



Restoring Hope & Purpose in the Justice- Involved Veteran Participant

REV APR 23

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The Case of Marcus

You are meeting Marcus for the first time. He appears disheveled, mumbles when he speaks, has little eye contact with you and seems ambivalent to his surroundings or current legal circumstance.

During your contact with him, you keep wondering if you are confusing Marcus with somebody else.

Surely this can't be the same person you heard about at the staffing who was a decorated non-commissioned officer, pastor, and now a small business entrepreneur in your community?

How do you enhance his current level of motivation?

How do you assist him with finding hope?

How do you help him gain or restore his sense of purpose?

Immediate complexities of the Marcus case example

His possible perspective:

- Disappointment w/self.
- Doesn't understand what went wrong.
- Feelings that his business will suffer or may lose it.
- Embarrassed to be in court.
- Is guarded, doesn't want anyone to know anything about him.

Your possible perspective:

- Surprise at his “irresponsible behavior.”
- Intimidated by his military history.
- Disappointment/mild anger that a former member of the clergy has broken the law.
- Unsure if you can work effectively with him.

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.



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

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.

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..

What the research says about HOPE...

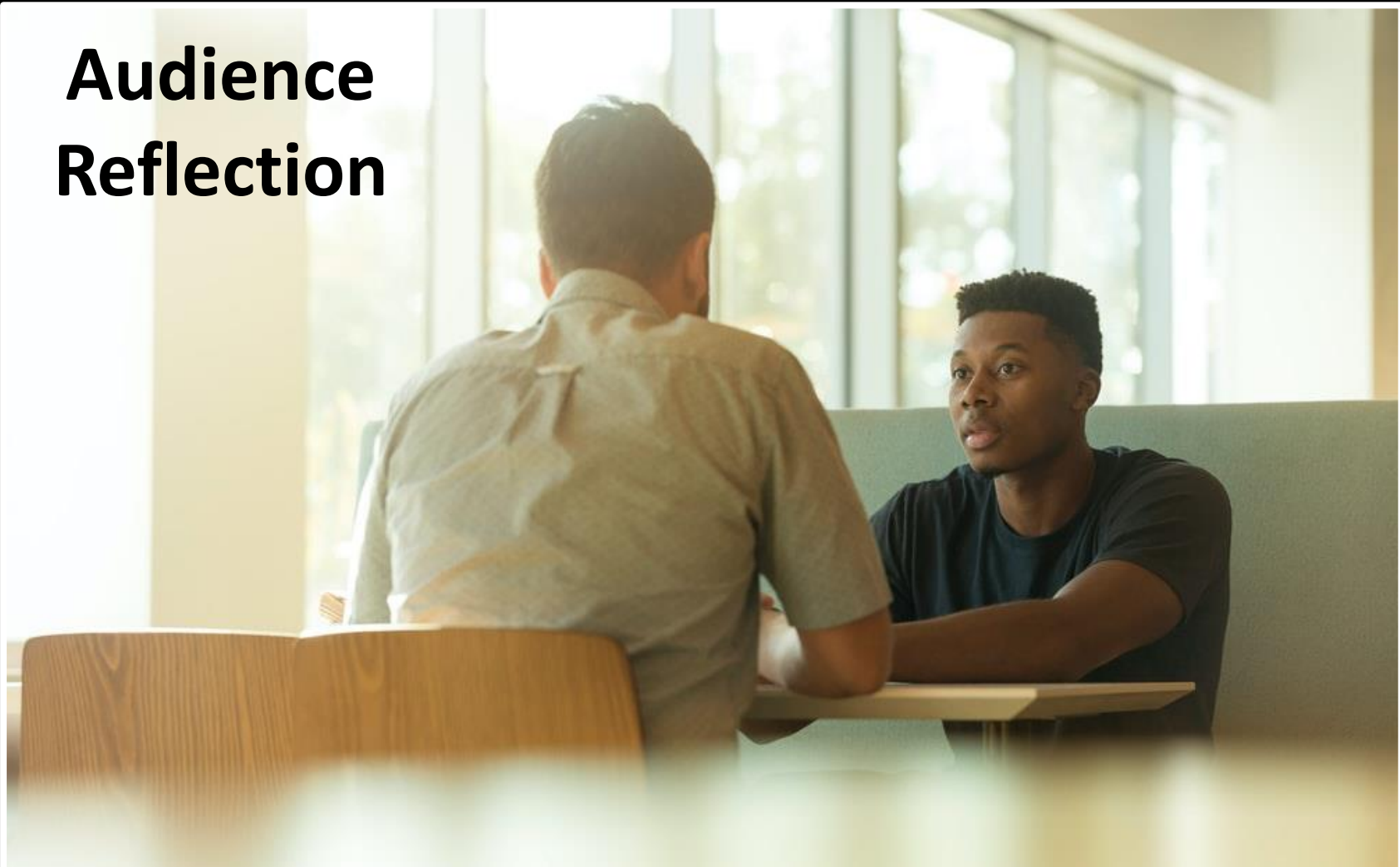
A greater sense of hope has been associated with:

- ✓ 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)



Audience Reflection

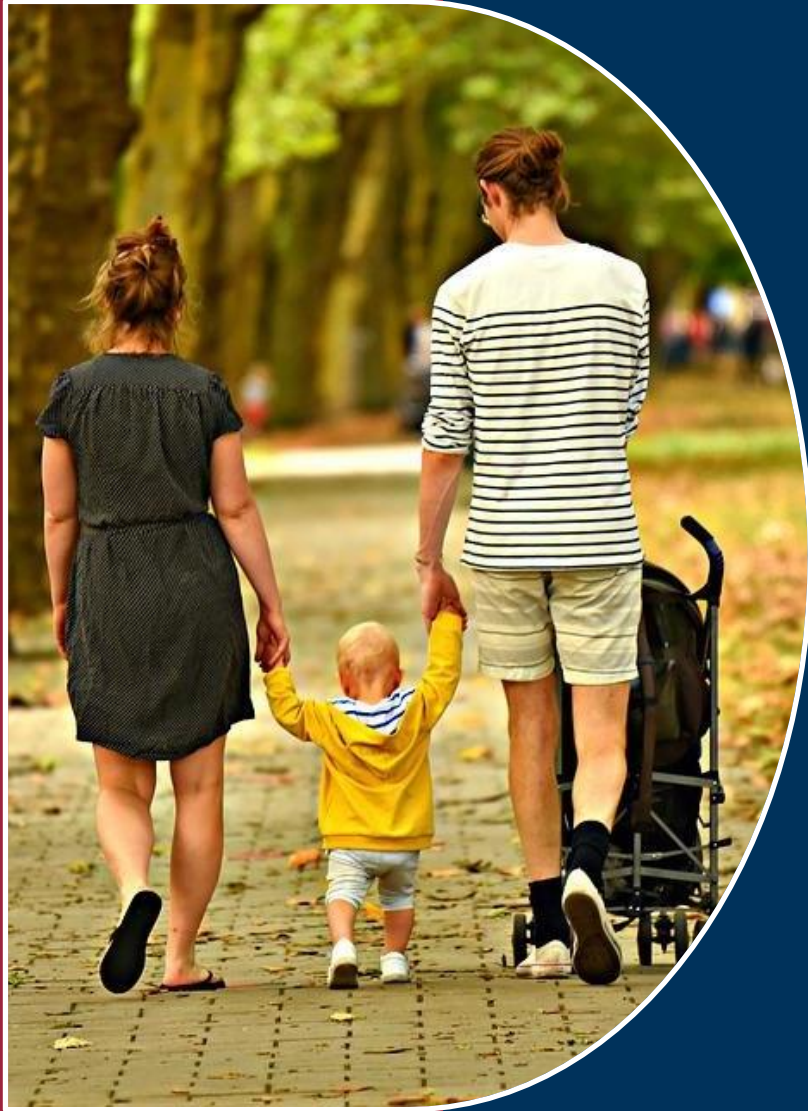


Provide one or two critical words that help define, PURPOSE

(Without smart phone assistance please.)

The Benefits of Having Purpose

- ✓ Among middle-aged and older adults, recent evidence suggests that purpose in life is associated with lower mortality risk (Boyle et al., 2009; Shiba et al., 2021)
- ✓ Reduced incidence of stroke (Kim, Sun, Park, & Peterson, 2013),
- ✓ Fewer sleep disturbances (Kim et al., 2015)
- ✓ Reduced risk for myocardial infarction (Kim, Sun, Park, Kubzansky et al., 2013)



Motivating Towards Purpose

Productive

Intrinsic

Other(s)-directed



Five questions to help *spark* Purpose:



1. What would you do if you would not be limited by money?
2. What accomplishments are you most proud of, small or big?
3. With whom would you like to surround yourself (what are the kind of people you would like to be surrounded with in terms of lifestyle, occupation, wealth, interests?)
4. What were some challenges, difficulties, or hardships you've overcome? How did you do it?
5. What would your perfect day look like?

Eight core skills that can be used to motivate the veteran-participant towards hope and purpose

1. Be a *GREAT, empathetic* Listener!
2. Radiate positivity.
3. Affirm, affirm and reaffirm.
4. Explore what drives them.
5. Incentivizing is meaningful.
6. Start with small and achievable goals.
7. Empower them in obtaining the resources they need
8. Drive the message home!



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.





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!

3. Affirm, affirm and reaffirm.

Essential Core Skill



- ✓ Demonstrate a *“something is being done right”* mindset.
- ✓ Be genuine.
- ✓ Be empathetic.
- ✓ Publicly recognize and acknowledge achievement



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.



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

Social-connectedness: The “ever-lasting” Incentive

DEVELOPING

- Exploring commonalities with peer supports (mentors, peer specialists)
- Exploring volunteerism or employment opportunities
- Exploring community resources

Avenues of pro-social supports

ENHANCING

- Developing interpersonal skills that will improve current relationships.
- Engaging in avenues of creativity such as musical or artistic abilities that promote self-care.
- Being open to new relationships and ideas.
- Willingness to ask for assistance from others when needed



6. Start with small and achievable goals.



- When a goal is too far away from the present moment, many things can happen. Plus, when a goal initially appears unrealistic (e.g., sobriety); successful accomplishment of smaller goals will make it possible to achieve.
- Encourage them to focus on smaller achievable goals that will create the results they want. And when they see the results, they will feel motivated.



Completing Goals Creates Hope



7. Empower them with getting the resources they need.

Housing

**Social
Connectedness**

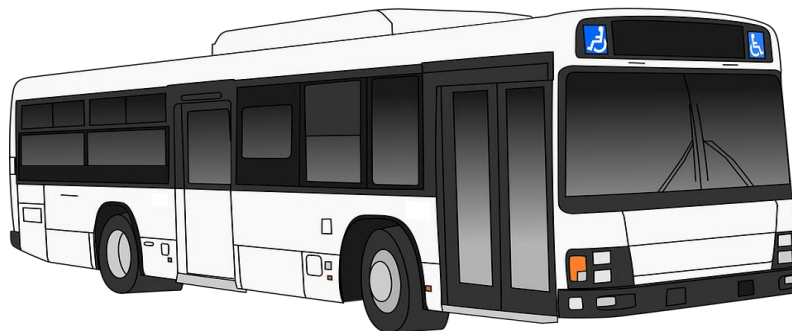


**Educational
or vocational**



VA Benefits

Transportation



Food





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



Let them imagine the success they want —————> Let them feel the hope



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

Thank You

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