

# EMPOWERING INDIVIDUALS WITH WHOLE HEALTH SERVICES

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# LEARNING OBJECTIVES

- Participants will learn the difference between mental illness and psychiatric disability
- Participants will understand the evolutionary process of moving from illness to disability
- Participants will identify ways the treatment system can help or hinder a person's journey toward health & wellness



# THREE M'S

- Migraines
- Mental Illness
- Multiple Sclerosis
  - All in the brain.
  - All in the same person.
  - Not all treated equally.



# THE POWER AND IMPORTANCE OF LANGUAGE

- ◉ Engaging or Empowering?
- ◉ Consumers or Individuals?
  - Language matters!



# TRAUMA INFORMED CARE

- ◉ Recognize the presence of trauma symptoms
- ◉ Acknowledge the role that trauma has played and continues to play in a person's life
- ◉ Approach every person with the understanding that they are likely to be a trauma survivor



# GIVE MAXIMUM AMOUNT OF CONTROL TO THE INDIVIDUAL

- ◉ The experience of trauma is disempowering
- ◉ Trauma robs a person of their sense of self-agency
- ◉ Our work must be designed to restore the person's sense of self-agency, dignity, respect and ability to choose



# THE LESSON OF INTER-CONNECTEDNESS

- ◉ Mind. Body. Spirit. Emotions. Choices.
  - All are part of me.
  - All are inter-related.
- ◉ Everything that happens to a person is happening on various levels at once.
- ◉ Effective interventions are those which occur on multiple levels at the same time.



# UNITE GOAL-SETTING AND SPIRITUALITY

- ◉ Spirituality: that which gives a person's life meaning and purpose
- ◉ Spiritual health assessment:
  - What matters to you the most?
  - What keeps you going?
- ◉ The answers to these questions will lead you to the things that will be the greatest motivators for an individual to pursue after their whole health goals



# COMBINE SUPPORT WITH PERSONAL RESPONSIBILITY

- Excessive support can result in learned helplessness and the need for ongoing custodial care
- Personal responsibility has been recognized as one of the keys to recovery
  - Both support AND personal responsibility are needed, in balance
- The dignity of risk: allow individuals to make mistakes, without shame
  - This is how we learn and grow



# ASSOCIATE PERSONAL RESPONSIBILITY WITH EDUCATION

- ◉ Personal responsibility: making good choices
- ◉ Education: getting good information
  
- ◉ It is impossible to make good choices without good information
  - However, good information does not automatically lead to good choices
  
- ◉ Knowledge is power: We cannot do better if we do not know better!

# FACILITATE EFFECTIVE SELF-ADVOCACY

- Self-advocacy: communicating effectively in order to get one's needs met
  - Communication is effective in different ways based on different settings or circumstances
- Good situational judgment: knowing what to say, how to say it, and when to say it, based on the situation
- Good self-advocacy skills are empowering and needful in healthcare settings



# EMPOWERING INDIVIDUALS WITH WHOLE HEALTH SERVICES

- ◉ Recognize the power and importance of language
- ◉ Give maximum control to the individual participating in services
- ◉ Apply the lesson of inter-connectedness to all interventions
- ◉ Unite goal-setting and spirituality
- ◉ Combine support with personal responsibility
- ◉ Associate personal responsibility with education
- ◉ Facilitate effective self-advocacy



# THRIVING

“Surviving is important. Thriving is elegant.” - Maya Angelou



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IMPORTANT.  
THRIVING IS  
ELEGANT.”**

- Maya Angelou

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THANK YOU!

