

Imagine YOU... as you want to be IM4Us
IM4Us Presentation 8:45-12:30 Aug 21, 2019
Submitted for review 7/14/19

Imagine YOU... as you want to be
IM4Us Conference August 2019
A workshop for self care and skill building.

Agenda -8:45-12;30

8:45 Welcome -and Who's here?
9:00 Overview of Imagine YOU and IM4Us Workshop
IY supporting underserved
9:13 What Matters Most to YOU
9:15 Imagine YOU (IY) Workshop
10:15 Discussion: IY for self care -for health and wellbeing
10:45 - 11:00 B R E A K
11:00: What Matters Most - Berwick video (?)
Imagine YOU - Essential Elements
Diversity of IY Groups and Outcomes of IY
2 Essential Elements - today's training
11:15 Demo/Practice: Ask - What Matters Most to You?
11:30 Discussion re What Matters Most
11:45 Demo and Practice 'Should' exercise from IY Workshop
12:00 Discussion: 'Should' exercise
12:15 Taking it Home - self care and - starting to use IY
12:25 Eval forms and Thank you and Congratulations.

Imagine YOU... as you want to be [] indicates a new slide

[] Imagine YOU(r)...as you want to be
Tools for Self-Care
Presented by Ellen Barnett, MD, PhD
WELCOME
IM4Us Conference August 2019

[] HEALTH - gives us the ability to do and be
what matters most to us.

[] What Matters Most to You
(A silent exercise)

[] What is Imagine You (IY)?

- Self care skills for health and well being
- IY project trains agency staff and providers
- Honors what is important to individuals - core of IM
- Supports diversity and needs of underserved

[] Imagine YOU supports the underserved

Heard - Ask What Matters and be silent

Allowing their core truth to emerge

Skills - Simple, useful skills for self care, healthy choices

Success - Small steps build success and confidence

Confidence - builds self efficacy, engagement, activation

[] Imagine YOU - IM4Us workshop

- IY Workshop for YOUR self care in health and well being
- Background and Experience of IY Project
- Training and Practice in IY tools

[] Goals for today

- Increased intention and skill for self care and resilience
- In your work
 - Ask: What Matters Most to YOU
 - Use the "Should" exercise

[] Imagine YOU for the Underserved

What IF - Every time

Our patients/clients were asked: What Matters Most to YOU

As an engagement tool for any activity

Using the same language, over and over

- We are Heard
- We are Honored
- The strength of our core values are brought forth
- We are powerful

Imagine You workshop - is an interactive process

We do not use slides during the workshop

Highlights of the workshop include

- Wonder: What Matters Most
- Imagine - you with what matters to you
- Create a card with a symbol of your best health
- Act - identify small steps and supports

B R E A K

[] Ask: What Matters Most to YOU
(Don Berwick video)

[] Essential Elements of Imagine YOU

- Ask: What Matters Most to YOU?
- Imagine YOU - visualization an Image of Health*
- Create - a card to bring you to how you FEEL*
- Act - with a successful small step and support*
- Notice ‘ shoulds” and move to your Image of Health

[6 slides with Essential Elements as the heading - they are developed line by line , when the asterix lines come on a footnote is at the bottom of the slide and that goes away with the addition of the next line.]

In the final slide the first line (What Matters) and the last line “Shoulds” are highlighted]

[] Imagine YOU Project

- Partners with community organizations and clinics

[] Picture of training with Alliance Medical Center

[] Imagine YOU Project

- Partners with community organizations and clinics
- Trains staff to use Imagine YOU tools

[] Picture of training with community organizations

[] Imagine YOU Project

- Partners with community organizations and clinics
- Trains staff to use Imagine YOU tools
- Adds the capacity of using Imagine YOU within the organization

[] Diverse Groups have used Imagine YOU - a partial list

- Parenting Groups: Hispanic, Court ordered
- Disaster Case Managers/Counselors
- Foster Youth transitioning to Independent Living
- High School Students in class and conferences
- Hospice and Cancer survivor groups
- Wellness groups
- Community Health Worker
- Boys and Girls Club
- Homeless shelter groups

[] Picture of Claudia leading parenting workshop

[] Picture of Foster Youth parents

[] Imagine YOU Outcomes

- Parents made a family goal - 85 % of a parenting group
- 3-6 mo after IY - goals were met - average 50%
(25-100% range) - Latino parenting class
- 3 mo after one IY workshop -
30 % reported regular use of their Image of Health
- Junior Year high school class
- 30% reported using their Image of Health
- Jr College Independent Living Class

[] **Skills Training**

Two Imagine You Essential Elements:

1. Ask: What Matters Most to YOU
2. Use the 'Should' exercise

[] What Matters Most to YOU - Demo and Practice

Possible openings

"Let's do a little exercise..."

"I would like to really get on the same page with you"

"We can start with a question:..."

Frame the experience

Do this silently

Talk about it in a minute

Close your eyes - or not

[] What Matters Most - Discussion

- Comfortable parts

- Uncomfortable parts

[] 'Should' exercise - Demo and Practice

[each bullet come on in sequence on a new slide]

- Something from your SHOULD LIST
- Stay in the "SHOULD"
- Notice how you feel
- Call out a word
- Put that aside
- Go to - what matters most to you
- Notice how you feel
- Call out a word
- Compare those two feelings
- Where would you like to live

[] "Should" feeling is "fight or flight"

Sympathetic Nervous system

Essential part of our nervous system

Stressful place

[] What Matters Most feeling is calming

Parasympathetic Nervous system

Relaxing

Healing

[] Same action - different ways to approach it

Building a powerful habit

Notice "should"

Move to "What Matters"

[] 'Shoulds' come in many forms

I tried - I should have done it

I cant - I know I should

I am addicted to.. - I should not be

[] Notice the feeling:

'Should',

Move to 'What Matters' - what I want for myself

[]

Practice

Should to Want

[] Should exercise Feedback and Discussion

- Comfortable
- Uncomfortable

[] Imagine YOU - Summary

Selfcare tool

- Use your Imagine YOU booklet for YOU
- THINK of a small step
- Make it even smaller - for success
- Fill in a bubble

[] Taking Imagine YOU to work

- Visualize asking 1 patient what matters most
- Ask 1 staff member what matters to them
- Try out the should exercise

[] CONGRATULATIONS - Review of what you did

[8 slides with each line appearing sequentially]

Self-care:

- What Matters Most to YO
- Image of Health
- Bubble Card
- Booklet to use
- Small step and support
- Moved from 'Shoulder' to 'I want'

New skills:

- Ask what matters
- Use the Should exercise

[] Imagine YOU...as you want to be

Please complete the feedback evaluation forms

Take script handouts

Contact us: questions, comments, ideas, training information

www.imcfound.org