Critical Issues and Promising Practices in Behavioral Health

Supporting Older Adults and People with Disabilities

April 3rd, 2018

Oregon Health Authority

Portland State Institute on Aging

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Centre for Collaboration Motivation & Innovation

MOVING FORWARD TOGETHER: UNDERSTANDING ENGAGEMENT

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OBJECTIVES

- Define engagement
- Describe the COM-B model for understanding behaviors
- Demonstrate an approach to gathering information about factors that influence behavior change (including engagement)
- Describe options for engaging consumers with behavioral health needs (match interventions to factors).

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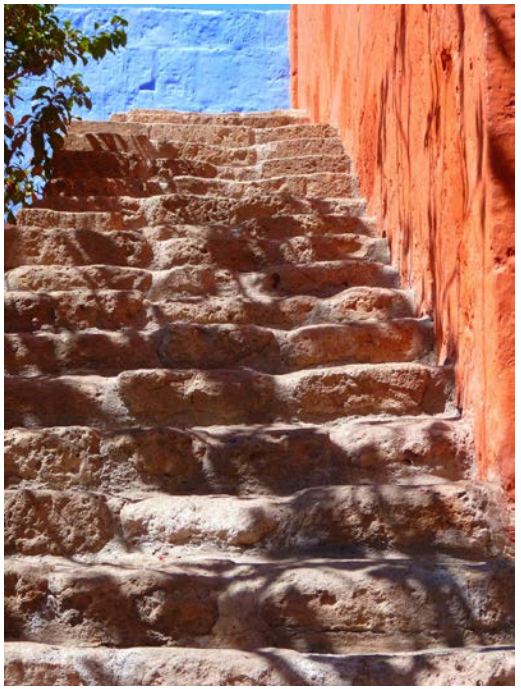
OUR AGENDA



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BEING ENGAGED CAN MEAN…

- Being in gear

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BEING ENGAGED CAN MEAN…

- Being in gear
- Involved in a hostile encounter

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BEING ENGAGED CAN MEAN…

- Being in gear
- Involved in a hostile encounter
- Pledged to be married

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BEING ENGAGED CAN MEAN…

- Being in gear
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- Pledged to be married
- Greatly interested

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BEING ENGAGED CAN MEAN…

- Being in gear
- Involved in a hostile encounter
- Pledged to be married
- Greatly interested
- Involved in an activity

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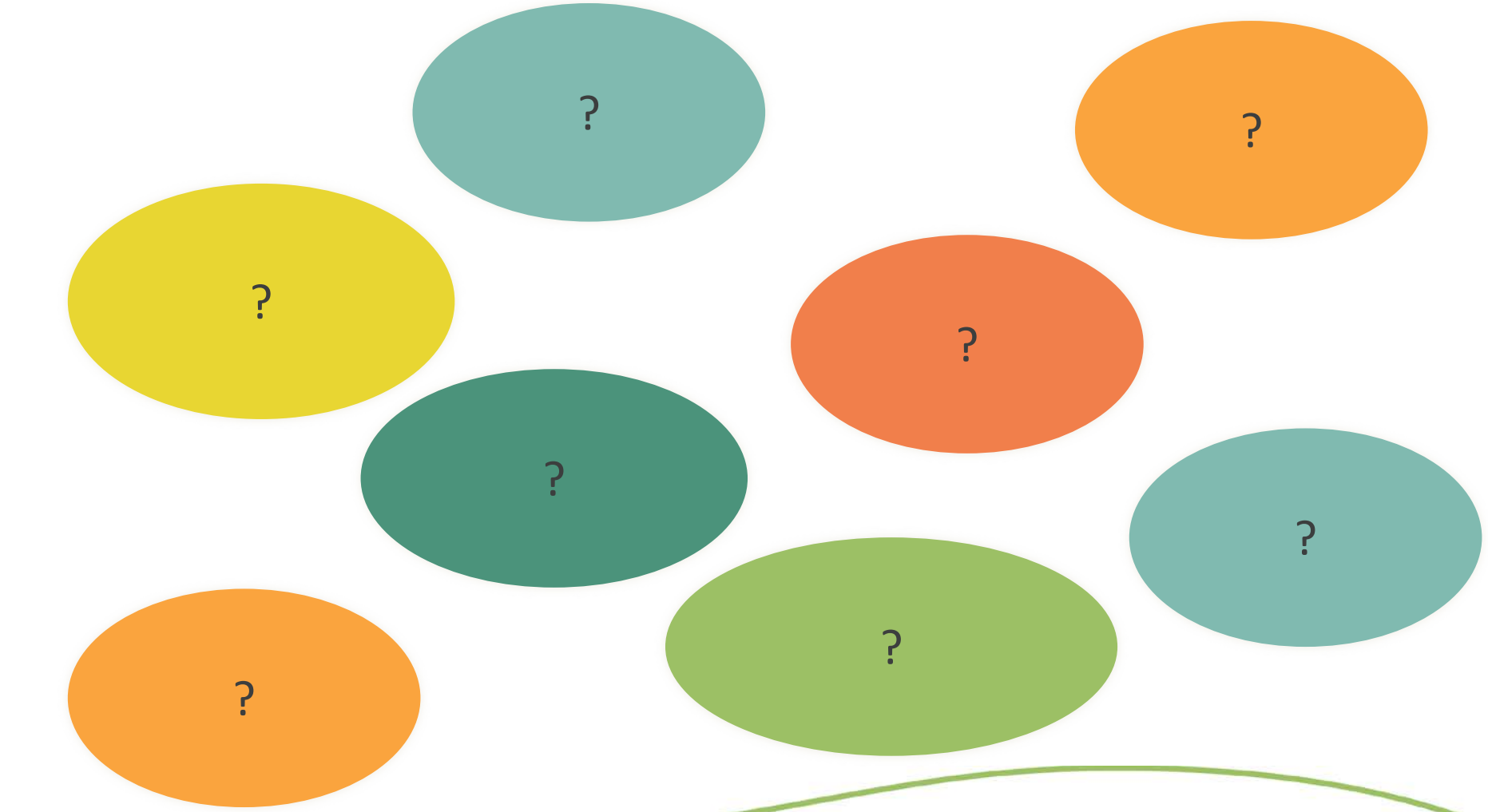
WHAT IS ENGAGEMENT?

PARTNER A	PARTNER B
Think of a story about engagement. Of yourself or someone you work with. Respond to your partner's questions.	1. Ask "Tell me a story about engagement about you or someone you have worked with." 2. What helped with engagement? 3. What were the barriers to engagement? 4. What was the result?
After 2 minutes, I will ask you to SWITCH	After 2 minutes I will ask you to SWITCH

WHAT DID YOU LEARN ABOUT ENGAGEMENT?



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SWITCHING TRACKS FOR A LITTLE WHILE…

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OF TWO MINDS

art by P. Theo

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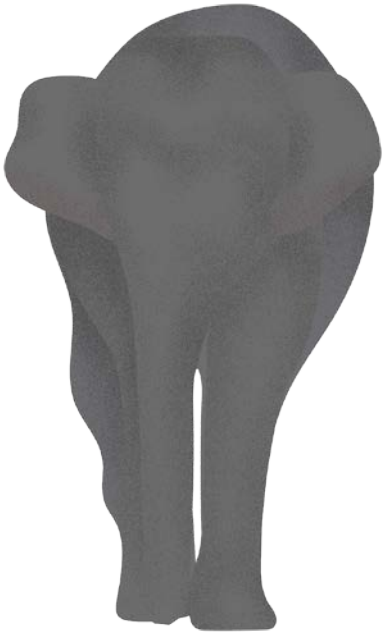
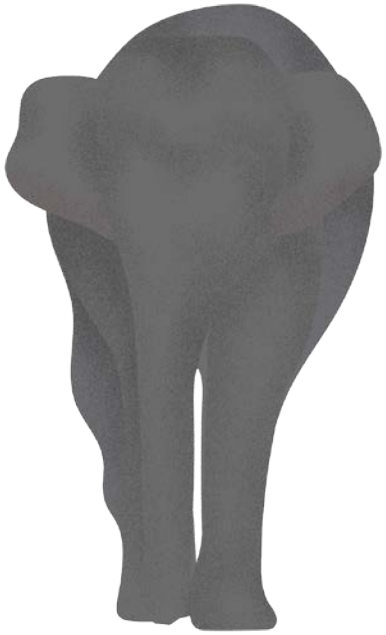
A STORY ABOUT CHANGE

Georgina riding an elephant in India



THE ELEPHANT



- Physical capability
- Emotions - including habits (Emotional motivation)

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THE RIDER

- Brain potential (psychological capability)
- Reasoning (deliberate motivation)

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THE PATH

- The environment (physical opportunity)
- Influence of others (social opportunity)

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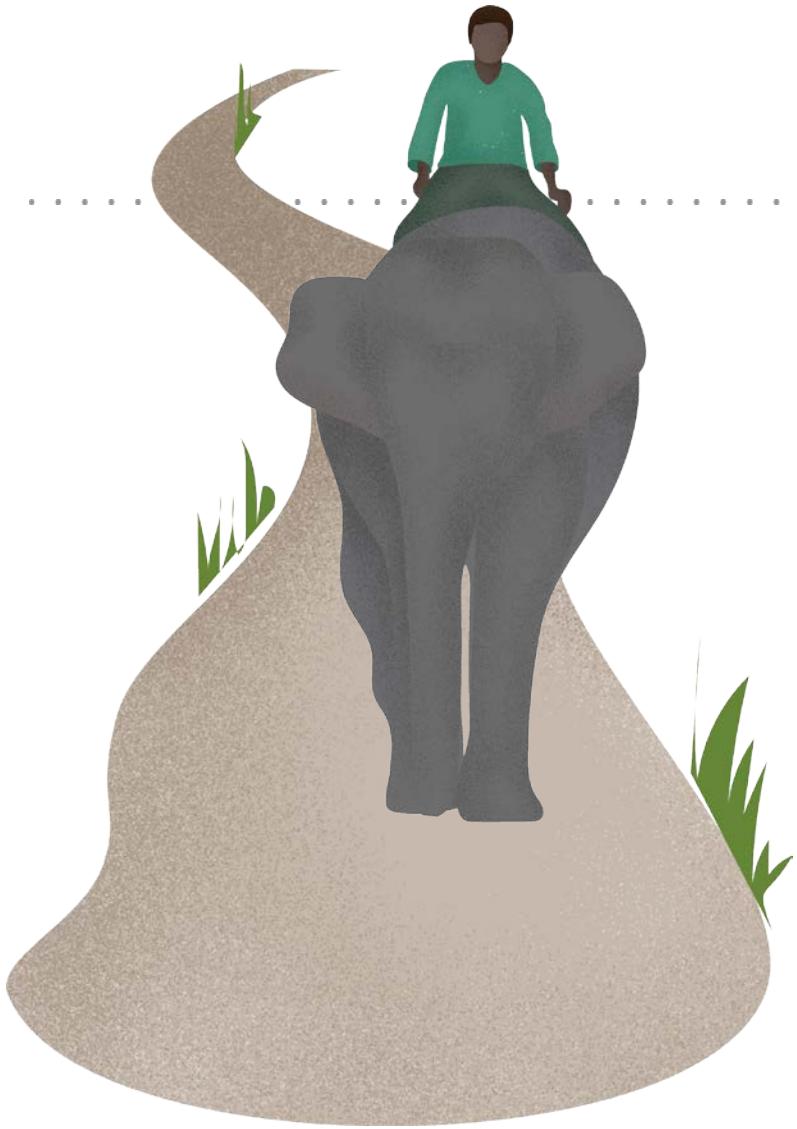

- Motivate the elephant
- Direct the rider
- Shape the path

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TABLE DISCUSSION

What ideas do I have that will help those I am trying to engage?

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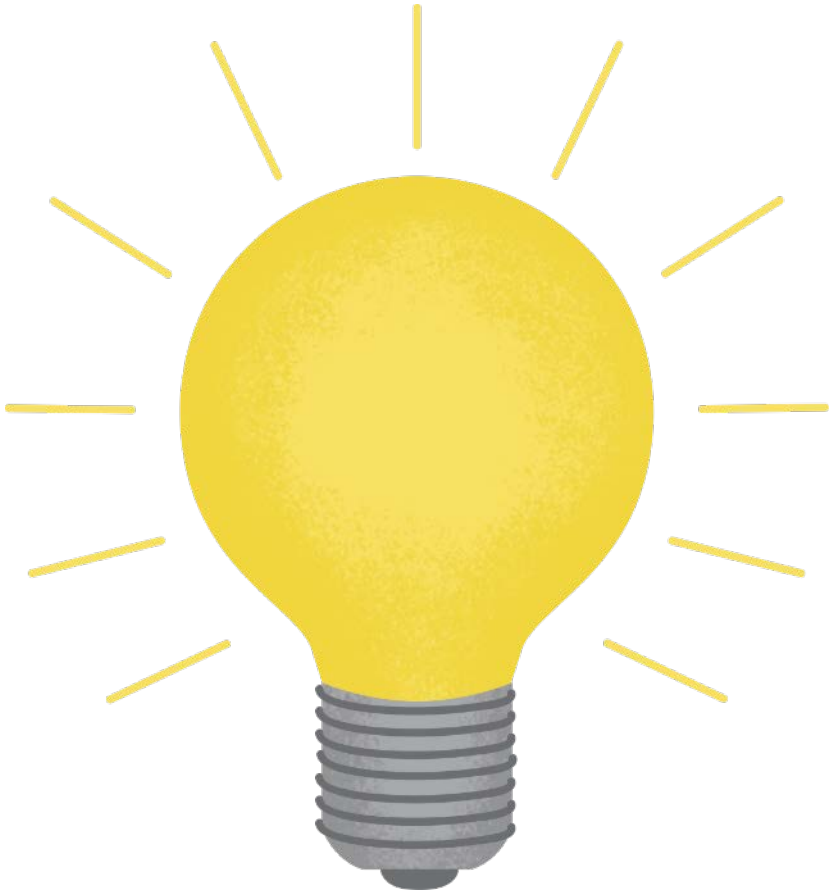
SHARING IDEAS



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YOUR NEXT STEPS

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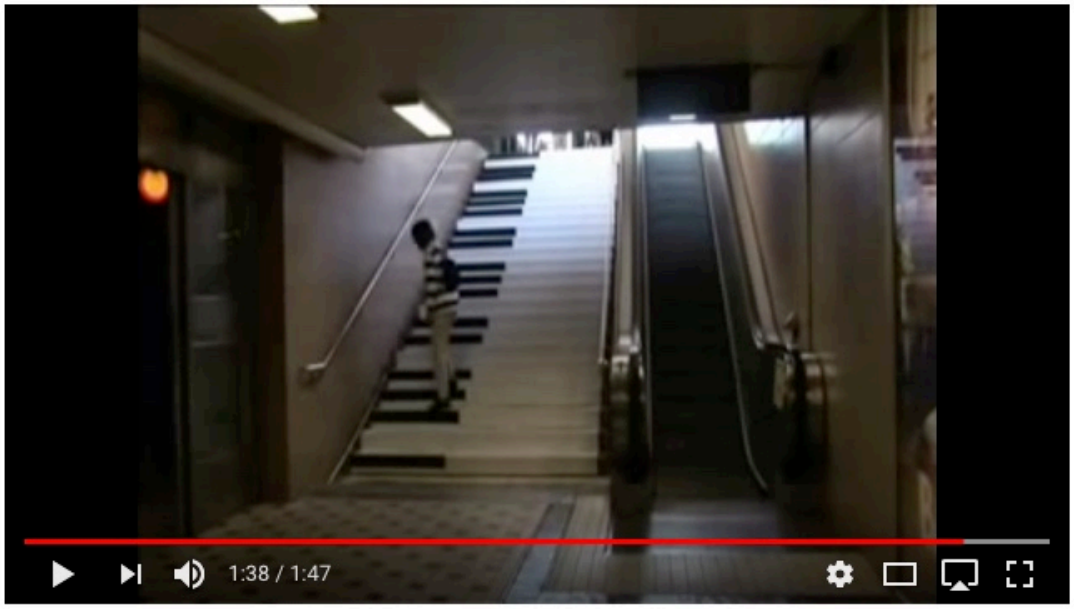
VIDEO



Escada Piano | Escalator vs. Stairs

Escalator vs. Stairs

https://www.youtube.com/watch?v=IeAJJDRn_H0

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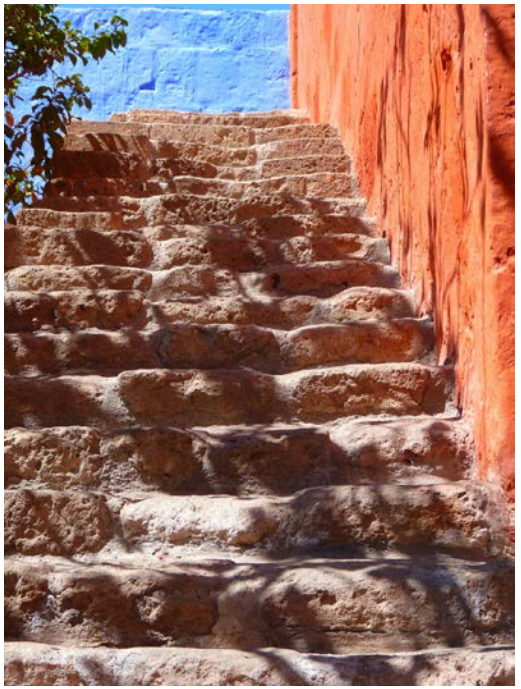
REVIEW



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