

# Mental Health & Healthy Goal Setting: A "Whole-istic" Perspective

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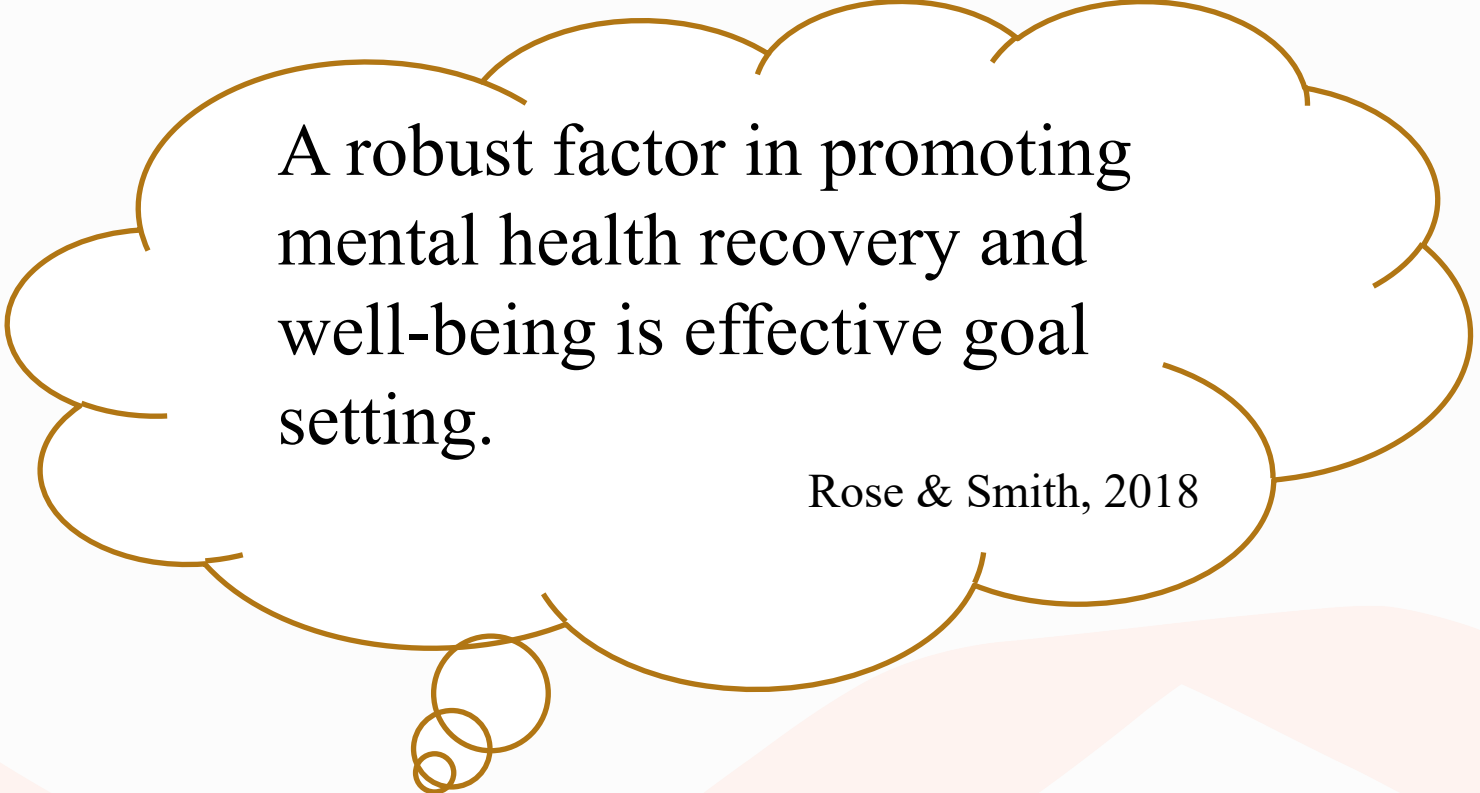
## Objectives:

By the end of the encounter, participants will be able to

1. discuss the benefits of goal-setting as behavioral activation to combat mental health issues
2. examine goal setting and achievement from a multi-domain perspective
3. identify awareness of strategies to improve goal-setting outcomes

OBJECTIVE 1:

Discuss the benefits of goal-setting as behavioral activation to combat mental health issues



A robust factor in promoting  
mental health recovery and  
well-being is effective goal  
setting.

Rose & Smith, 2018

# Nowack's 3 E Model

## Enlighten

- Insight into our strengths and weaknesses
- Knowledge of what we want to achieve
- Prioritizing our goals

## Encourage

- Provides motivation
- Boosts confidence
- Gives the courage to execute plans

## Goal-Setting

## Enable

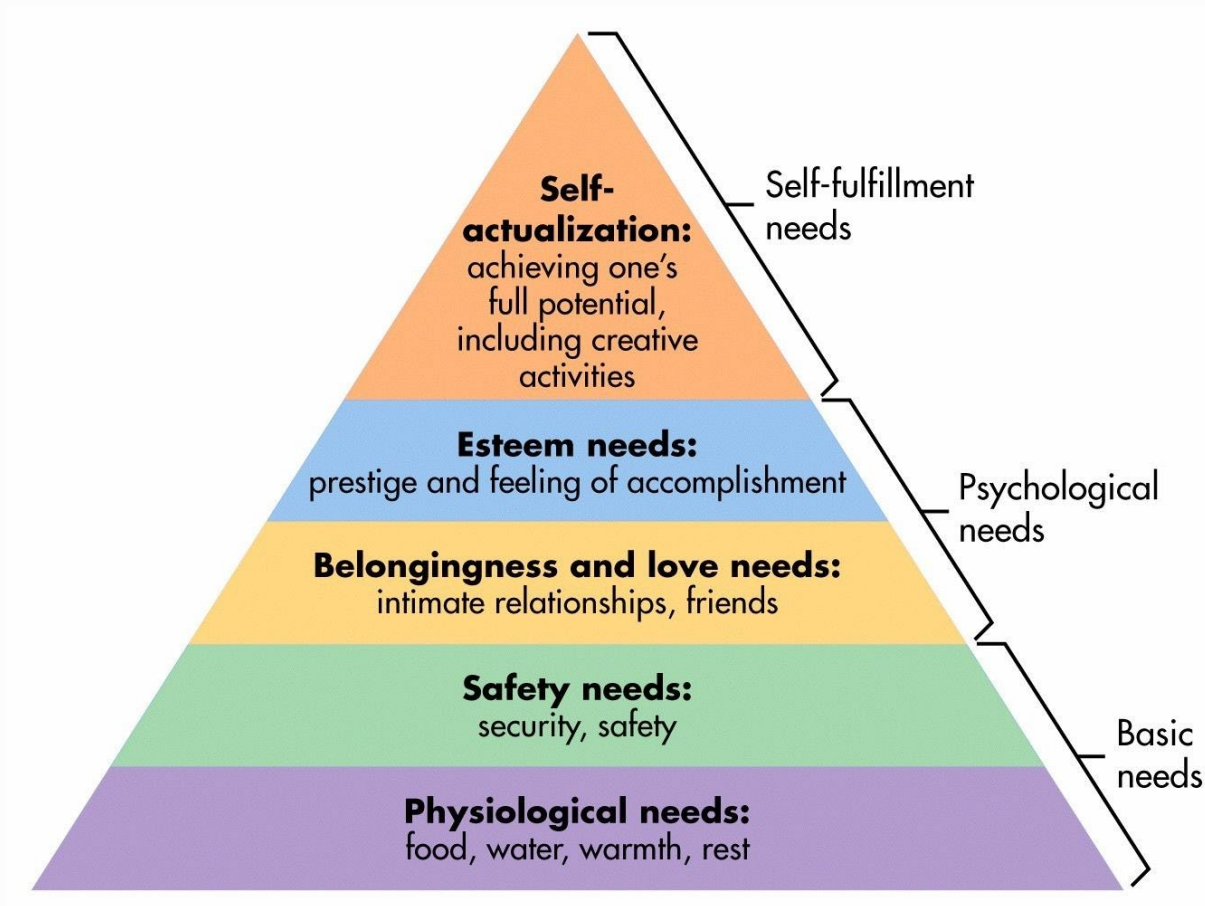
- Builds our skills
- Enhances perception and efficacy
- Helps in implementing plans

# 3 Main Types of Goals in Psychology



OBJECTIVE 2:

Examine goal setting and achievement from a multi-domain perspective



# Maslow's Hierarchy of Needs



# Dimensions of Wellness



and...

- ✓ **Sexual**
- ✓ **Nutritional**
- ✓ **Occupational / Vocational**

OBJECTIVE 3:

Identify strategies to improve  
goal-setting outcomes

# Wilson's 7 "Key Takeaways"

1. Values Commitment
2. Goals and Values Alignment
3. Character Strengths and Actions
4. Self-confidence
5. Persistence
6. Realistic Outlook
7. Self-Resilience



Seligman's *Value-Centred Approach To Goal-Setting and Action Planning*

# Locke's Theory of Goal-Setting: 5 Key Principles

1. **Clarity** – How specific and comprehensive the goal is.

2. **Challenge** – How difficult the goal is and the degree to which it requires us to extend our abilities.

3. **Commitment** – How dedicated we are to reach the goal and what value it renders to us.

4. **Feedback** – How our achievements are perceived and recognized by others. Positive feedback increases satisfaction after achieving the target.

5. **Complexity** – The difficulty of the tasks that we need to accomplish for reaching the ultimate goal.



# Set SMART(ER) Goals:



- ✓ **S**pecific
- ✓ **M**easurable
- ✓ **A**chievable
- ✓ **R**ealistic
- ✓ **T**ime-related
- ✓ **E**valuative / **E**thical
- ✓ **R**ewarding

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# Q & A

# References

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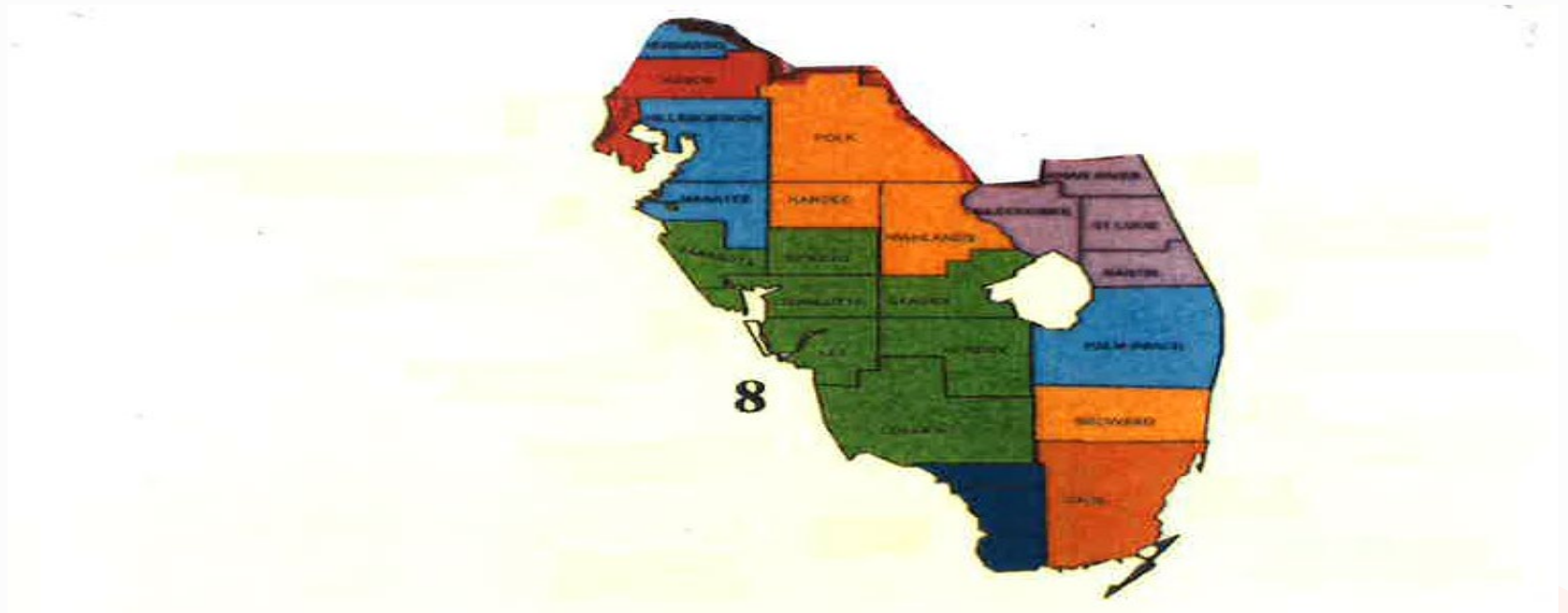
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The AIDS Education and Training Center (AETC) Program is the training arm of the Ryan White HIV/AIDS Program. The AETC Program is a national network of leading HIV experts who provide locally based, tailored education, clinical consultation and technical assistance to healthcare professionals and healthcare organizations to integrate high quality, comprehensive care for those living with or affected by HIV.



# Florida Counties



The U.S. Department of Health and Human Services (DHHS) has released updated versions of its antiretroviral treatment guidelines for adults and adolescents, and for children with HIV. The new adult guidelines include revised recommendations for first-line antiretroviral therapy (ART) as well as management of treatment-experienced patients. The revised pediatric guidelines include a discussion of very early treatment for HIV-infected infants.

## References

HHS Panel on Antiretroviral Guidelines for Adults and Adolescents.

[\*Guidelines for the Use of Antiretroviral Agents in HIV-1-Infected Adults and Adolescents\*](#). Updated April 8, 2015.

DHHS Panel on Antiretroviral Therapy and Medical Management of HIV-Infected Children. [\*Guidelines for the Use of Antiretroviral Agents in Pediatric HIV Infection\*](#). Updated March 5, 2015.

# TRAINING OPPORTUNITIES

## **Preceptorships**

An intensive clinical training program offered to healthcare providers in Florida who have an interest in learning more about the diagnosis and management of HIV/AIDS, opportunistic infections, and co-morbid conditions. Each preceptorship is structured to meet the unique needs of the individual participant based on his or her previous experience, geographic location, and time available. Experience 4 to 240 hours of clinical training at adult, pediatric, obstetric, and/or family practice clinics where care is provided to HIV-infected patients. All training provided is consistent with current guidelines from the Department of Health and Human Services or other nationally recognized guidelines when available.

## **Clinical Consultation**

Individual and group clinical consultations are offered. Individual clinical case consultation is provided on the diagnosis, prevention, and treatment of HIV/AIDS and related conditions. These consultations take place by telephone, email or face-to-face meetings. Group clinical consultation with case-based discussions include information on pharmacology, clinical antiretroviral therapy updates, drug-drug interactions, and antiretroviral resistance.

FOR MORE INFORMATION, PLEASE  
VISIT:

<http://hivaidsinstitute.med.miami.edu/partners/se-aetc>

# National HIV/AIDS Clinicians' Consultation Center UCSF – San Francisco General Hospital

## **Warmline**

National HIV/AIDS Telephone Consultation Service  
*Consultation on all aspects of HIV testing and clinical care*  
Monday - Friday  
9 am – 8 pm EST  
Voicemail 24 hours a day, 7 days a week

## **PEPline**

National Clinicians' Post-Exposure Prophylaxis Hotline  
*Recommendations on managing occupational exposures to HIV and hepatitis B & C*  
9 am - 2 am EST, 7 days a week

## **Perinatal HIV Hotline**

National Perinatal HIV Consultation & Referral Service  
*Advice on testing and care of HIV-infected pregnant women and their infants*  
*Referral to HIV specialists and regional resources*  
24 hours a day, 7 days a week

HRSA AIDS ETC Program & Community Based Programs, HIV/AIDS Bureau  
& Centers for Disease Control and Prevention (CDC)  
[www.nccc.ucsf.edu](http://www.nccc.ucsf.edu)

Need Additional Information?

# Contact the South FL SE AIDS Education and Training Center

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Thank you!