



I'm IN: Community Inclusion

Kick Off Meeting

December 4, 2018

Sponsors

- Alliance Behavioral Healthcare
- i2i Center for Integrative Health
- The NC Department of Health and Human Services and the Division of Mental Health/Developmental Disabilities and Substance Abuse



Getting Started

- Welcome and Introductions
- What do we want to do?
- Why are we trying to do it?
- How are we going to do it?
- How will we know if we succeed?



What do we want to do?

- “The goal of *I’m IN* is to put into place more policies, programs, and practices that support individuals with mental illnesses so that they may participate more fully in the activities that define everyday community life.”



Why Do We Want to Do It?

- Some people may have unique answers.
- For most of us the answers are self-evident.
- Inclusion benefits individuals and it benefits communities.



How Are We Going to Do It?

- Apply principles of Collective Learning
- Convene, at least, four “Big Events” across the state to promote community inclusion
- Inspire or identify innovative pilot partners
- Share resources, training, innovations, data
- Partner to help secure funding if necessary
- Award excellence



A Vision of What's Possible

- Donald McDonald
National Field Director of Faces & Voices of Recovery
- Sampling of existing innovations that support inclusion



How to Guarantee Failure

- Don't include people with lived experience
- Don't have structure or parameters to measure success
- Don't attract people from "outside our tent"
- Make it go too long
- Use jargon and bureaucratic language that new comers don't understand
- Make it too complicated
- Outcome needs to be outside of policy, more personal
- Be patronizing
- Be overly directive/prescriptive
- Always invite the same people to meetings
- Don't recruit new, young leaders
- Don't celebrate successes along the way
- Communicate without acknowledging barriers including, different degrees of exposure to the problems and solutions
- Be insensitive and disrespectful
- Have rogue players in the advisory group
- Don't follow through on commitments
- Lack integrity
- Don't clarify exactly what people you are trying to include
- Be pessimistic and have low expectations
- Don't expect people to buy into the vision of possibilities
- Make it like everything else. Use traditional structures
- Just have an event and say you did it
- Have pilots that are attached to service provision
- Be as disorganized as possible
- Focus on the "what's" of community inclusion and ignore the "how's" of facilitating it to happen



Magic Wand

If you had a magic wand and could make make this statewide initiative successful....

At your table imagine...

- What would be different in your community?
- What would you and others be doing in three years to support people with mental illness to “get a life” they want?



Consider Becoming a Pilot Partner

- Why be a Pilot Partner?

 - Connect with statewide effort, build local momentum

 - Share ideas, strategies, data, and successes within the network

 - Become eligible for statewide awards

 - Partner with *I'm IN* to secure funding if needed

- How to apply to become a Pilot Partner

- Are there other ways to support *I'm IN: Community Inclusion*?



Resources Available to Help

- Walt Caison, PhD, Section Chief, Community Mental Health

NC Division of Mental Health, Developmental Disabilities, and Substance Abuse Services



Community Inclusion Resources

- **Temple University Collaborative** - <http://www.tucollaborative.org/community-inclusion-resources/>
- **System of Care (SOC)** - Organized “connections” people & groups naturally forge, living life & taking care of one another.
- **Collaborative(s)** – NC has, maybe 10 adult MH collaboratives, & 25 NAMI affiliates r/t child/adult MH.
- **NC Child System of Care, a state collaborative**, 73 local child MH collaboratives (with transition age youth – up to age 26)
- **Dedicated Web Site** – Outlining/documenting community inclusion work statewide; underscoring celebrations
- Three all day **community inclusion trainings** (1/26, 2/2, 2/16) per Mark Salzer, PhD, sites under development
- **Technical Assistance provided by Mark Salzer**, PhD, & Rick Baron, Temple University, and NC DMHDDSAS staff
- **Our Words & Stories**
- Walking on Air / NOT – foundation, ground, dirt, ramp, rope, human goodwill and assistance

What's Next?

Tomorrow

- Community Inclusion session with Matt Federici
- Consumer Caucus, North Room, 6:00 PM

IN 2019

- Want to co-sponsor a regional event to promote *I'm IN: Community Inclusion*?
- Want to become a Pilot Partner and help lead the effort?
- Want to attend *I'm IN* meeting at the i2i Spring conference?



Evaluate and Adjour

