Welcome to the Community Participation hour

Hosted by the Temple University Collaborative on Community Inclusion

Please let us know where you are joining us from in chat!

While you wait, check out www.tucollaborative.org.

We will get started soon!

The What's, Why's, and How's of Community Participation

Gretchen Snethen, PhD, CTRS

Temple University Collaborative on Community Inclusion

9.26.24 Community Participation Hour Webinar

For more information about these issues please go to www.tucollaborative.org or send an email to

gsnethen@temple.edu

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Tips and Reminders for the Webinar

- Please remember we will be recording

- We are live streaming on Facebook
  - Your camera and mic are off and your name will not appear on the screen

- Please type questions in chat

- We will send a certificate of attendance following the webinar

- Save the date!
  - Next Community Participation Hour will be: 10/24/24 2-3 PM ET

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Learning Objectives

- **Part 1 (first half): Orientation to Community Participation**
  - **Define community participation**
  - **Identify 3 health benefits of community participation**
  - **Describe the role of peer specialists in promoting community participation**
- Part 2 (second half): Community Participation Case Example
  - Identify key factors for developing individualized participation goals
  - Describe strategies for supporting sustainable participation

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Who is the Temple University Collaborative

1

Targets obstacles that prevent people with mental illnesses from being full members of their communities;

2

Identifies the supports consumers and communities need to enhance the prospects for community integration;

3

Expands the range of opportunities for people who have mental illnesses to participate in their communities as active and equal members.

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Rehabilitation Research and Training Center

1

Conduct state of the art research

- Develop evidence-based practices aimed at increasing community participation of individuals with serious mental illnesses
- Understand factors that influence community participation

2

Provide training and technical assistance

- Support providers interested in implementing community participation interventions
- Develop documents and training materials to increase community participation

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What do we mean by Community Participation?

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Community Participation is a Medical Necessity

- Participation in the community contributes to improved health
  - Improved cognition
  - Increased opportunities for social interaction
    - Distal support, familiar strangers, friends, perceived social support
  - Increases in physical activity
  - Improved mood
- The opportunity to live, work, play in the community- just like everyone else is often the mission of mental health services
- Reflects self-directed care
  - Desire to increase participation
  - Recognize the value of diverse participation

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Established Outcomes of Community Participation

- Decreased symptoms
- Physical health and wellness
- Cognition
- Recovery
- Stress-coping
- Self-regulation
- Self-Esteem
- Quality of life
- Life satisfaction/ Meaning
- Social support

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Defining Medical Necessity

- **"The service or benefit will, or is reasonably expected to:**

- (1) prevent the onset of an illness, condition, injury or disability.

- (2) reduce or ameliorate the physical, mental or developmental effects of an illness, condition, injury or disability.

- (3) assist the individual **to achieve or maintain maximum functional capacity** in performing daily activities taking into account both the functional capacity of the individual and those functional capacities that are appropriate for individuals of the same age**"**

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Why some treatment approaches don't work

Medical Model Assumptions

- Symptom levels must be managed prior to participation

- Increasing capacity leads to increased participation

What the research tells us

- Symptom levels, cognitive capacity are not good predictors of community participation

- Increasing capacity (and skill development activities) don't always lead to increased participation

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Community Participation is a right

- Definition: "The opportunity to live in the community, and be valued for one's uniqueness and ability, like everyone else." (Salzer, 2006)

- Legal and Policy Grounding

- Americans with Disabilities Act (1990)
  - Supreme Court Olmstead decision (1999): unnecessary institutionalization is a form of discrimination prohibited by the ADA
  - President's New freedom Initiative (2001)
  - President's New Freedom Commission Report (2003)

Individuals with Mental Illnesses Desire Participation

Community Participation Measure

- Assessment of community participation
  - Participation in the past 30 days without 'staff'
  - Importance
  - Sufficiency
  - 21 areas of community participation (e.g., parks, library, grocery shopping, employment, classes for skill/classes for fun, etc..)
- Among specific areas
  - Among participants 36-91% of participants identified activities as important
  - 18-72% would like to do it more often
- Examples follow

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Potential Role of Peer Supporters with Community Participation

- Identify community participation interests
- Connect with community resources
- Build community participation into support plan
- Motivate trying something new or difficult
- Skill building related to community participation
- Share community participation stories

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Supporting Community Participation

| 1: Listen to their story and experiences | 2: Set community participation goals | 3: Identify barriers and facilitators | 4: Identify community & personal resources | 5: Ongoing support |

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Community Participation Story

(1) Listen to their story and experiences

Affirm

- It's impressive that you're doing so many things in the community!
- It seems like you have a number of diverse interests, and that's super exciting!
- Seems like you have a number of things you're really interested in doing!

Validate

- That must've been really difficult!
- It sounds like it was really hard to no longer be able to do XYZ.
- It seems like that would be really disappointing for you!

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(1) Listen to their story and experiences

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(2) Setting Community Participation Goals

- Focus on things that are **important** to the individual and **not done enough**
- Collaborate with individual- do not set goals for the individual
- Understand and explore participant's motivation
  - Consider intrinsic and extrinsic motivators
- Set long-term and short-term goals
- Achievable tasks with long term vision

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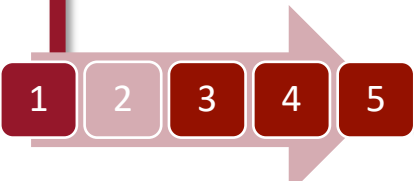
(2) Setting Community Participation Goals

(3) Identifying Barriers and Facilitators

Time, money, transportation, and products/equipment	Skills, support & relationships, attitudes	Services, systems, policies

Barriers	Facilitators
• What has prevented or made engagement more difficult in the past? • What may make engagement more difficult?	• What has led to success in the past? • What may make engagement easier or more accessible?

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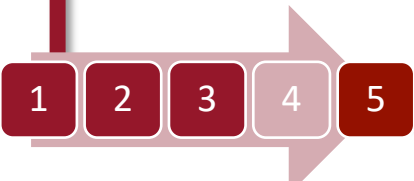On Community Inclusion of Individuals with Psychiatric Disabilities

(3) Identifying Barriers and Facilitators

(4) Identifying community & personal resources

- Regard person as the expert in their community- start by asking them to share what they know already
- Avoid directing; instead, guide to find resources
- Open- ended questions
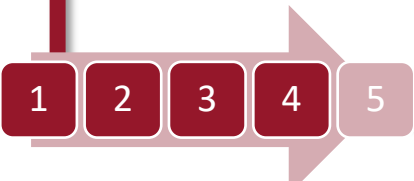- Encourage individual to identify own strengths rather than facilitator listing them
- "Ask back"

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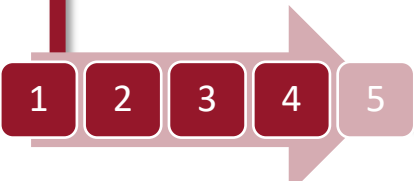# (4) Identifying community & personal resources

(5) Ongoing Supports

- Plan together

- Express empathy

- Celebrate any successes

- Reframing 'perceived failures'

- Probing the development of natural supports

- Real-time processing

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(5) Ongoing Supports

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Supporting Community Participation

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│ 1: Listen to│ 2: Set      │ 3:Identify  │ 4: Identify │ 5: Ongoing  │
│ their story │ Community   │ Barriers and│ community   │ Support     │
│ and         │ Participation│ Facilitators│ & personal  │             │
│ experiences │ Goals       │             │ resources   │             │
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Thank you for joining us!

Want to connect with us?
hannah.wells7@temple.edu
or gsnethen@temple.edu

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