

# Nudges in West St Paul

(Questions we have, things we want to understand more, things we can do now at an individual, organizational, or community/system level to “nudge” things along.)

- Mindfulness brings exciting change (I don't find it boring)
- Encourage use of common language (rather than terms)
- How to meet family's expectations when resources are not available?
- What if we want to engage clients' family member but they don't want us to and so we don't get more perspective and support.
- Identify allies!
- You can find what you are looking for so look for the positive!
- Ask more questions to gain a deeper understanding.
- Let go of the “expert” role.
- Challenge the perception that children are better off w/out parents incarcerated or on probation.
- Encourage workers to share positive feedback with each one another.
- Intake forms-asking preferred pronoun
- Everyone has a culture
- More universal case management
- Authentic dialogue
- Encourage individual to be part of the decision making process
- Invite community leaders to collaborate
- I want to learn more about health care directives specific designed for people with mental health issues.
- Ask more in-depth questions and open-ended questions.
- Realistic expectations setting
- Motivating yourself daily
- Setting boundaries so you're fresh each day to best support people
- Find something in common because it opens you up more