Re-Imagining Community: Supporting Meaningful Participation of People with Mental Illnesses (and all of us) Now
Participating in this Webinar

• Link to slides will be sent to everyone at end of conversation via chat
• Also will send link to slides via announcement channels
• Resource link:
Your Input

Chat

Raise hand

Q&A

Temple University Collaborative on Community Inclusion

i2i CENTER for INTEGRATIVE HEALTH
Welcome

Bill Harris, M.P.A.
Human Service Program Manager
Division of MH/DD/SAS, Community Mental Health Section
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Michael Owen
i2i Center for Integrative Health
Overview- Mark Salzer
Temple Univ. Collaborative

• Why this dialogue?
  – The current situation is making us more aware of the importance of inclusion and participation in all of our lives. Let’s remember this for future mental health policies, programs, and practices.
  – Some good resources and work is happening around supporting mental health and wellness.
  – Need to still attend to participation while we are physically distancing.
  – Need to share ideas, resources, and passion.
  – Thankful to our peer partners who teach us every day about the importance of inclusion and what needs to be done to make it a reality.
Importance of Inclusion & Participation

Cherene Caraco, *Promise Resource Network*
Laurie Coker, *Green Tree Peer Center*
Elliot Palmer, Jr., *ANSWER-NC*
Resources for Remote Community Participation

http://www.tucollaborative.org/keeping-connected-while-staying-apart/

With great appreciation to Olivia Jones for coordinating compilation of resources and formatting this document.
Strategies for Supporting Participation

• Connections R\textsubscript{X}
  – Identify interests and available resources, explore opportunities, and increase participation while physical distancing.
  – Private Facebook group to connect individuals to ideas and resources, facilitate group challenges and activities, and provide a space for mutual support.

• Storytelling and Storyslam

• Strive for Five! (New York Association of Psychiatric Rehabilitation Services and The Coalition for Behavioral Health)

• Numerous peer support initiatives
Accessing Technology Resources (Important Now...Important Later)

- Look and ask around locally
- Telecom Companies offering free or low-cost plans
  - AT&T, Comcast, Verizon, Sprint, Spectrum, Cox
- National Digital Inclusion Alliance (free/low cost plans)
  - www.digitalinclusion.org/free-low-cost-internet-plans
- Non-profits providing hardware
  - PCs for People www.pcsforpeople.org
  - EveryoneOn www.everyoneon.org/find-offers
  - Lifeline Program (discounted phones)
  - www.fcc.gov/general/lifeline-program-low-income-consumers
Using Technology Resources

- GCF Global has dozens of different internet-related topics, from Computer Basics to Using the Web to Get Stuff Done to Exploring Social Media. Access free videos, create an account to save your progress, and print your favorite tutorials to reference later.  [https://edu.gcfglobal.org/en/topics/](https://edu.gcfglobal.org/en/topics/)

- Basic computer help from Skillful Senior! Their computer tutorial is geared towards teaching the skills they need to successfully use a computer and access the internet.  [http://www.skillfulsenior.com/](http://www.skillfulsenior.com/)

- Tech Boomers offers in-depth tutorials on using specific websites are useful for everyone! Learn how to safely navigate online shopping websites like Etsy and eBay, entertainment websites like Netflix and Spotify, and social media websites like Facebook and Pinterest.  [https://techboomers.com/](https://techboomers.com/)


- Peers supporting peers

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Civic Life

Technology
• Volunteer: [www.volunteermatch.org](http://www.volunteermatch.org) (including virtual volunteering)

Low Tech
• Don't like how the government (local, state, federal) is handling something? Reach out to your representative. Find your representative ([https://www.house.gov/representatives/find-your-representative](https://www.house.gov/representatives/find-your-representative) or call 202-224-3121)

No Tech
• Neighborhood or park clean up (wear gloves!)
Religion/Spirituality

Technology

Religious Service Streaming
https://www.christianworldmedia.com/wordstream/live-service-guide
https://www.centralsynagogue.org/
https://www.noi.org/webcast/

Low Tech

• Request a prayer or pray with someone over the phone by calling or texting 866-987-7729. https://www.hisradio.com/prayer/prayer-needs/

No Tech

• Meditate or mindfulness activities
• Mindful nature exploration
• Reading religious texts

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Leisure/Recreation

Hi-Tech
• Virtual Board Games https://tabletopia.com/
• Fitness classes online: https://www.goodhousekeeping.com/health/fitness/a31792038/coronavirus-live-stream-workout-classes/

Low Tech
• Create a digital or physical scrapbook with pictures of family, friends, or past events
• Coordinate a physically distant neighborhood parade

No Tech
• Actual board games
• Visit a park (stay 6 ft away!)
• Go on a scavenger hunt- Look for nature or signs of spring in your neighborhood.
Cultural

Hi-Tech

• Lots of live concerts – look-up your favorite artist to see when they are doing something online: Bruce Springsteen has a concert on Wednesday (4/15)!

• Have a museum you've always wanted to visit? Or one you'd like to go back to? Check out Google Arts and Culture https://artsandculture.google.com/

• Learn a new language! https://www.duolingo.com/

No Tech

• Take the time to write your story. Call family members and learn about your history. Ask if they can send you photos

• Community/ neighborhood art projects
Engagement with Friends, Family, & Loved Ones

Hi-Tech
- Use technology to have family/friend happy hour or meals

Low tech
- No one to chat with? Sign up for a phone call: https://quarantinechat.com/

No Tech
- Write letters – need ideas? Focus on using the letter to express gratitude or share a favorite memory! Don't have stamps? Send it in a text message!
- Weather permitting, sit out on a porch or balcony and wave or say hello to neighbors
- Try writing a progressive story with friends or family
Education

Technology
• Massive open online courses! Find a list of upcoming courses here: https://www.mooc-list.com/
• Podcasts! There's one on everything. The app Bullhorn will create a phone number for a podcast. Convert https://apps.apple.com/us/app/bullhorn-podcast-app/id1322513763

No Tech
• Read a book
• Learn to cook a new recipe
Open Dialogue- Current Activities

• What are **you doing** to facilitate participation?
• What **ideas** do you have to facilitate participation?
• How can we **support everyone**, including those who do not have access to technology or are homeless, to participate in some way?
Peer Partner Efforts
Still Engaging . . .

Promoting Community Life in Spite of Physical Distances
GreenTree Peer Center (Contact Laurie at 336-577-3743)
Relating by Different Means . . .

We still connect and share validating experiences. This empowers us and strengthens our determination to include ourselves and grow in community. How we do this:

1. Daily peer connections via phone (Tuesdays and Thursdays) and Zoom (Mondays, Wednesdays, Fridays)

2. "Wednesday Weekly," a newsletter to extends shared meaning and experiences through a community update focused on resilience, self-care, offerings from the larger community.

3. Group mutual support sessions three times weekly.

4. Phone contacts to our community members weekly or variable based on need.

5. Peer to peer support offered by appointment so community role is validated and disruptive experiences are met with hope and support.
Learning Together:
While We're Apart
Peer Support & Supervisors
FREE Lunch and Learn
TRAINING SERIES

https://zoom.us
WE HEAR YOU 24/7
(and we're good at listening)

Warm-Line
CALL: (833) 390-7728
confidential, non-crisis peer support

24 HOUR PEER SUPPORT WARM LINE
Call and connect with Peer Support!
We listen!
(828) 280-2554
www.sunriseinasheville.org

Sunrise Community for Recovery and Wellness – Blair H. Clark Respite Center Warmline (828) 280-2554
RECOVERY Support

Join us to share tools, resource information, and perspectives, and fellowship in an open recovery support group!

Thursday, 10:00-11:00am
Online Meeting!
Zoom Link in Post!

Peer Support Support

Connect with other peer support specialists to share coping and wellness skills, offer information about resources, and discuss ways that the current community health crisis might affect recovery and wellness in our lives and work, and support one another!

Online Meeting!
Time and Zoom Link in Post!
VIRTUAL RECOVERY HUB
3/17/20 CLASSES

10am  Crisis and Wellness Education w/ Sharon

821422162# US Toll – audio only
Meeting ID: 821 422 162
Password: 016157

Zoom Link:
https://zoom.us/j/821422162?
pwd=eFMwUkkxVTdLR2pHTzJuQXM2MmV4dz09
Digital All Recovery Meetings

WEconnect and Unity Recovery are partnering together to offer 4x daily all recovery meetings to anyone in the world. Meetings will follow an open format and are available to anyone in or seeking recovery.

7 days a week
9AM, 12PM, 3PM, 9PM EST

Join directly by navigating to
unityrecovery.zoom.us/my/allrecovery
in your browser or from your smartphone
Recovery Circles Weekly
Wed., Thurs., Friday at 1pm
https://zoom.us/j/5694623691
Meeting ID: 569 462 3691
Open Dialogue- Future Needs

• Future topics of interest to promote inclusion and participation in NC