

# BACK TO THE BASICS

Remembering Your Why

## Tennessee Statewide Housing and Homeless Services Conference



Sponsored by



In Partnership with



This project is funded under a Grant Contract with the State of Tennessee, Department of Mental Health and Substance Abuse Services.

# OPENING GENERAL SESSION

## WELCOME & OPENING REMARKS

### R.O.C. YOUR PURPOSE



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**BACK TO THE BASICS**  
Remembering Your Why

8:30 AM | April 26, 2024



# R.O.C. Your Purpose

What does it mean to

*R.O.C.*

Your Purpose?



➤ *REMEMBER*

➤ *OUR*

➤ *CORE*

# What does it mean to REMEMBER?



# What is Our Core?









# Statistics

- 4 in 5 Americans (81%) believe there is an ultimate purpose and plan in every person's life.
- More than 2 in 3 (68%) say a major priority in their life is finding their deeper purpose.

[https://research.lifeway.com/2021/04/06/americans-views-of-lifes-meaning-and-purpose-are-changing/#:~:text=Four%20in%205%20Americans%20\(81,and%20meaning%20for%20their%20life.](https://research.lifeway.com/2021/04/06/americans-views-of-lifes-meaning-and-purpose-are-changing/#:~:text=Four%20in%205%20Americans%20(81,and%20meaning%20for%20their%20life.)

- A study by a team of Harvard School of Public Health researchers finds that if you feel you have a higher sense of purpose in life — defined as having meaning, a sense of direction and goals — you are more likely to remain healthy and physically strong as you grow older.

<https://www.cnn.com/2017/11/21/harvard-researchers-say-a-purpose-leads-to-longer-healthier-life.html>

What's your story?

# FINDING YOUR CORE STORY



# Things to consider...



- What are you uniquely good at?
- What are you passionate about?
- What are your likes and dislikes?
- What gets you excited?

# How do you stay true to your core?



# This is NOT a Race!!!!





# Take time to reflect





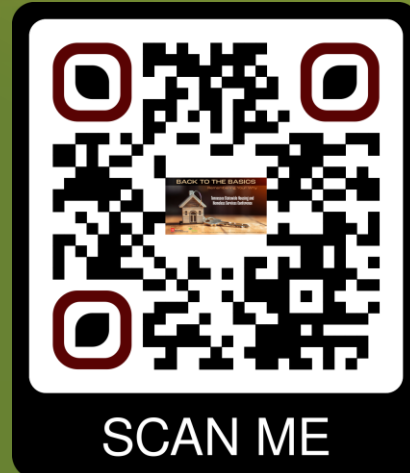
# CONTINUING EDUCATION

A certificate of continuing professional development for up to 6.25 contact/clock hours will be made available by TAMHO to all participants upon request for documentation of clock/contact hours earned during this conference.

Please visit the conference landing page, using the QR code for CE details.

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*It is the responsibility of the event attendee to use their professional judgment, to justify that the continuing educational programs attended meet the guidelines of their respective licensure or certification boards/agencies and is relevant to their professional practice.*



The following accrediting agencies have approved this event for up to 6.25 units/contact/clock hours.

National Association of Social Workers, Tennessee Chapter

Professional Counselors, Marital and Family Therapists, and Clinical Pastoral Therapists

Licensed Alcohol and Drug Abuse Counselors (LADAC)

Tennessee Certified Peer Recovery Specialist (CPRS)

Tennessee Certified Family Support Specialist (CFSS)

Tennessee Certified Young Adult Peer Support Specialist (CYAPSS)





## ACCESS, NAVIGATION, & REGISTRATION

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## ACCESSIBILITY, CEs, LOGISTICS, ETC.

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## HOUSING & HOMELESS SERVICES INFORMATION

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