

Strengths Model Training 2-Day Workshop

Training for Frontline Workers

Teaching Format: Lectures, experiential learning activities (e.g., role play, reflective exercise) and case discussion

Target Participants: Social workers, nurses and other helping professionals supported by the service unit to implement Strengths Model Case Management (SMCM) and conduct strengths-based supervision.

Course description: This course aims to enhance frontline workers' understanding of the recovery model and contradicts the recovery model with the traditional deficits model. It examines in depth the philosophy behind strengths-based perspectives, and the research basis for this evidence-based, fidelity-monitored case management model – Strengths Model Case Management¹. Furthermore, the concepts of strengths in mental health and how to effectively assess strengths in clients are also explored, with demonstrations from experienced workers. In addition, the importance of recovery goals and community in the strengths paradigm will also be discussed.

Intended learning outcomes; upon satisfactory completion of the workshop, participants will be able to:

1. Gain a critical understanding of the recovery paradigm and its significance in mental health;
2. Engage their clients more creatively and effectively in strengths-based interventions;
3. Conduct the strengths-based assessment;
4. Raise their awareness about ways in which community resources can be acquired or mobilized for clients.

Day One

Unit One: Introduction: Recovery – Illuminating the Path of Hope

Topics
Introduction
Overview of case management models; recovery model and the philosophy behind
What recovery is vs. what it is not
In-class exercise & reflection

Unit Two: Relationship/Engagement – Partners in Recovery

Topics
Relationship & engagement with your clients: The importance of partnership
Engaging your clients creatively: demonstration
In-class exercises & reflection
Strengths Assessment: An introduction

¹ Rapp, C. A., & Goscha, R. (2012). *The strengths model: A recovery-oriented approach to mental health services*. New York, NY: Oxford University Press.

Day Two

Unit Three: Strengths Assessment – Amplifying Wellness

Topics
Practical skills in implementing strengths assessment
Frequently asked questions from practitioners
Demonstration
Anchors and niches: The two critical concepts; their relations to strengths

Unit Four: Resource Acquisition – Community Mental Health

Topics
Motivational interviewing
Naturally occurring resources: Why it matters in the strengths model
Exercises: Identifying naturally occurring resources
Group supervision demo, Q&A

Readings

Elsie Jones-Smith. (2013). *Strengths-based therapy: Connecting theory, practice and skills*. Thousand Oaks, CA: SAGE.

Francis, Abraham P., Pulla, Venkat, Clark, Michael, Mariscal, E. Susana, and Ponnuswami, Ilango (2014). *Advancing social work in mental health through strengths-based practice*. Brisbane, QLD, Australia: Primrose Hall.

Francis, A. (2014). Strengths-based assessments and recovery in mental health: reflections from practice. *International Journal of Social Work and Human Services Practice*, 2, 264-271.

Hohman, M. (2011). *Motivational interviewing in social work practice*. New York, NY: Guilford Press.

Rapp, C. A., & Goscha, R. (2012). *The strengths model: A recovery-oriented approach to mental health services*. New York, NY: Oxford University Press.

Saleebey, D. (2012). *The strengths perspective in social work practice (4th edition)*. Boston, MA: Allyn & Bacon.

Stanard, R. P. (1999). The Effect of Training in a Strengths Model of Case Management on Client Outcomes in a Community Mental Health Center. *Community Mental Health Journal*, 35 (2), 169-179.

Tse, S., Tsoi, W-SE., Hamilton, B., O'Hagan, M., Shepherd, G., Slade, M., Whitley, R., & Petrakis, M. (2016). Uses of strength-based interventions for people with serious mental illness: a critical review. *International Journal of Social Psychiatry*, 62(3), 281-91.

Tsoi, W. S. E., Tse, S., Fukui, S., & Jones, S. (2015). Study protocol for a controlled trial of Strengths Model Case Management in mental health services in Hong Kong. *BMJ open*, 5(10).

Yates, I., Holmes, G.& Priest, H. (2012). Recovery, place and community mental health services. *Journal of Mental Health*, 21(2), 105-114.

Yip, K. S. (2005). A Strengths Perspective in Working with an Adolescent with Depression. *Psychiatric Rehabilitation Journal*, 28(4), 362-370.