



**SAMHSA's Resource Center to Promote
A D S
Acceptance, Dignity and Social Inclusion
Associated with Mental Health**

Social Inclusion in Action: Innovative Community Programs

May 9, 2011



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Mental Health Services
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Archive

This Training Teleconference will be recorded. The PowerPoint presentation, PDF version, the audio recording of the teleconference, and a written transcript will be posted to the SAMHSA ADS Center Web site at <http://www.promoteacceptance.samhsa.gov/teleconferences/archive/default.aspx>.



Disclaimer

The views expressed in this training event do not necessarily represent the views, policies, and positions of the Center for Mental Health Services (CMHS), Substance Abuse and Mental Health Services Administration (SAMHSA), or the U.S. Department of Health and Human Services (HHS).



Questions

At the end of the speaker presentations, you will be able to ask questions. You may submit your question by pressing “*1” on your telephone keypad. You will enter a queue and be allowed to ask your question in the order in which it is received. On hearing the conference operator announce your first name, you may proceed with your question.





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***“...Recovery is an individual’s
journey of healing and transformation
to live a meaningful life
in a community of his or her choice,
while striving to achieve maximum human
potential.”***



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What is Social Inclusion?

Policies that ensure individuals and entire communities of people have access to rights, opportunities, and resources that are usually available to members of American society and are key to social integration such as:

- **Housing, employment, education, healthcare, social and civic engagement, democratic participation, and due process**



Social Determinants of Mental Health

- Income
- Inequality
- Food security
- Housing quality
- Social status
- Violence
- Political marginalization
- Physical environment
- Education and literacy
- Employment status/working conditions
- Discrimination
- Physical isolation
- Social exclusion
- Health system
- Cultural norms and values
- Other public service systems





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Achieving Social Inclusion

- Economic prosperity
- Quality housing and transportation
- Good health and wellness
- Building social capital
- Excellence in education
- Protecting rights
- Throughout the lifespan
- For all (diversity)
- The role of spirituality
- Building public support



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Heartland Consumer Network



Corinna West Wellness Wordworks



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Poetry for Personal Power



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Poetry for Personal Power

Main idea: Everyone has a source of personal strength like spirituality, mindfulness, exercise, volunteerism, or of course, poetry. These wellness tools help people weather adversity. We are gathering these stories via street-based videos and university open mic contests.



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**Poetry for
Personal Power**

**Rolling
Bicycle-Based
Health Fair
Display Booth**





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Photo by Brian Gallmeyer



**Poetry for
Personal Power**

**Rolling
Bicycle-Based
Health Fair
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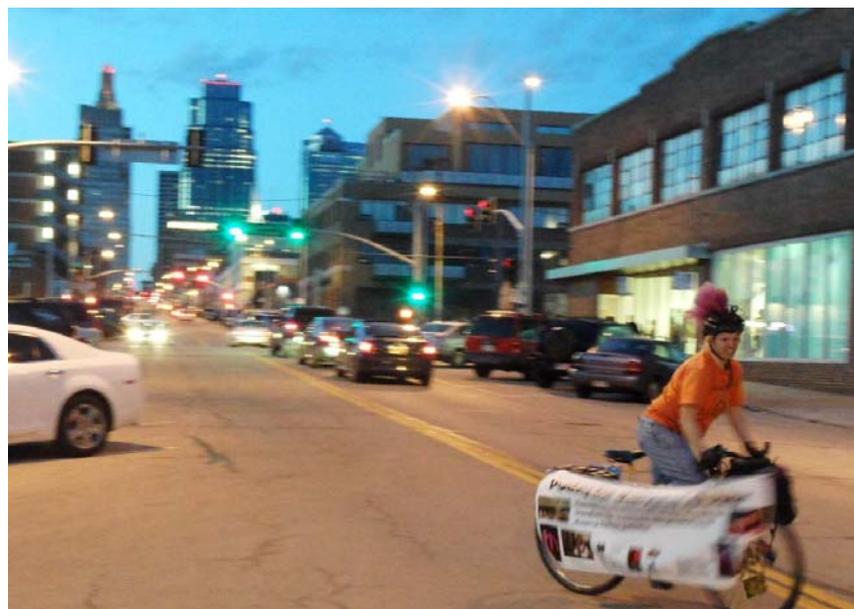
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Rolling Bicycle-Based Health Fair Display Booth Successes

- Recovery stories from people outside consumer movement
- Personal Power statements from people outside the mental health system
- Reinforcement of personal power for people not used to the idea of wellness tools
- Use of surprise elements to generate interest and discussion



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**Poetry for
Personal Power**

**University Open
Mics – MU/
Moberly,
Columbia, MO**



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**Poetry for
Personal Power**

**University
Open Mics –
Park
University,
Parkville, MO**



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University Open Mic Performance Contest Successes

- Surprise winners
- First time poet entrants
- People entering contest because of “overcoming adversity” theme
- Many people go through different types of adversity
- Many comments about openness and usefulness of hearing other people's stories
- People feeling accepted



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Key Program Elements Necessary for Replication

- Extensive documentation
- Persistent marketing and sales ability in the face of multiple denials
- Consistent followup with program partners
- Creativity, flexibility, and ability to change plans rapidly
- Willingness to learn social media and viral marketing



Web 2.0, Social Media and Viral Marketing Basics



- Read *The Dragonfly Effect* by Jennifer Aaker and Andy Smith
- Include lots of images and video
- Stories and personality are important to building personal connection
- Messages should be fun, surprising, connect with emotion, and help people
- Interact early and often with your audience via questions and contests
- Translate online actions with real world requests for time



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Come find us online for more stories and information!



- Websites: <http://www.Heartlandcn.org>
<http://www.PoetryforPersonalPower.com>
<http://www.CorinnaWest.com>
- Facebook: Poetry for Personal Power, Wellness Wordworks
- YouTube: Search Poetry for Personal Power for live video of open mic performances
- Twitter: @PoetryforPower, @CorinnaWest, @WellbeingForAll
- Offline: Corinna West, M.S., CPS, Program Manager, Heartland Consumer Network, 816-392-6074, corinnawest816@gmail.com



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SC SHARE The Dream Team

Lloyd J. Hale II, CPSS-CAC
The Dream Team Lead Presenter
SC SHARE
Certified Peer Support Specialist
Client Affairs Coordinator
South Carolina Department of Mental Health





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SC SHARE

- Self-Help Association Regarding Emotions
- Educating the recovery community since 1985
- The only statewide consumer-run nonprofit organization of its kind
- Developer of the Recovery For Life (RFL) workshop
- Offers certified peer specialist training, Wellness Recovery Action Plan workshops, and RFL workshops at no cost
- SHARE pays consumers \$25 per lesson to lead RFL groups



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The Dream Team Mission

- Team promotes the power of healthy decisionmaking
- Instills hope in rural communities
- Connects youth with their communities





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The Dream Team Structure

- A team of African American men ages 26-61
- Facilitates youth rallies in schools, community centers, churches, etc.
- Shares strength through personal stories of recovery
- Discusses healthy characteristics such as boundaries and rebuilding a personal value system



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The Dream Team Structure

- Team arose from the RFL project
- Starts conversations about issues the African-American community sweeps under the rug
 - Mental Illness/Recovery
 - Poverty/Opportunities
 - Drugs/Help and Support
 - School Drop Out/The Importance of Education
 - Broken Homes/How to Use What You Have



The Dream Team Structure

- Team used past contacts to further identify the needs of the youth
- Speakers are people from rural communities
- Partners include Dr. A.V. Strong, A Better Way (Gang Out) and Mayor Thomas Owens, Estill, SC
- Partners, speakers, and contacts were engaged through regular dialogue between their agency or community and The Dream Team



The Dream Team Impact: Individually Speaking

- Team signs up those who want to receive daily motivational text message, email, or Facebook message
- These messages encourage healthy decisionmaking and provide a positive focus as the day begins



The Dream Team Impact: Individually Speaking

- Daily motivation message examples:
 - “Greetings! Relationships are best when communication is open. 1 sure way to suffocate a relationship is to cut off this exchange. 1 sure way to revive a relationship is to breathe the living words of communication. Peace!”
 - “Greetings! The first healthy relationship you establish should be the relationship that you have with yourself. You make changes with yourself instead of insisting that others change. At this point you can trust yourself and begin to trust others.”



The Dream Team Impact: Individually Speaking

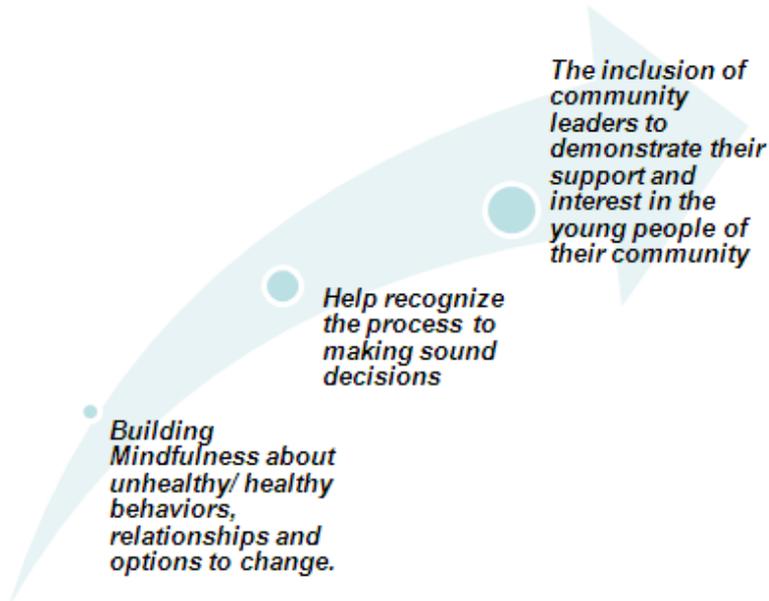
- During rallies we engage youth in discussion, at times with family members
- People ask to talk one-on-one after rally
- Youth tap into vital areas of discussion through rally and daily messages
- Values are restored with a reconnection to loved ones





The Dream Team Impact: Community Based

Rally Focus and Community Inclusion



Community Connection

- Some unhealthy behaviors are considered “normal”
- Mindfulness helps promote better decisionmaking
- Good decisionmaking is the basis for good leadership
- Community leaders offer resources and talk with, not at youth



The Dream Team Impact: Community Based

- Team encourages global thinking and perspective; local networking and education
- Community leaders from banks, HUD, small businesses participate in rallies
- Maintains relationships through continued outreach
- Most of team's contacts come from networking and referrals to nearby or other rural communities



The Dream Team Impact: Outcomes

- Held four rallies:
 - Florence (Civic Center Youth Summit)
 - Orangeburg (Mental Health Center)
 - Bamberg (Job Corps)
 - Berkeley (Wesley United Methodist Church)



The Dream Team Impact: Outcomes

- The Dream Team has rallied with approximately 1,215 individuals in rural communities
- Sends over 100 motivational text messages daily
- Has more than 460 followers and friends on Facebook



The Dream Team Impact: Information to Go

- <http://www.scshare.com>
- <http://www.facebook.com/Dream.Team.Truth>
- <http://www.the-dream-team.org>





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Advocacy Unlimited, Inc. Shining Stars: Young Adults in Recovery

Dr. Karen Kangas
Executive Director
Advocacy Unlimited, Inc.



Advocacy Unlimited, Inc. Who We Are

- Consumer-run statewide organization in Connecticut
- Established in 1994 by individuals in recovery
- All of staff and 90 percent of Board are people in recovery
- Promotes hope and full inclusion in the community





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Advocacy Unlimited, Inc. Educational Programs

- Recovery University
 - Certification training program for jobs in behavioral health
 - Four out of the five Shining Stars are Recovery University graduates
- Advocacy Education training
 - Teaches self-and systems-advocacy skills
 - Prepares consumers to testify at legislative hearings
 - Offered in both English and Spanish
 - Online courses also available



“Super Advocate” students at the Legislative Office Building



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Advocacy Unlimited, Inc. “Super Advocate” Program

Young Adults “Super Advocate” Program

- Provides tools to reintegrate into the community
- Teaches about recovery and how to stay in recovery
- Connects peers with similar recovery experiences
- Draws friends, family, community leaders, mental health officials, and legislators to graduation ceremonies
- Short videos shown at graduation inspired Shining Stars documentary project
- Graduates “give back” by promoting program and training others





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Shining Stars: Young Adults in Recovery Documentary

- Young adults eager to share personal stories to inspire others and show recovery is possible
- Challenges overcome include hospitalizations, homelessness, trauma, family alcohol and substance use, lack of family support
- Personal victories include furthering education, securing employment, reuniting with family, achieving independence
- Culturally sensitive documentary was written, produced by young adults



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Shining Stars: Young Adults in Recovery Documentary

- The five young adult “Shining Stars” were selected by peers
- Their tremendous courage and ability to overcome personal barriers to recovery inspired the documentary
- Documents the success of young people not ashamed to share stories and identities
- Now in recovery, they use their experiences to inform their work with others, positively impact their communities, and influence systems





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Brandon



- Placed in residential care programs throughout the state following the early loss of his mother
- Institutionalized in a state hospital
- Now a poet, magazine publisher, web game developer, entrepreneur who designs post cards and sells them at local store, and author of three published books
- Produces a monthly newsletter that is circulated statewide
- Super Advocate graduate who now teaches this course
- Employed as peer specialist at a community mental health center
- Currently in a healthy relationship





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Jonathan

- Traumatized by a family member and received mental health counseling
- Graduated from a non-traditional education program
- Writes rap, poetry
- Wrote the music and played drums for the Shining Stars video
- Received trophies in intramural basketball and football
- Attends a local faith-based program
- Training to be an emergency medical technician (EMT)
- Continues in trauma-informed services therapy

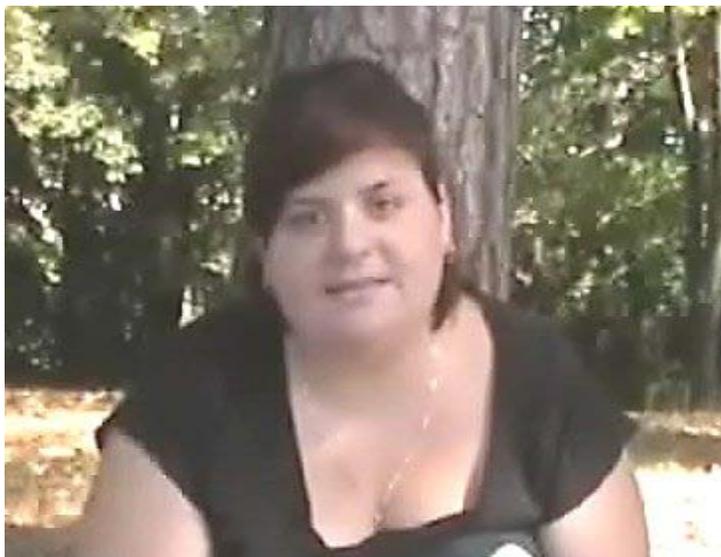


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Lizzie

- Emancipated at age 15 due to difficulties with her family
- Began using substances
- Institutionalized in a state hospital due to co-occurring issues
- Graduate of the Super Advocate and Recovery University Programs
- Successfully reunited with her family; rents an apartment near her parents
- Recent guest speaker at a master's level university course
- Works at the inpatient unit where she was hospitalized several years ago
- Demonstrates to hospital staff and others that recovery is possible



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Alicia

- Entered the Department of Children and Families system at an early age
- Place in out-of-state residential programs
- Was secluded and restrained in a room for 2 weeks
- Bounced back and forth from residential to shelter
- Incarcerated for a short period
- Continues to be in a trauma-informed care program
- Graduate of Recovery University
- Currently employed at CW Resources; lives with partner and three children



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Shining Stars: Young Adults in Recovery Documentary

Examples of questions prepared by a group of peers for filming:

- What are some of your earlier life memories?
- When and where was your first difficult experience (mental health related)?
- What supports have you put in place to maintain your recovery?
- What would you share with someone who is just starting their journey or recovery?



Shining Stars: Young Adults in Recovery Documentary

Key Partnerships

- Connecticut Department of Mental Health and Addiction Services (DMHAS)
 - Funder and supporter providing in-kind technical support
- DMHAS Young Adult Services Programs throughout the State
 - Young Adult directors will take the Super Advocate train-the-trainer course to sustain this successful program
 - Will share documentary with young adult groups
- State and local legislators
 - Attended and participated in Advocacy Unlimited graduations and events
 - Public viewing of the documentary to be held at Legislative Office Building

Outcomes

- The video and a Web-based tool allow young adults to connect for mutual networking, encouragement, and support



Shining Stars: Young Adults in Recovery Documentary Viewing

- Public Screening to be held at the Legislative Office Building
- Audience will consist of family members, consumers, DMHAS Commissioner, DMHAS staff, Advocacy Unlimited advocates, State and local legislators, and friends
- Shining Stars will be available to answer questions





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Advocacy Unlimited, Inc.
<http://www.mindlink.org>



Shining Stars

We would like to invite you to our “Shining Stars” airing of Young Adults in Recovery

Contact person: Dr. Karen Kangas or
Linda Lentini

**Location: Legislative Office Building
210 Capitol**

Time: 10am to 2pm

Phone: 860-667-0460 or 1-800-573-6929

RSVP by May 31, 2011



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Shining Stars: Young Adults in Recovery Documentary Followup Activities

- Make DVD and brochures available at info@mindlink.org
- Provide education and ongoing support
- Provide interactive Web-based tool to establish a community of young adults in recovery
- Publish study guide





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For More Information, Contact

Dr. Karen Kangas, Executive Director

E-mail: kkangas@mindlink.org

Phone: 1-860-667-0460

Fax: 1-860-667-2240



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Campaign for Social Inclusion Awards

Purpose:

- To support and enhance the Campaign for Social Inclusion through the development of State outreach and community-based efforts, mental health and substance use education, and social inclusion activities

Program Target Audiences:

- 18- to 25-year-olds, especially Hispanic/Latino, African American, Asian American/Pacific Islander, and American Indian young adults; and/or young adults who have experienced trauma





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Campaign for Social Inclusion Awards Eligibility Criteria

- Organization must be a peer-run organization whose Board is comprised of minimum 51 percent consumers/people in recovery
- Proposed project must have statewide focus and incorporate Campaign materials into project activities



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Campaign for Social Inclusion Awards

Award: \$20,000 over 12-month period (6 grants available)

Awards open: May 6, 2011

Application deadline: 5 p.m. Eastern Time June 6

View application requirements and instructions at:

<http://promoteacceptance.samhsa.gov/CSI/awards/2011awards.aspx>



Questions

You may now submit your question by pressing “*1” on your telephone keypad. You will enter a queue and be allowed to ask your question in the order in which it is received. On hearing the conference operator announce your first name, you may proceed with your question.



For More Information, Contact

- Corinna West, CPS, corinnawest816@gmail.com, 816-392-6074
- Lloyd J. Hale II, CPSS-CAC, sazuove@yahoo.com, 843-408-7264
- Karen Kangas, Ph.D., kkangas@mindlink.org, 860-667-0460



Speakers

Corinna West, M.S., CPS

“We are the walking miracle, and we've got a story to tell. We know our souls have come through fire, and our scars show our friends how to live anew. We use our lives to reform systems bit by bit, we can take change as an increment...” spits Corinna West in her poem “Tallgrass,” about the Midwest recovery revolution. She is a spoken-word poet, motivational speaker, and catalyst for change. She is spreading the word that emotional distress can be a temporary and transformative experience in people's lives. She is on the board of directors for Kansas' statewide mental health consumer network and is a program manager for Missouri's Heartland Consumer Network. Her business, Wellness Wordworks, offers art, peer support, and non-medication wellness techniques to empower people unserved by the mental health system. Corinna West was an Olympic Judo Team Member and has a master's degree in pharmaceutical chemistry. She uses her firsthand knowledge of recovery from 12 psychiatric labels to create innovative peer support opportunities that combine friendship, self-support, and emotional knowledge to help people take control of their lives on the other side of a diagnosis.

Speakers

Lloyd J. Hale II, CPSS-CAC

Lloyd J. Hale II of Charleston, SC, originally from Georgetown, SC, is the lead presenter for The Dream Team project. Mr. Hale, who is 30 years old, combines his unique and personal experiences with skills and information to educate America's youth. His teachings hold that no matter who you are and where you come from, life can be meaningful. Though Mr. Hale had a significant bout with drugs and mental illness, he has bridged the gap from illness to wellness by balancing spirituality, relationships, boundaries, and goals. Mr. Hale and The Dream Team aim to expose America's youth to healthier skills and characteristics. The Dream Team understands that with access to this information our youth will be better equipped to handle the differences of growing into adulthood.

In addition to his work on The Dream Team project, Mr. Hale has worked full time for 7 years as a Certified Peer Support Specialist and Client Affairs Coordinator with the South Carolina Department of Mental Health. In this position he facilitates numbers of groups, provides support for people in recovery, and shares his recovery story to spread hope for people, families, and communities affected by mental illness.



Speakers

Karen Kangas, Ph.D.

Dr. Karen Kangas, Executive Director of Advocacy Unlimited, Inc. and Project Manager for the Shining Stars – Young Adults in Recovery project, was very involved in the startup of Advocacy Unlimited, successfully advocating for and obtaining statewide support and funding. Dr. Kangas previously held the position of Director of Community Education and Communications at the Connecticut Department of Mental Health and Addiction Services (DMHAS), and was a member of the Commissioner's Executive Group prior to her retirement from DMHAS in 2006. Dr. Kangas has also been a teacher, school administrator, education consultant, lecturer, and producer of video presentations on mental health which have been distributed throughout the United States. Dr. Kangas' strong advocacy for people with mental health and substance use disorders has made her the recipient of national and local awards including the Clifford Beers Award from Mental Health America and the Roger Sherman Award, an annual Connecticut Human Rights Award. In addition, Dr. Kangas was honored in the National Council of Jewish Women "Dare to Be Different" millennium calendar.



Survey

We value your suggestions. Within 24 hours of this teleconference, you will receive an e-mail request to participate in a short, anonymous online survey about today's training material which will take 5 minutes to complete. Survey results will be used to determine resources and topic areas to be addressed in future training events.

Survey participation requests will be sent to all registered event participants who provided e-mail addresses at the time of their registration. Each request message will contain a Web link to our survey tool. Please call **1-800-540-0320** if you have any difficulties filling out the survey online. Thank you for your feedback and cooperation.

Written comments may be sent to the Substance Abuse and Mental Health Services Administration (SAMHSA) ADS Center via e-mail at promoteacceptance@samhsa.hhs.gov.



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Also of Interest

If you enjoyed this training teleconference, we encourage you to:

Join the ADS Center listserv to receive further information on recovery and social inclusion activities and resources including information about future teleconferences. Visit <http://promoteacceptance.samhsa.gov/main/listserve.aspx> to join.

Join the 10x10 Wellness listserv to learn more about promoting wellness and increasing life expectancy for persons with behavioral health problems. To join, visit <http://www.10x10.samhsa.gov> and enter your e-mail address in the field on the left-hand navigation bar.

Sign the Pledge for Wellness to promote wellness for people with mental health problems by taking action to prevent and reduce early mortality by 10 years over the next 10 year time period. Visit <http://www.promoteacceptance.samhsa.gov/10by10/pledge.aspx> to sign the pledge.





Contact Us

SAMHSA ADS Center

4350 East West Highway, Suite 1100
Bethesda, MD 20814

Toll-free: **1-800-540-0320**

Fax: **240-744-7004**

Web: <http://www.promoteacceptance.samhsa.gov>

E-mail: promoteacceptance@samhsa.hhs.gov

*The moderator for this call was **Mary Pat King.***



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