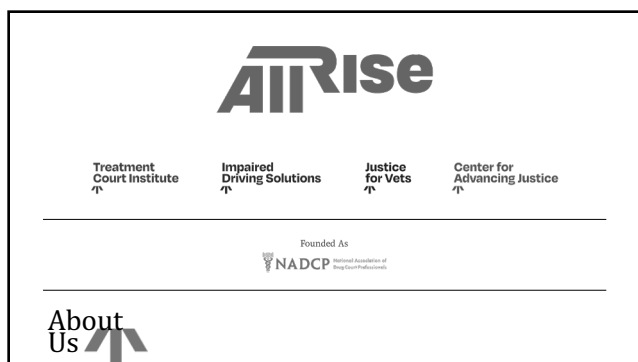


1




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DISCLOSURE

This plenary is being made possible by funding from the Bureau of Justice Assistance (BJA); opinions or points of view expressed in this plenary by the speaker do not necessarily represent the official position or policies of the United States Department of Justice, Bureau of Justice Assistance.


3

It all begins with our ability to motivate!



Key Concepts of Motivational Psychology

- All of us will move towards what we define or believe as being pleasurable while moving away from what we define as being painful.
- The human psyche is determined by what it associates things with. If it associates pleasure by taking a certain behavior, it will continue to do so until the behavior is no longer rewarding.





4

Types of Motivation in Psychology

Internal Motivation is driven by a desire within, whether that is a basic need to get food and shelter, social approval, acceptance, or a sense of accomplishment.

External motivation is driven by what others may think of us or achieving a goal.





5


Theories of Motivation in Psychology

Operant Conditioning focuses on which stimuli, either environmental or physical, will cause the greatest motivation for an individual.

Incentive motivation is mostly focused on reinforcement. When a person has positive or negative reinforcement, it will affect how motivated they are to continue with a task or do something differently the next time around. A person will intentionally pursue a COA in order to gain specific rewards.



Marines participate in a motivational run at Marine Corps Recruit Depot San Diego.




6

The motivation to change can be challenging

FROM THIS


We can't assume that everyone is wanting change, thinking about change, prepared to change and knows what to do in order to change.

TO THIS
 

Regardless of your role on the team, you can influence change.



7

What the research says about HOPE...

A greater sense of hope has been associated with:


- ✓ Fewer number of chronic conditions
- ✓ Lower risk of cancer
- ✓ Fewer sleep problems
- ✓ Increased psychological wellness
- ✓ Lower psychological distress
- ✓ Increased purpose in life

(N=12,998, mean age = 66 years)

8

Audience Reflection



Provide one or two critical words that help define, PURPOSE
 (Without smart phone assistance please.)

9

The Benefits of Having Purpose

- ✓ Better maintenance of physical functioning over time (Kim et al., 2017).
- ✓ Mental health, a higher sense of purpose or meaning in life also protects against cognitive decline (Kim et al., 2019)
- ✓ Reduces – if applicable, suicidal ideation (Heisel & Flett, 2016) among older adults
- ✓ Reduces negative affect and symptoms of depression and anxiety in adults of all ages (Crego et al., 2019, 2021).

10

Motivating Towards Purpose



Productive



Other(s)-directed



11



1. Be a GREAT Listener!

To motivate participants each team member should become a *great* listener. Don't act like you know it all and have all the answers on what the person needs to do.

For your Court to motivate people, start by actively listening to them. Listen for their expressed goals, their dreams, and why they may not be feeling motivated.

When we know the cause, we can provide a better and more effective solution.



12

Silence is golden and it is your friend
It provides the listener with an abundance of information

The word "listen" contains the same letters as the word "silent".

The information garnered (through your silence) can assist with proper assessment and service delivery.

13

2. Radiate positivity.

When you **Radiate Positivity**, you are conveying respect, confidence, and, most importantly, fostering optimism in the person you are engaging with!


Question for the audience:
In your current position, discuss a few ways you can role-model positivity?

Optimism is a good thing!

14


3. Affirm, affirm and reaffirm.

Essential Core Skill




JUSTICE for VETS

15

 **4. Explore what drives them.**


- What are their interests or hobbies that they presently enjoy? If they don't have any now, what were they in the past?
- Ask them, "How can we assist you today so that your tomorrow can be awesome?"
- When they and you are aware of these drivers that extend beyond their time in treatment court, you will be better able to assist them in focusing their efforts.
- Ask them about where they see themselves upon graduation/commencement from the program.

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 **5. Incentivizing is meaningful**

As we motivate our participants to work on their goals, we use incentives they value which will stimulate motivation.

- A phase structure (that is followed)
- A case plan (with clear trajectory)
- Treatment
- Culturally responsive outings
- Veteran Mentors
- Peer Support Specialists
- Alumni Association
- Challenge/Recovery Coins



17



Completing Goals Creates Hope

18

7. Empower them with getting the resources they need.

The infographic features a central city skyline. To the left, a person sits reading a book, labeled 'Educational or vocational'. Below that is a circular icon with an American flag and the text 'VA Benefits'. In the center, a bus is labeled 'Transportation'. To the right, a group of people is labeled 'Social Connectedness'. Above the skyline, the word 'Housing' is written.

19

8. Drive the message home – You are in control!

Let them imagine the success they want ⇌ Let them feel the hope

20


Meaning-Making and Purpose

“If we take man as he is, we make him worse. But if we take man as he should be we make him capable of becoming what he can be.”


- Viktor Frankl

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Thank You




NADCP
National Association of
Drug Court Professionals



NDCI
NATIONAL DRUG
COURT INSTITUTE



NCDC
NATIONAL CENTER
FOR DWI COURTS



**JUSTICE
FOR VETS**

Restoring Hope & Purpose in the Justice-Involved Veteran Participant
