



The Challenge of Recovery: Life Planning, A New Approach

Session Abstract: Entering a lifetime of recovery is a challenge for people who have or are experiencing substance abuse and mental health issues. This innovative and interactive session will introduce participants to a newly-developed process that aids individuals who have been impacted by substance abuse/mental health and are entering into a life of recovery.

This playful and expansive session supports individuals to create a life plan by:

- Looking deeply at their reality and aspirations
- Organizing information about their whole self
- Identifying an action plan based on their life goals
- Structuring their plans using key analytical tools
- Enhancing their capacity to achieve better outcomes.

Outcomes:

- This session will demonstrate a transformative approach for the future wellbeing of those entering recovery.
- Graduates report less stress, more focus and easier decision making.
- Research has shown definitively that having a written plan for the future results in better success.

Learning Objectives:

- Participants learn how to facilitate setting goals with their population as they participate in the program and identify how to achieve goal setting in this life planning process.
- Participants will personally experience the process enabling them to begin using the innovative tools provided when working with their population.
- Participants will learn the four elements used in this life planning process.

Presenter: Stephanie O'Neill M.A.: Professor at the University of Cincinnati and at Oakland University of Michigan: C. E. O. of Scottsdale Prevention Institute, Director of SAMHSA's Center for Substance Abuse Prevention, Specialist to the Administrator of Substance Abuse Mental Health Services Administration, C. E. O. of Compass Behavioral Healthcare and Director of Children and Family Services at La Frontera Center. C.O.O. To Our Health! Wellness Organization. Experienced therapist, teacher, and federal grant reviewer.

Co-Presenter: Christine Austin: Founder of *To Our Health!*, Designer of Life Planning, Trained in Family Planning with Professor Joan Goldsmith, Harvard, taught strategic planning to management as CEO of New Mass. Media, Inc.