hopes?
- Are they their hopes or are they what we hope for them?
- Have we or they placed limits on those hopes?

How do we get to WHY?



Spirituality is what gives us meaning and purpose in our lives

- What is Important?
- It is where we find the why we work
- This allows us turn Hope into a goal
- Finding why fuels additional Hope

Spirituality




Spirituality is an essential part of recovery

GOALS

- Having a Hope does not require action
- Setting our goals and achieving those goals are two totally different things. While Hope is a belief and concept, achievement of a goal is a measurable, tangible outcome.
- Why do you work?



- **What are some examples of self-identified strengths that might assist a person to achieve their goal?**
 - **Now that a person has established their employment goals, what are the action steps a person needs to take to turn their goal into reality?**
- 

What are some examples of Personal Responsibility?

- Listing their work history
- Showing up for appointments on time
- Attending to personal hygiene and self care

What are other examples of Personal Responsibility the IPS client may want to take on?

Personal Responsibility



Choices you make
have the best
outcomes

Reflections:

How might Personal Responsibility positively impact the other Foundational Principles?

- **Hope:**
- **Support:**
- **Education:**
- **Self Advocacy:**
- **Spirituality:**



When enrolled in an IPS program what supports might be helpful in achieving an individual's goal?

- Employment Specialist
- Internet
- Recovery Support Specialists
- WRAP Facilitator
- Clinical support

What other supports might be helpful?


Support



Everyone needs a support network

Reflections:

How might Support positively impact the other Foundational Principles?

- **Hope:**
 - **Personal Responsibility:**
 - **Education:**
 - **Self Advocacy:**
 - **Spirituality:**
- 



The key is keeping Personal Responsibility and Support in balance

- What might happen if a person takes on too much Personal Responsibility without enough Support?
- What might happen if a person has too much Support and does not take on enough Personal Responsibility?

What types of education might be helpful when enrolled in IPS?

- Benefits counseling
- Role playing
- Transportation options

What are other examples of education that might benefit someone whom is enrolled in IPS?


Education



Knowledge
empowers you

Reflections:

How might Education positively impact the other Foundational Principles?

- Hope:
 - Personal Responsibility:
 - Support:
 - Self Advocacy:
 - Spirituality:
- 

Self-Advocacy

Self Advocacy is asking for what we need

What types of Self-Advocacy might benefit someone enrolled in IPS

- **What type of work do I want to do?**
- **With increased activity my meds might need adjusted**




What are other examples of education that might benefit someone enrolled in IPS?

Focus on what you want to achieve

Reflections:

How might Self-Advocacy positively impact the other Foundational Principles?

- **Hope:**
 - **Personal Responsibility:**
 - **Support:**
 - **Education:**
 - **Spirituality:**
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**What gives you
meaning and
purpose in your
work life?**

Questions?

Spirituality



*Spirituality is an
essential part of
recovery*