



SAMHSA-HRSA
CENTER for INTEGRATED
HEALTH SOLUTIONS

**Ensuring a Person
Centered Approach to
Establishing Health Goals**

Winter 2016 Regional Meeting

SAMHSA
Substance Abuse and Mental Health Services Administration
www.samhsa.gov 1-877-SAMHSA

HRSA
Health Resources & Services Administration

integration.samhsa.gov

Today's Goal

Demonstrate tools PBHCI grantees can use to enhance everyone's skills in working with individuals to set person-centered HEALTH goals that activate self-management.

- IMPACT Goal Setting *Cheat Sheet*
- IMPACT Presentation
- Sample IMPACT Role Play



Engagement versus Activation

- An example of “engagement” is meeting with your doctor
- “Activation” is what you do after leaving your doctor’s office
- New health behavior increases with activation of self-management, especially with chronic conditions

Three keys to activate self-management include:

1. Person-centered planning based on existing strengths and supports
2. Writing an IMPACT goal resulting from person-centered planning
3. Implementing weekly actions plans to break goals into small successes

integration.samhsa.gov

Writing an IMPACT goal

Creating a Whole Health Goal with **IMPACT**

A goal is something we want and are willing to work for. We do the work because of the benefits that come from accomplishing the goal. It is the potential benefits that motivate us to act.

Create a whole health goal that is concise, easy to review and will ultimately lead to success in creating new health habits. Does your goal statement answer these six IMPACT questions?

<p>I mprove</p> <p>Does accomplishing the goal improve the quality of my health and resiliency?</p>	<p>M asurable</p> <p>Is the goal objectively measurable so I know if I have accomplished it?</p> <p><i>For something to be measurable, it usually has to state an amount – how much, how often or how many one wants.</i></p>	<p>P ositively Stated</p> <p>Is it positively stated as something new I want in my life?</p> <p><i>It is more motivating to work toward getting something that you want than focusing on something that you want to get rid of, avoid or change.</i></p>
<p>A chievable</p> <p>Is it achievable for me in my present situation and with my current abilities?</p> <p><i>If you do not think your goal is achievable within the given time frame, you can either lower the scope or change the time frame.</i></p>	<p>C all forth Actions</p> <p>Does it specify actions that I can take on a regular basis to create healthy habits or a healthier lifestyle?</p> <p><i>A goal is something you work to achieve over a period of time; therefore there are actions you can take to achieve your goal.</i></p>	<p>T ime Limited</p> <p>When do I plan to accomplish my goal?</p> <p><i>The goal needs to be stated so that you know by when you plan to accomplish it.</i></p> <div style="background-color: #f4a460; padding: 5px; font-size: x-small;"> <p>If you answered “no” to any of these questions, then revise your goal so it meets all six criteria for IMPACT.</p> </div>

This document was developed for SAMHSA Primary and Behavioral Health Care Integration grantees by the SAMHSA-HRSA Center for Integrated Health Solutions. Visit www.integration.samhsa.gov for more tools and resources on setting health goals.

integration.samhsa.gov

Creating New Health Behavior

How to set a health goal with IMPACT

A goal is something we want and are willing to work for. We do the work because of the benefits that come from accomplishing the goal. It is the potential benefits that motivate us to act. A whole health goal that is concise, easy to review, and will ultimately lead to success in creating new health habits meet these six **IMPACT** criteria:

Improve
Measurable
Positive
Achievable
Call forth Actions
Time Limited

integration.samhsa.gov

Guidelines for writing an IMPACT goal

A goal is something we want. It is something we are willing to work for. We do the work because we want the benefits that come from accomplishing the goal. **It is the potential benefits that motivate us to act.** Therefore, the closer you can get the goal statement to incorporate the potential benefits, the more IMPACT the statement will have on the person's motivation to accomplish the goal.

There are three criteria that are often the most difficult to meet – Measurable, Positively Stated and Call Forth Actions. An example of a goal statement that is hard to measure – “I want to feel better.” This statement does not contain anything that you can objectively measure. Nor does it say what ‘better’ would involve or look like. Words like better, more, less, etc. are not objectively measurable.

integration.samhsa.gov

Guidelines for writing an IMPACT goal cont.

If the goal statement is not measurable, it is helpful to get it related to the benefits by asking the following questions:

1. Why do you want this?
2. What will be the benefits?
3. How will your life be different if you accomplish this goal?
4. If you accomplish this goal, what will you be able to do that you can't or aren't doing now?

integration.samhsa.gov

Example of person-centered planning around stress management

For Participants to Complete

Stress Management

- These are some causes of stress in my life:

- These are my favorite activities for relaxing or having fun:

- When I feel stressed out, I like to do these things to take care of myself:

integration.samhsa.gov

Example of person-centered planning around stress management cont.

- What are 3-5 things a person might start doing on a regular basis to reduce the impact of stress in their life?

Review and Prioritization

For Participants to Complete

1A If I decide it is important to **reduce stress** in my life or practice more stress management skills to improve my health and resiliency, I could do the following to accomplish that:
(Make sure it is something you are currently not doing, can do, and think you might enjoy)

1B *The benefit of doing this would be:*

integration.samhsa.gov

Weekly Action Plans

Learning to create a **weekly action plan** that helps a person reach his or her whole health goal is crucial to success. The actions must be healthy and such that a person can engage in them multiple times a week.

ACTION PLANS FOR GOALS THAT REQUIRE DEVELOPING A NEW BEHAVIOR, HABIT, OR LIFESTYLE

While the actions in the weekly action plan may vary from week to week, the actions need to relate to the set goal and consist of healthy behaviors that create a new discipline in one's lifestyle. Remember, the action plan needs to be something that the person wants to do and can expect to do during the next week. The action plan needs to focus on what a person is creating that is new and is helping him or her move in the desired direction, not changing or eliminating what is "wrong." Don't focus on bad habits. That gives these habits power.

integration.samhsa.gov

Examples of Weekly Action Plans

Stress Management:

- 1) What will you do? **I will practice the Relaxation Response**
- 2) How much will you do? **10 minutes**
- 3) How often will you do it? **Four days this week**
- 4) When will you do it? **Before I go to work**

Healthy Eating:

- 1) What will you do? **I will eat fruits and vegetables**
- 2) How much will you do? **Three servings of fruits and/or vegetables**
- 3) How often will you do it? **Three different days this week**
- 4) When will you do it? **At lunch and/or dinner**

Physical Activity:

- 1) What will you do? **I will walk**
- 2) How much will you do? **One-half mile**
- 3) How often will you do it? **Three times this week**
- 4) When will you do it? **After work and before dinner**

integration.samhsa.gov

Discussion

- Working with a consumer to create and track progress on their IMPACT goal
- Who, When, Where, How
- Where would we document goals? EHR?

integration.samhsa.gov