

Passport to Independence: Using a Good Lives Workbook with Your Clients

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Robin J. Wilson / Michele K. Burns



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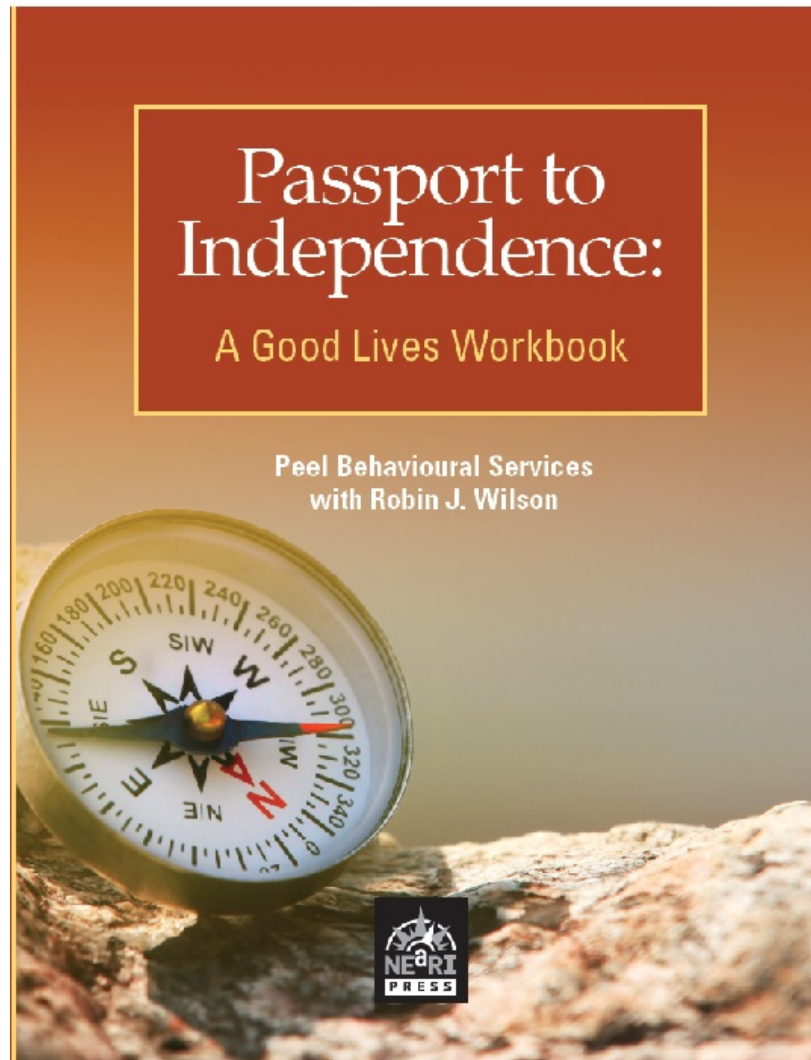
Erin Bresee, Marshalee McQueen, Suzy Stirton



Who we are...

- Peel Behavioural Services
- Trillium Health Partners
 - Multi-site hospital complex in Mississauga, ON, Canada
- Providing clinical and case management services to persons with intellectual disabilities and sexual behaviour problems for nearly 40 years
- Partnerships with agencies providing group home and other housing options

Our new book...



RNR Principles



Focus on responsivity

- Most management frameworks in sexual violence prevention have done well in establishing risk and need based interventions
- A continued area of difficulty appears to be in regard to responsivity
 - Clients in treatment often feel like programming is being done to them and not with them
 - Literature is clear that the therapeutic alliance and client motivation are critically important
 - How do we ensure that clients get all they can from treatment?

What is the Good Lives Model?

- GLM is a treatment approach focusing on an individual's whole life and not just inappropriate behaviours
- Assists an individual in determining what is most important in their life
- Provides strategies on how to pursue and achieve one's goals in a safe and positive way

What is the Good Lives Model?

- Consists of ten long-term goals
- Long-term goals are broken down into short-term goals
 - These are the goals that help an individual work toward their long-term goals
- All goals and methods of achieving them are unique to the individual



Why the GLM?

- Clients identified a desire to become more independent and determine the goals required to succeed in life
- GLM provides a holistic approach
- Focuses on future goals as opposed to solely ruminating on past offences/inappropriate behaviour
- Builds confidence

Why the GLM?

- Reinforces PBS treatment guidelines
- Provides a more structured way of meeting goals
- Offers individuals insight into the feasibility of attaining their goals
- Demonstrates potential challenges and how to overcome them

Adapting the GLM

- Used terminology consistent with other treatment workbooks and with which clients were already familiar
- For example:
 - Goods → Goals
 - Primary and Secondary Goods → Long-Term and Short-Term Goals
 - Flaws → Roadblocks



How PBS implemented the GLM

- Staff completed training on GLM facilitated through a sister agency
- Developed the **Passport to Independence** curriculum based on the GLM
 - Consultation with clients
 - Road-testing of potential exercises
 - Collaborative revision of materials before finalizing curriculum

How PBS implemented the GLM

- Introduced clients to the GLM curriculum via group format focusing on all ten goals
- “In-the-moment” modifications were made by staff based on participants’ feedback
- At the end of group, participants completed their own **Passport to Independence** book

Collaboration with clients

- Feedback from clients was encouraged throughout the group format
- Final feedback survey was collected at end of group
- Work completed in 1:1 sessions with the individual
 - Completed individualized **Passport to Independence**
 - Each individual shared their **Passport to Independence** booklet with their fellow group participants
 - The individual's goals were incorporated into their treatment plans

Feedback provided by the clients

- Clients overall have reported the following since starting to implement the curriculum into their daily life
 - An increased quality of life
 - Hope for a better life
 - Increased independence
 - Increased motivation and confidence
 - More invested in their own goals and treatment program
 - Feel the workbook is more client-centred
 - Feel it has reduced their number of behavioural and mental health concerns
 - Feel their Circle of Support is better able to support them
 - Better able to identify barriers, problem solve, and potentially overcome these barriers

Collaboration with Mediators

- The individual's social supports are educated regarding the **Passport to Independence**
- Meetings are held with the individual and their social supports to discuss progress, challenges, roadblocks, and successes
- Work with community partners when needed
- Create support plan that assists individual in meeting their goals (e.g., Healthy Relationship Counselling – Private Time Agreement)

Challenges

- Affordability
- Mediator by-in
- Lack of resources/opportunities
- Lack of follow through
- Lack of motivation to self-initiate
- Lack of available support
- Various levels of cognitive functioning
- Staff turn over rate/continuity

Successes

Individuals have...

- Enhanced motivation to accomplish goals
- Concrete goals to work on
- More structured ways to meet realistic goals
- A better understanding of what they want in life
- Assistance from others on how to meet their goals
- Increased independence
- Reduced risk
- Investment in treatment because they have more input into their treatment goals
- A more balanced and self-determined lifestyle
- A more positive outlook on their future

Using Passport to Independence

- **Long-term goal:** Personal Choice and Independence
 - To get driver's license
- **Short-term goals (leading to long-term goal)**
 - Save money for written test and Driver's Education
 - Study for written test
 - Write and pass written test for Learner's Permit
 - Complete Driver's Education
 - Complete and pass road test to acquire full license
 - Education on insurance, budgeting, and being realistic about purchasing a vehicle

Using Passport to Independence

- **Road blocks**

- Lack of skills: Safety concerns due to difficulty processing road signs while driving
- Lack of attention while driving
- Lack of opportunity and resources: Cannot afford a vehicle, insurance, repairs, gas, etc.
- Lack of access to a vehicle to practice driving

- **End result:**

- Obtained initial license, but was unable to get his full license due to roadblocks

Using Passport to Independence

- **Long-term goal:** Relatedness
 - To have a healthy intimate relationship with his girlfriend
- **Short-term goals (leading to long-term goal)**
 - Attend relationship counselling sessions with his girlfriend
 - Go on short dates with mediator supervision
 - Gradually increase the length of date time
 - Gradually fade out mediator supervision and support
 - With support of counselling work through levels of intimacy that both are comfortable with
 - Testing for STIs
 - Purchasing of birth control

Using Passport to Independence

- **Road blocks**

- Discuss needs to follow treatment guidelines and protocols which impacted their ability to engage in certain activities/outings
- Seeing each other as often as they would like was at times challenging due to staff availability
- Lack of opportunity for privacy: Where to engage in sexual intimacy was a challenge – client lives in group home, girlfriend lives with sister (both are not comfortable with these settings)
- Saving money for motel/hotel to have private time and engage in sexual intimacy

- **End result:**

- Client's parents offered their home as a private place for both to engage in sexual intimacy-they have "date nights"/"sleepovers"
- Both are extremely happy in their relationship and committed to each other
- Continue to consult with PBS as questions/issues arise

Future goals

- Constantly evolving **Passport**
- Continue to make modifications as needed



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