

Program Name: Health Realization

Your Name and Date: Susan Foley - 5/9/02

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**Program or Concept Purpose or Mission Statement:** The purpose of Health Realization (HR) is to empower individuals and/or communities to recognize their own potential as a human being for well being, for wisdom and self-sufficiency. Its further purpose is to help people regain their potential for becoming stable, happy, productive, and wiser human beings.

**Principles or Values:** "At the foundation of all our work with Health Realization are two simple, but profound observations - Mental Health is innate and Everyone has access to an understanding of the Principles of human experience." Health Realization approaches everyone from a healthy standpoint and builds on their resiliency and strengths. Instead of focusing on what needs to be fixed, it looks at helping people discover their natural sense of innate mental health and common sense.

**Program Structure of Key Points:** HR is built on a few key points. *First are the Principles: Mind, Consciousness, and Thought and how they interact to create our reality.* The basic premise is to understand how these principles work together to create our feelings and thus behaviors. "Mind is the pure life force of humanity. It is the formless energy that provides the ability all human beings have to think, create and experience their lives. Consciousness is the principle that enables us to be aware of reality and how our reality is created. Thought is the power to think. It is used to paint the picture of our life, yet most of the time we are unaware of how the thought process works. Thus, the thinking is invisible to us -- we see it as our reality and not the thoughts that made up our reality. Understanding these principles gives people the freedom to first understand how they build their reality, and then it empowers them to be in control to change it. HR further breaks down thoughts into healthy thinking and insecure habits of thinking. Healthy thinking is what allows us to keep an open mind and learn new things. Insecure habits of thinking or negative thinking can leave us feeling stuck, hopeless, and fearful.

*A second key point of HR states that common sense is not a learned process, but that it occurs naturally when we're in good mental health, calm in our mind, and balanced.* HR sees everyone as having common sense and that if we have faith in our innate potential for common sense, it is easier to let things go and know an answer will come to us.

*Another key point is understanding how insecurity hides in the form of unrecognized thought and to help people regain healthy perspective is to help them see how unrecognized thoughts affect their outlook; leading to a state of imbalance.*

*A final key point is recognizing the role of feelings and emotions.* In HR there is a very clear, logical relationship between our feelings and emotions and the Principles. As each person's reality is created via the Principles, so are their emotions and feelings created via the principles. Feelings and Emotions are how we experience our thoughts. The real practical value of emotions and feelings is to tell us, in a direct, accurate way, how our thinking is working. The more negative our emotions the more we are getting warning signals that we are caught up in our contaminated insecure thoughts. Using emotional feedback about our thinking is tricky because our thoughts are always trying to convince us they are real, not misleading. Recognizing how the quality of our thinking is tied directly to our feelings and emotions is using that understanding in the moment, and this can be a powerful agent for change.

HR summarizes the above concepts in the following way as building blocks for empowerment:

- Recognizing and Focusing on Health
  - Everyone has the potential for healthy functioning and common sense
- Listening and Pointing to Health
  - Our outlook on circumstances depends on the quality of our thinking
- Monitoring Moods: Using feelings and emotions as feedback
  - Moods can affect our thinking and how we react to situations
- Emphasizing Natural Self-Esteem and Common Sense
  - Self Esteem is different from Self Concept
- Overcoming the past and negative circumstances
  - Everyone can move beyond the past and negative circumstances
- Understanding leads to change
  - Understanding we are not victims of our circumstances leads to empowerment

**Describe a successful participant:** A successful participant would have the ability to understand how they're thinking works and how it creates and thus affects their reality. It would then empower them to make changes in their thoughts, and thus create a new reality for themselves. It would bring them to a healthier state of mind; allowing them to make better, healthier choices, become happier and more balanced, lead more productive lives, and learn how to interact with others more effectively.

Program Approach (Application)	Method (How It's Used)	Outcome (What would it look like at COTS)	Measurement (How do we measure success)
Human Growth and transformation	This method is used to encourage human growth and transformation by teaching people to understand their innate ability for natural mental health and a balanced state of mind. This gives them the ability to be in control of their thoughts and behaviors, instead of being controlled by them, and enables them to make better life choices.	Human growth and transformation would begin with the staff at COTS - via a training and then ongoing refreshers with this method. They can transform themselves and then be more purposeful in their work and teach/empower/ others to move towards human growth and transformation	This is an intangible measurement. We can attempt to understand what reality they have created for themselves. As we teach them the HR principles, we can track any noticeable changes in their perceptions of reality.
Staff Interaction with Clients	This method allows staff to interact with clients from a standpoint of compassion. It enables them to understand the differences that people have in viewing reality and enables them to not take things with the clients purposefully.	This would provide a safe, supportive and non-judgmental environment for the clients. It could create an environment where the staff builds a rapport with the clients creating trust and opening them up more to connect and be open to new life possibilities.	If we are going on the assumption that some clients stay away due to trust issues, we could assume that the number of clients connecting to the program would increase due to the more supportive, non-judgmental interactions. This could be the measurement of success - increase in use of services
Client to client	This method "spills over" onto others	Clients would begin to see the	Measuring success here also seems

interaction	within a community. Clients are more able to have calm interactions and to understand that people have different realities. It has created safer communities, where there is less crime, violence and drug use.	positive changes in the people around them. They would have more tolerance and understanding of each other; they would come together as a community to improve the program and ultimately their life circumstances.	to be a bit intangible. One possible way to measure this is to document the number of positive interactions as well as the number of clients that come together to improve the program and participate in community activities, workshops, etc.
Client self-help 0	This method empowers people to trust and rely on their own natural common sense and ability to understand and change their thinking. Once taught and understood, they can use this method for each aspect of their life, making positive changes within themselves to move forward in life.	Clients could begin by trusting and asking for help. They could also begin to make better life choices and access resources to improve their life circumstances. They can have renewed hope and a sense of themselves that they are not in need of "being fixed" but that they have the power within them to have innate good state of mind - making better decisions for themselves and not reacting on fear, insecurity or emotion.	This could be measured by what goals the client sets for themselves; as well as which services they access to achieve these goals and tracking their success in completing/accomplishing their goals.

**Does this promote a responsible and accountable lifestyle? How?**

HR is based on the premise that we have the ability to understand and change our thoughts and thus our realities. It further states that we have a natural tendency for a healthy state of mind, happiness, and well being -- the only thing that gets in the way is our own thinking. It empowers us to understand differences in perceptions allowing us to not take things personally and to be more intentional in our reactions and behaviors. For all of these reasons, it could promote a responsible and accountable lifestyle. It makes us responsible for our own thoughts and feelings and, therefore, accountable for our own behaviors, realities and lifestyle.

**What would you change to make the program or concept more useful in our setting?**

I think it's okay the way it is - it assumes that in training on this material, you would use some basic foundations of building rapport, gaining trust, asking permission to teach it, use listening skills to be where the client is at, stick with what you know and use examples, etc. This all seems useful in our setting.

**Additional Issues:**

- **Staffing Requirements (Any additional staff? Any staff training requirements)**
  - No additional staff would be needed. Some key staff members would need to be trained in this concept (train the trainers) and then could provide future trainings at all staff meetings
- **Aftercare**
  - Not sure if aftercare would be needed. Possibly small focus groups to be refreshed and touch base to be sure everyone is on track
- **Costs**
  - Cost of the Train the Trainer Program??
  - Staff time to attend and train other staff
  - Purchasing of books/materials for training

**Additional Comments (tell us what you really think)**

I like the aspect of this program that empowers people to take control of their thinking and behaviors, freeing them up to make better choices, to be more intentional in their interactions with others and to live a balanced, happy lifestyle. I believe the minimum level for clients will be that they'll have to be feeling trusting and that they are in a safe environment. Further, they have to be clean and sober in order to have clarity in their thinking and be open to new ideas. They'd need to be taught initially through modeling from staff, and then either individually or in small groups. It is important that they are supported at their pace to make connections feel safe listening and sharing in an individual/group setting. I believe with all that in place this would be appealing to the clients because it would provide them with hope for the future. It also keeps them in the present and helps them to see themselves as whole, equal human beings with a natural sense of good health and not as "less thans" that need to be fixed. It draws upon their strength and resiliency for life. I would sell this to clients by first modeling the behavior, building trust and rapport and then asking their permission to teach this to them and get them involved in the process.

**What makes you uneasy about this program or concept?**

Initially my mind rejected it simply because I felt with all my training, wisdom, and experience, there had to be more to it -- it's just too simple! It can be a bit abstract and has the tendency to feel as if it minimizes our experiences and has an unrealistic expectation of human behavior. It also can feel like a lot of work initially. I might have the tendency to overanalyze every thought and could imagine this happening for others as well - but this could just be a product of my own thinking creating this reality for me at this moment...☺