

“I AM NOT SICK, I Don’t Need Help!”

LEAP[®] to help people with mental illness accept treatment and services.

LEAP[®] TRAINING: Informational Session

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HENRY AMADOR
Center on Anosognosia

Nonprofit 501c3 · New York · HACenter.org



Help people with serious mental illness
who can't comprehend they are ill — **accept treatment & recover**



Anosognosia

Why people refuse help?



LEAP[®] Program

Create relationships that
lead to treatment.



Families, Community & Professionals

Train the people who
need it most.

Knowledge of Self is Stranded Time

Healthy “Normal”

Onset

Illness



What do we know about Anosognosia of Illness and Acceptance of Treatment?

We never “win” on the strength of our argument,
we win on the strength of our relationship.





The 7 LEAP Communication Tools



LEAP® (Listen-Empathize-Agree-Partner)

The LEAP® Approach

Listen · Empathize · Agree · Partner

- **What is LEAP?**

An evidence-based practice designed to create alliances and engagement with people who have SMI. LEAP consists of **7 Communication Tools** used in the context of an overall engagement strategy.

- **Origins of LEAP**

The 7 LEAP Tools are derived, in part, from elements of Client Centered Therapy (CCT), Cognitive Behavioral Therapy (CBT), and Motivational Interviewing/Enhancement Therapy (MIT/MET)

- **LEAP is Counter-Intuitive**

It is *not* directive and does *not* utilize psychoeducation (unlike the therapies listed above).



The LEAP[®] Approach

Listen

Empathize

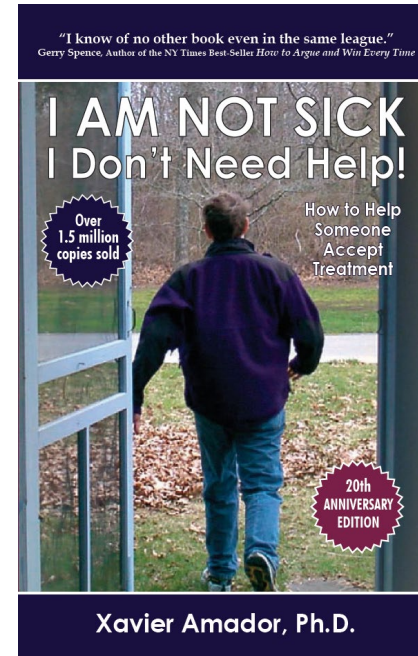
Agree

Partner

Delay

Opinion (3 A's)

Apologize



LEAP[®] is focused on developing relationships that result in acceptance of treatment & services

Based on MAIT, Xavier Amador & Aaron T. Beck (1998)
Over the past 20 years LEAP has taught to tens of thousands globally (EU, USA, Asia Pacific)



Pills in the Trash



Overview – 7 LEAP® Tools



- Listen** Reflect back without judgement, reactions, or contradictions
- Empathize** Express empathy for feelings coming from delusions, anosognosia & desires
- Agree** Find areas of agreement—abandon your goal of agreeing the person is sick
- Partner** Move forward to achieve common goals that you can partner on

- Delay** Delay giving hurtful and contrary opinions—redirect and ask permission
- Opinion** With humility, give your opinion in a way that respects the person's perspective
- Apologize** For acts & interactions that feel disrespectful, frustrating or disappointing

Learning LEAP is just like learning a new language: PRACTICE MAKES PERFECT

General Guidelines



Step I Absorb what you've heard (Reflectively Listen)

Step II Emotionally connect (Empathize, Apologize, etc.)

Step III Now you can problem solve (Agree & Partner)

Use each of the 7 LEAP Tools as you need them

THANK YOU!

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