

# Re-Imagining Community: Supporting Meaningful Participation of People with Mental Illnesses (and all of us) Now



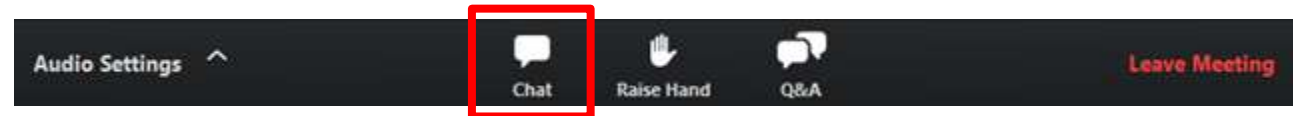
# Participating in this Webinar

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

# Your Input



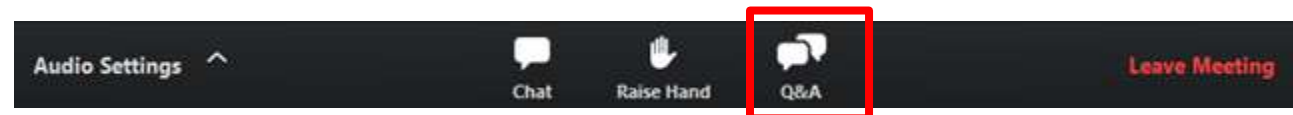
Chat



Raise hand



Q&A



# Welcome



## **Bill Harris, M.P.A.**

Human Service Program Manager

Division of MH/DD/SAS, Community Mental Health Section

North Carolina Department of Health and Human Services

## **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



**KEEPING CONNECTED  
WHILE STAYING APART**



Temple University  
**Collaborative**

On Community Inclusion of Individuals with Psychiatric Disabilities

With great appreciation to Olivia Jones for coordinating compilation of resources and formatting this document


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



**Temple University  
Collaborative on  
Community Inclusion**



# Strategies for Supporting Participation

- 
- Connections R<sub>x</sub>
    - 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](http://www.digitalinclusion.org/free-low-cost-internet-plans)
- Non-profits providing hardware
  - PCs for People [www.pcsforpeople.org](http://www.pcsforpeople.org)
  - EveryoneOn [www.everyoneon.org/find-offers](http://www.everyoneon.org/find-offers)
  - Lifeline Program (discounted phones)
  - [www.fcc.gov/general/lifeline-program-low-income-consumers](http://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/>
- 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/>
- 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/>
- Training about using the most popular video conferencing services <https://zoom.us/docs/en-us/covid19.html> and <https://help.webex.com/en-us/>
- Peers supporting peers

# 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> 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

# 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***

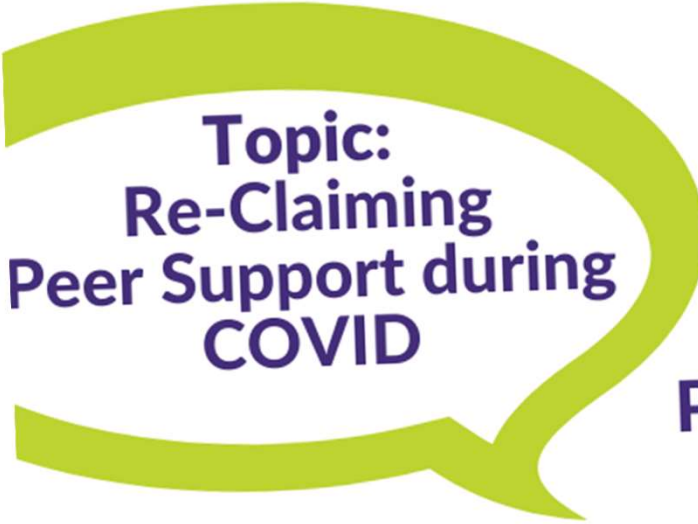
***GreenTree Peer Center (Contact Laurie at 336-577-3743)***



# *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.



**Topic:  
Re-Claiming  
Peer Support during  
COVID**

**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.sunriseinashville.org](http://www.sunriseinashville.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?](https://zoom.us/j/821422162?pwd=eFMwUkkxVTdLR2pHTzJuQXM2MmV4dz09)

[pwd=eFMwUkkxVTdLR2pHTzJuQXM2MmV4dz09](https://zoom.us/j/821422162?pwd=eFMwUkkxVTdLR2pHTzJuQXM2MmV4dz09)





## RESOURCES, RESOURCES!

### MENTAL HEALTH

Mental HealthThe Disaster Distress help line is available 24 hours a day for anyone in distress.

Dial 1-800-985-5990 or text TalkWithUs to 66746.

The NCSAM Hope Hotline is available for older adults who are feeling isolated and lonely during this time.

It is available from 9:00am to 9:00pm. Dial 1-866-878-HOPE.

### PROTECT YOURSELF



Wash your hands often with soap and water.

Use hand sanitizer, if soap and water are not readily available.

Avoid touching your eyes, nose, and mouth.

### PROTECT OTHERS



Avoid close contact with people who are sick.

Put distance between yourself and other people.

### YOU ARE NOT ALONE

Current Resources Available

**Hope Is Calling**

**980.771.HOPE**

Greater Charlotte Hope Line

**24/7** COMPASSION • CARE • RESOURCES

Call 981:

Levelingup.org -

"Chat Now" or Text "levelin" to 22532

TheHotline.org - "Chat Now" or Call 1-800-799-7233

IMPACT - 800-721-7268

\*Provides counseling and education for individuals who engage in domestic abuse

### NC211

NC211 Resources NC211 always maintains information about resources available for the community and continues to do so during this statewide response to the coronavirus (COVID-19) response

The NC211 Resource Team is verifying and organizing information

For detailed information on resources such as food/meals, rent/mortgage/utility help, and any other programs as they become available.

call us at 2-1-1 or 888-892-1162

### NOW HIRING!

ALDI

Amazon

Domino's

Harris Teeter

LDL

Lowe's

Publix

Sam's Mart

QuikTrip

Target

Walmart

### GENERAL FOOD RESOURCES

To find nearby food pickup locations:


Text FOODNC to 877-877

Text COMIDA to 877-877 for Spanish

April/May 2020

# PROMISE RESOURCE NETWORK

The Official Newsletter



**WE HEAR YOU | 24/7**

(and we're good at listening!)

## Warm-Line

**CALL: (833) 390-7728**

confidential, non-crisis peer support

### WHAT WE'RE SAYING

Short stories and quotes about resilience. Join the PRN family as they share their personal experiences of triumph.

### WHAT WE'RE DOING

Take a look behind the scenes of PRN's online classes. When life throws us lemons, we make movies!

### WHAT WE WANT YOU TO KNOW

There are resources available to you! There are companies hiring during Covid-19.

## HEY WARRIOR, KEEP GOING

### AMANDA'S FAVORITE QUOTE

A nation should not be judged by how it treats its highest citizens, but its lowest ones.

-N.Mandela


”

in all that is heavy there is HOPE even in this there is hope.


### ARIEL WANTS YOU TO KNOW

Even on the darkest day, the sun is still shining above the clouds


### BEHIND THE SCENES



Seeking Safety with Sharon (Cedric, Zach, & Amanda)



Recovery 101 With Zach & Cedric



Lets Get Creative With Jane!

When you can't make it to the class, we bring the class to you!

ARIEL... Recovery Newsletter

## 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](https://unityrecovery.zoom.us/my/allrecovery)**  
in your browser or from your smartphone



**WEconnect**  
HEALTH MANAGEMENT

**UNITY RECOVERY**  
RECOVERY COMMUNITY ORGANIZATION





# RCNC

Recovery Communities of North Carolina

Promoting recovery from substance use disorder and  
maintaining health, in the community and statewide.

**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