

# Behavioral Health is Essential To Health



Prevention Works



Treatment is Effective



People Recover

# Meaningful Connections: Engaging Communities to Promote Recovery

**Bruce Anderson, MRA**

Managing Partner/Lead Trainer, Community Activators

**Susan Manzi**

Executive Director, Youth in Mind



# Resources and Continuing Education

**“Download Materials Here” available now**

- Speaker bios
- PDF of presentation slides

**Available at end of webinar**

- Certificate of Participation
- Link to NAADAC Continuing Education
- Participant feedback opportunity



The background features a series of colorful gears in shades of pink, light blue, green, orange, and yellow. Two dark grey hands are shown, one holding a green gear and the other holding an orange gear, with their fingers interlocking the teeth of the two gears. The title 'Recovery to Practice' is centered over the top half of the image in a bold, brown font.

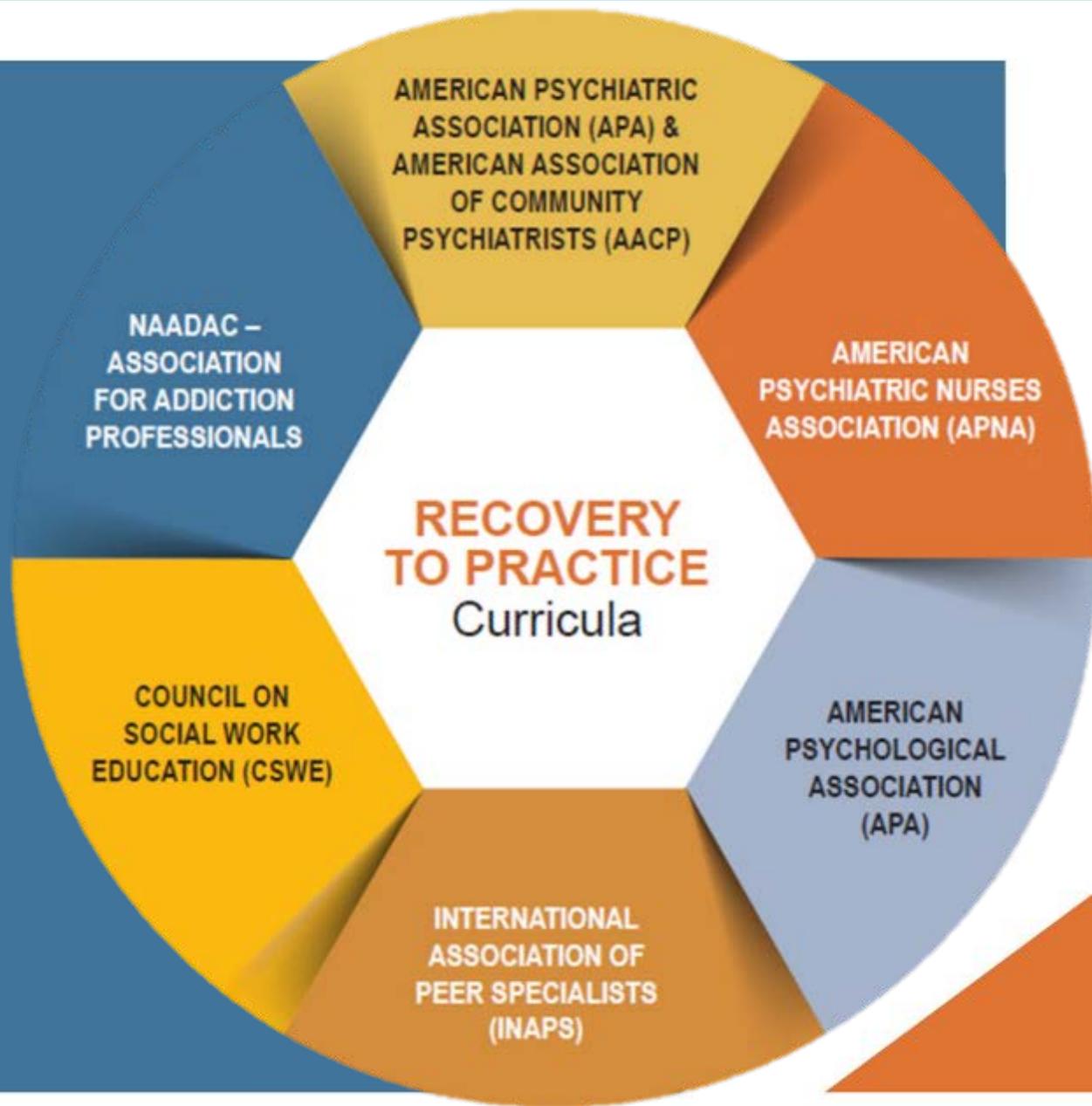
# Recovery to Practice

**Through education, training, and resources the Recovery to Practice (RTP) program supports the expansion and integration of recovery-oriented behavioral health care delivered in multiple service settings.**



SAMHSA's  
10 Principles  
and  
4 Dimensions  
of Recovery in  
Behavioral  
Health

RTP  
discipline-  
based  
curricula



**FREE**  
webinars on  
recovery-oriented  
practices

# RTP Training and Technical Assistance

**Quarterly  
newsletter!**



Sign up for RTP  
newsletter!

Keep current at  
the RTP  
webpage:

[http://www.samhsa.gov  
/recovery-to-practice](http://www.samhsa.gov/recovery-to-practice)



**Susan Manzi**  
Executive Director  
Youth in Mind



**Bruce Anderson, MRA**  
Managing Partner/Lead Trainer  
Community Activators



# My Advocate Journey



**Mental Health:**

**Let's talk  
about it.**

**HealthyPlace.com**

# It Starts With Her—First Sight



# Susan Manzi, YIM Executive Director



there's  
something  
in you  
that  
the world  
needs

.....

**When it rains, look for rainbows.  
When it's dark, look for stars.**

**#wordstoliveby**

NATIONAL  
**SUICIDE**  
PREVENTION  
**LIFELINE**  
1-800-273-TALK (8255)  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

# Who Are We?



## Youth In Mind

Youth In Mind is a statewide organization made up of young people affected by mental health and seeking to promote positive change through leadership and advocacy within the field. Youth In Mind members participate in all levels of system change including member leadership summits, mental health conferences, and local advocacy opportunities.

## Our Mission

Youth In Mind improves the lives of young people, ages 12-26, impacted by the mental health system through education, advocacy, and collaboration. "Nothing About Us, Without Us"



### Photos

checkboxall



### Video



## Latest Events

**GET INVOLVED**

Help spread the word  
about yimcal.org



**DONATE NOW**

Your support changes lives,  
Youth In Mind, a nonprofit organization



**CONNECT WITH US**



## YIM on Facebook



# POLL



# Leadership Development and Systems-transformation



Education



Advocacy



Collaboration



# Parallel Process

Putting Learning Into Practice—  
Frameworks for Holistic,  
Transformative Change

# Learning organization

## Aspiration

- Personal mastery
- Shared vision

## Reflective conversation

- Mental models
- Team learning

## Understanding complexity

- Systems thinking

# Building Organizational Structures for Positive Wellbeing

# RESILIENCE IS:

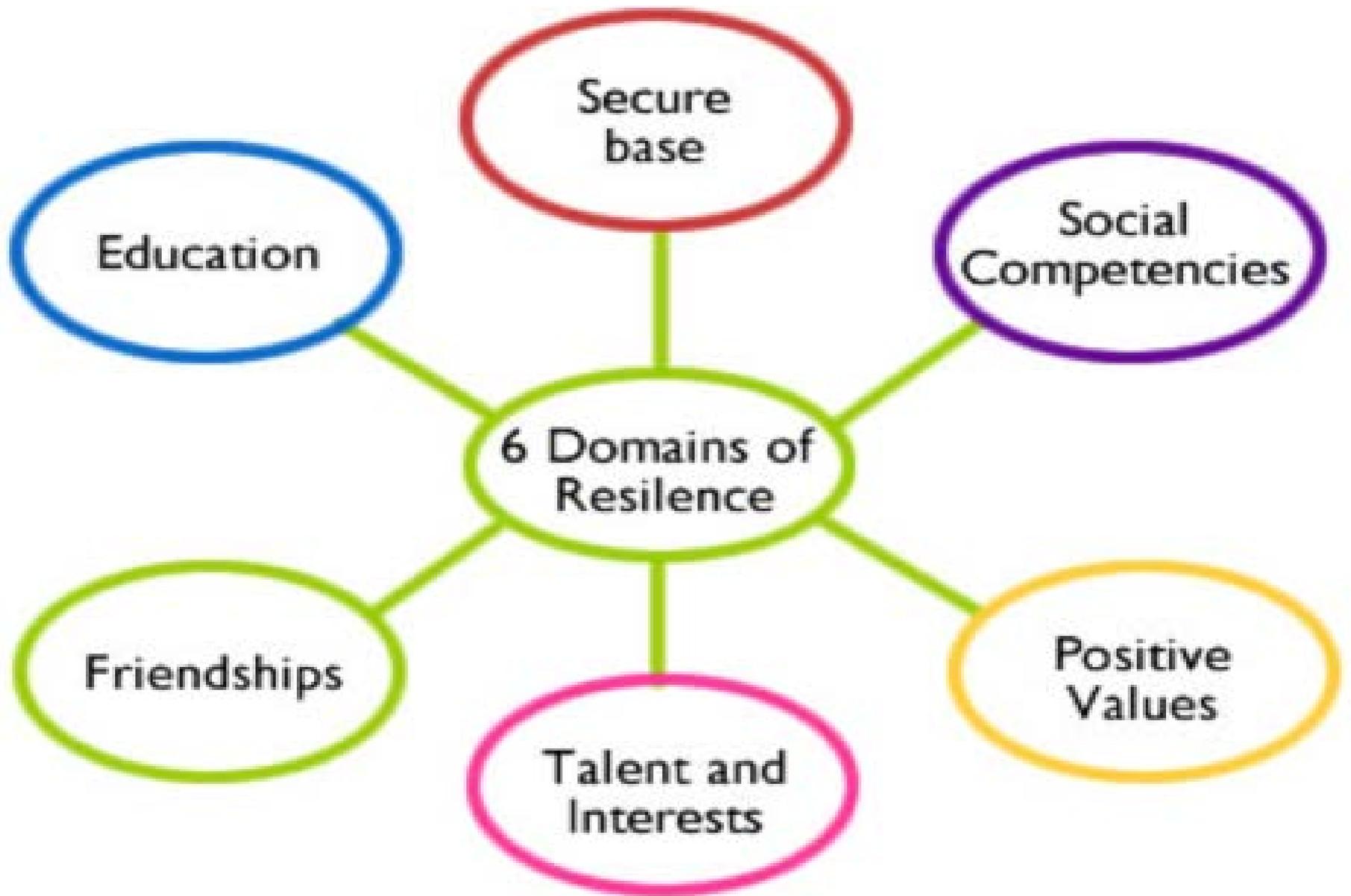
NEVER GIVING UP  
EVEN WHEN THINGS GET TOUGH!

TRYING  
EVEN IF YOU'RE  
NOT SURE  
YOU'LL SUCCEED

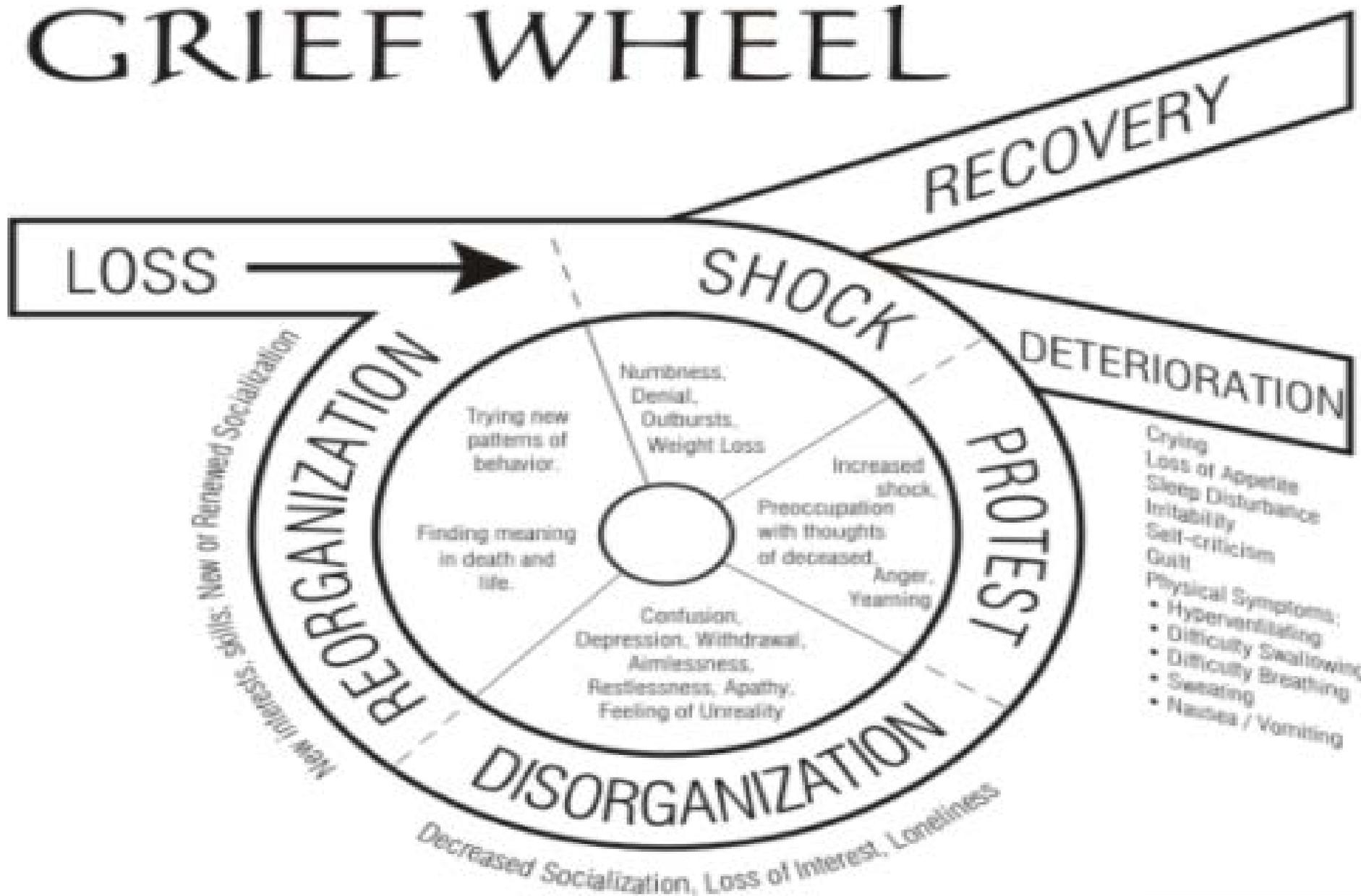
THE COURAGE  
TO COME BACK  
FROM A FAILURE

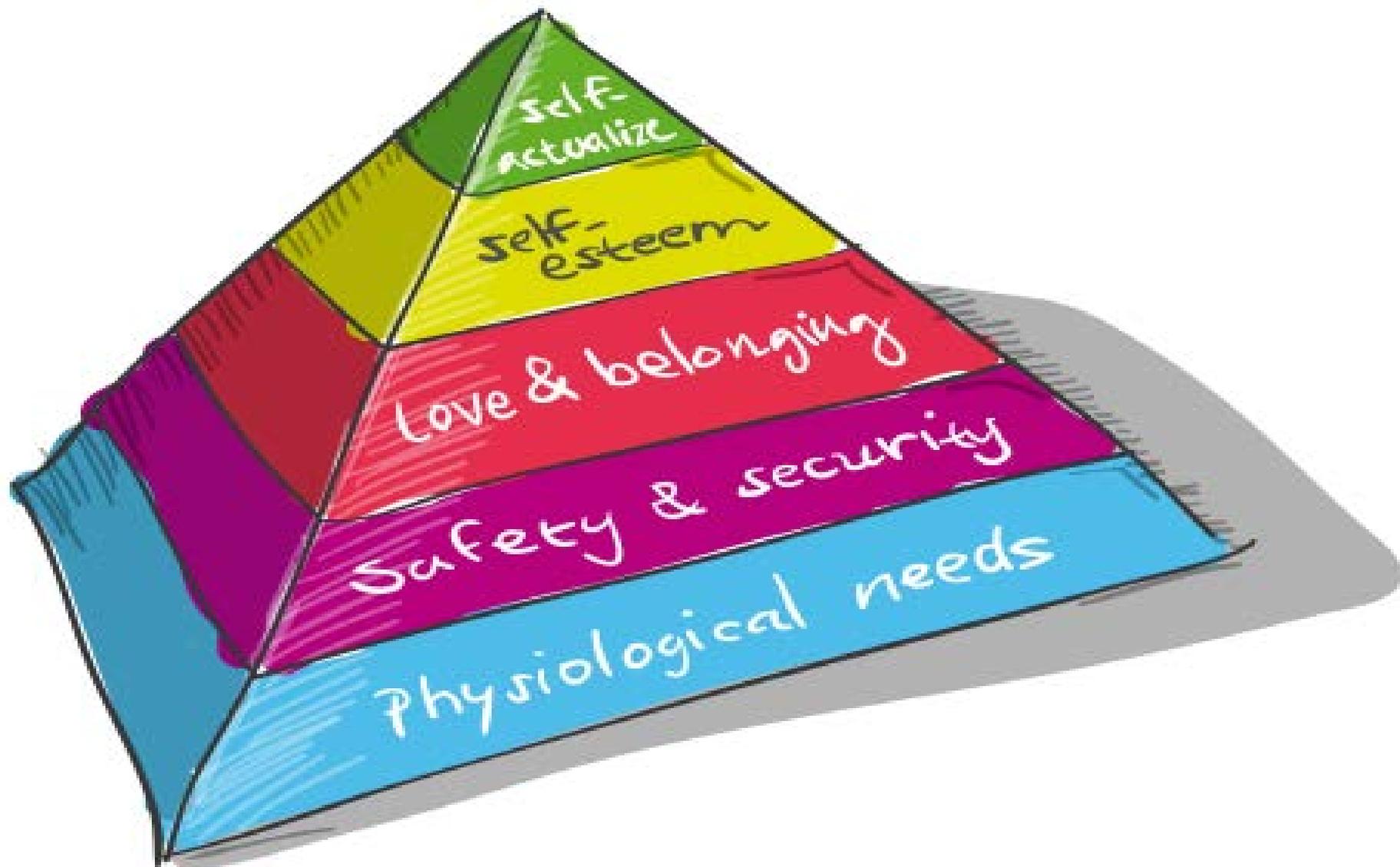
GETTING BACK UP AGAIN  
WHEN YOU'VE BEEN KNOCKED DOWN

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# GRIEF WHEEL





## Emotional

Developing skills and strategies to cope with stress.

## Financial

Satisfaction with current and future financial situations.

## Environmental

Good health by occupying pleasant, stimulating environments that support well-being.

## Social

Developing a sense of connection and a well-developed support system.

## Intellectual

Recognizing creative abilities and finding ways to expand knowledge and skills.

# WELLNESS

## Spiritual

Search for meaning and purpose in the human experience.

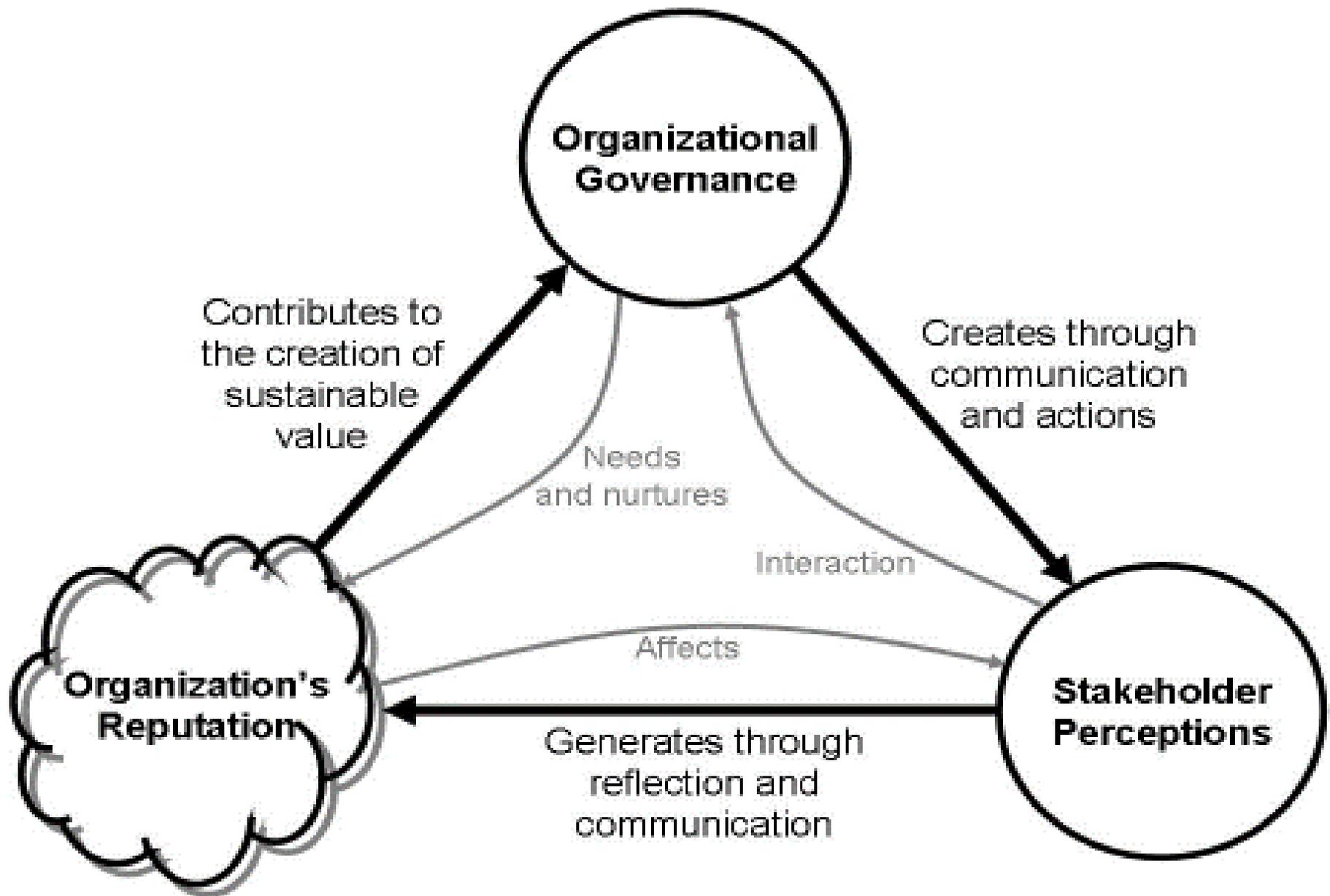
## Physical

Recognizing the need for physical activity, diet, sleep, and nutrition.

## Occupational

Personal satisfaction and enrichment derived from one's work.

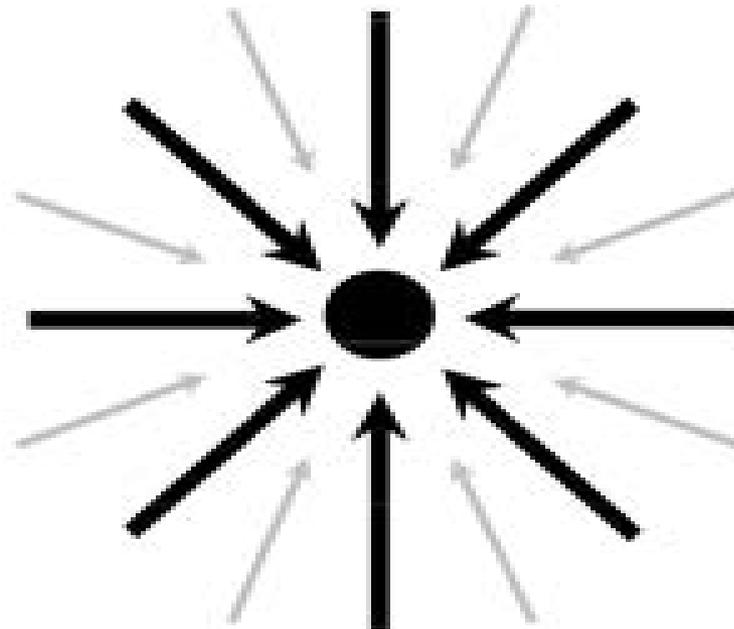
# Stakeholder Theory



# Inter-dependence

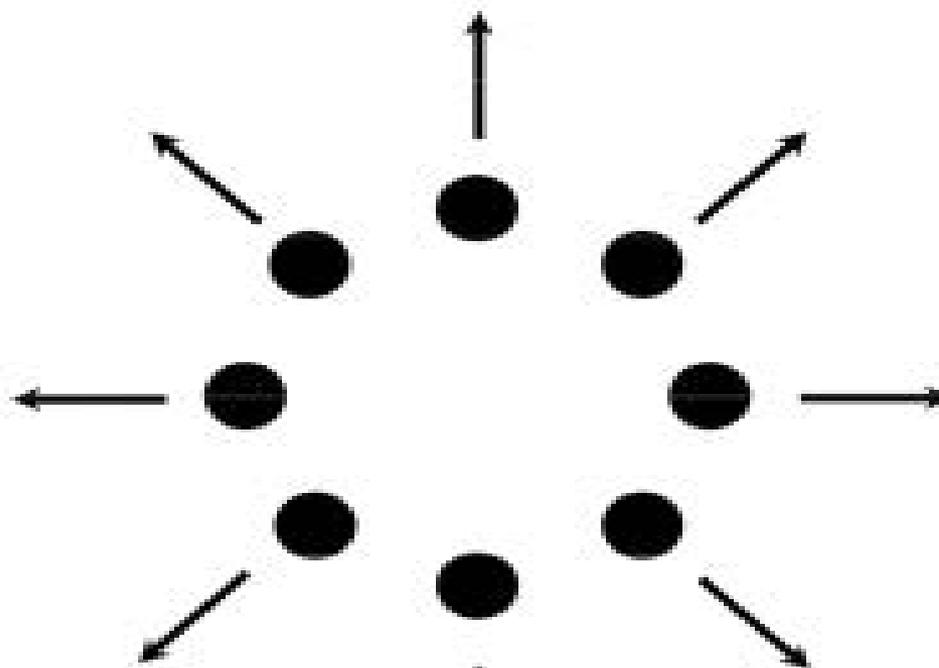
## Building Organizational Structures for Positive Wellbeing

## + Lone Ranger leadership



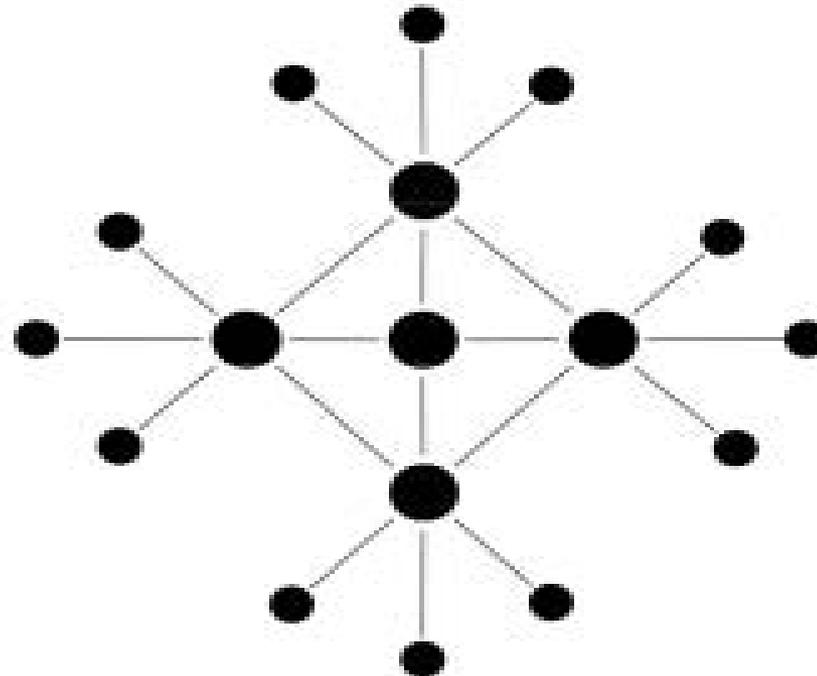
What does it feel like  
to be a leader in the middle?

# + We're all leaders



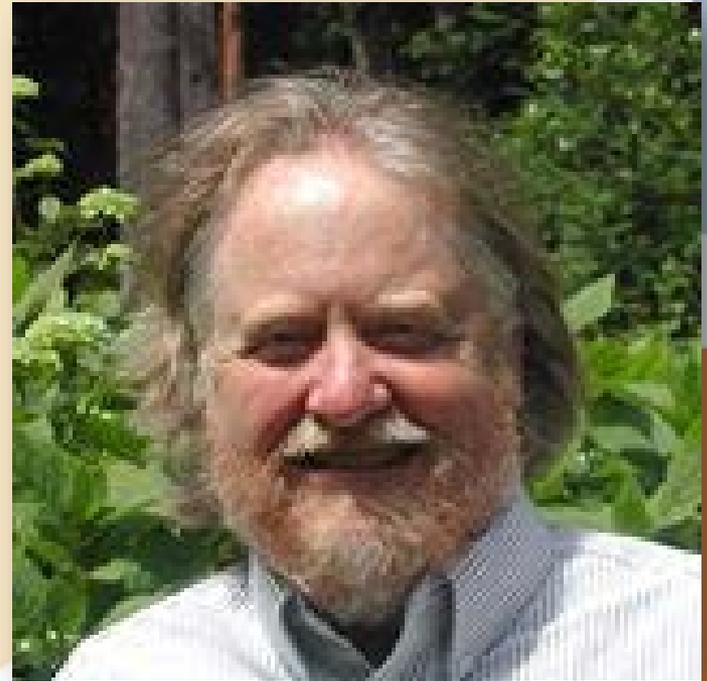
Sometimes we go to the other extreme;  
we don't think we need a "leader" because  
we can all lead!

# + Interdependent leadership



Snowflake Effect

**Bruce Anderson, MRA**  
Managing Partner/Lead Trainer,  
Community Activators



# Kindling a Welcoming Community: Uncovering What Matters



Blending Recovery and  
Community-Focused Welcoming

Recovery is an individual healing approach, adopted by many individuals and health systems. It is a very good thing.

But, it **WILL NOT** get us to the end goal of full participation for people in recovery in their communities.



“I believe that the community—in the fullest sense: a place and all its creatures—is the smallest unit of health, and to speak of the health of an isolated individual is a contradiction in terms.”

Wendell Berry *The Art of the Commonplace*



# What's Next?

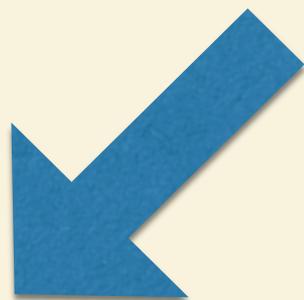
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Individualized healing and success

+

Community-focused welcoming

# Two Paths to Community-Focused Welcoming:



**RECOVERY-INITIATED**  
Focus on recovery group



**COMMUNITY-INITIATED**  
No focus on recovery  
group

# Benefits of Community-Initiated Welcoming

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EVERYONE in community needs to belong.

Doesn't pit one group against another for resources.

Surfaces welcomers and resources  
hidden from your cause.

Increases confidence in community problem-solving.

# POLL



# Community-Initiated: Five Ideas for Action

# One:

## Creating welcoming schools



# Thinking About Welcoming:

Buildings and grounds

Student connections during school

Student connections outside of school

Curriculum

Student and Staff connections

Students in their community

# Two:

Partner with local  
Chamber of Commerce  
to create a welcoming  
community



Sponsored by:  
North Lake Tahoe Chamber of Commerce  
Community Collaborative of Tahoe Truckee  
Truckee Donner Chamber of Commerce

# Three:

Expand from “recovery and strength-based” to “gift-based”



## 3 Gift Buckets: What I Carry I Can Give



### Gifts I've Received

#### Gifts of Wisdom

"Beliefs and abilities from receiving the wisdom and mentoring of others."

#### Gifts of Talent

"Natural abilities I was born with."

#### Gifts from Passages

"Beliefs and abilities from going through life struggles."

# WHY DO GIFTS MATTER TO ME?

## HOPE:

“My gifts help me to be seen by others for who I really am.”

## AUTHORITY AND POWER:

“My gifts keep me grounded in who I am and identify my most powerful interests and abilities.”

## BELONGING:

“Giving my gifts helps me know where I can belong in community.”

## WELLNESS:

“Giving gifts I have gotten from difficulties my life helps me to feel strong and move forward.”

GIFTS DISTINGUISH BETWEEN:

“What I can do”

AND

“What I can do that I’m  
likely to stick with.”

# Four:

## Start a Welcoming Action Group

One conversation at a  
time...

# Surfacing the Welcomers:

Utility Customer Service Manager

Ex Special Education Director

3 High school students

Artist

Radio voice actor

Spanish language teacher

Community development consultant

College application coach

proof-reader

Activist with food bank and homeless  
coalitions

Mother of daughter with disability

Poet

Social services/community consultant

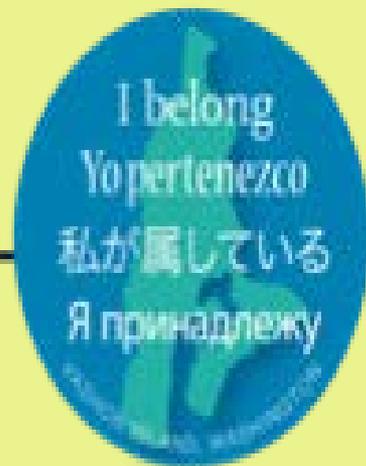
Tax preparer

Chamber of Commerce Director

Foundation fundraiser



Out of our conversation, we developed a name and a vision:



# Welcome Vashon

...a creative hub for projects and activities that make Vashon a welcoming place for everyone.



**165 folks showed up on  
Saturday morning!**



We All Belong  
Yo pertenezco  
私が属している  
Я принадлежу

WELCOMEVASHON.ORG

# On The Verge

# On the Verge:

On-going series of stories in our local newspaper.

Michele and Johnnie Pratt, pictured at the Food Bank Garden, are featured in the On the Verge article "Couple Walks Their Talk by Living Simply."



# Smile Packs



# Smile Pack Organizers

Christopher and Andrew Walker



# Amigos en Vashon





# ¡Vengan a jugar Loteria Mexicana!

**El Domingo, 2 de Octubre  
3 PM a las 5:30 PM  
En Vashon Playspace  
Vashon Highway y la calle Gorsuch,  
norte del pueblo**

**¡Lindos premios,  
merienda y amigos!**

**Evento gratuito para toda la familia  
Esperamos verlos a todos**



**Patrocinado por Amigos de Vashon y Vashon Welcome Project**





We All Belong  
Yo pertenezco  
私が属している  
Я принадлежу

WELCOMEVASHON.ORG

# We All Belong Cinema

# We All Belong Cinema

A cooperative venture with a national film project to show social justice themed movies on Vashon with discussion afterwards.



# Meet Your Island Neighbors Tent





# Meet Your Neighbors Tent

# Welcoming Scholarship



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# Scholarship Announcement

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The Welcome Vashon Scholarship committee is now accepting applications from high school seniors for the Welcome Vashon Student Scholarship. This award is not influenced by academic achievement or college-entry test scores. The scholarship is in the amount of \$1,500.

The award will be given to a student who has promoted welcoming and acceptance amongst students and/or community members. Scholarship funds may be spent on educational expenses or activities furthering the graduates understanding or ability to create welcoming interactions between individuals or groups.

**Application deadline: April 20, 2012**

**Request one-page application by email:  
scholarship@welcomevashon.org**



We All Belong  
Todos pertenecemos  
我々は、すべての属す  
Мы все принадлежим

WELCOMEVASHON.ORG



Recovery to Practice  
Resources for Behavioral Health Professionals



Substance Abuse and Mental Health Services Administration  
**SAMHSA**  
www.samhsa.gov • 1-877-SAMHSA-7 (1-877-785-4772)

# Five: Leave to Learn

# GOOD PLACES TO START

[abcdinaction.ning.com](http://abcdinaction.ning.com)

[abundantcommunities.com](http://abundantcommunities.com)

[abcdinstitute.org](http://abcdinstitute.org)

[communityactivators.com](http://communityactivators.com)



Comments?  
Questions?

**Bruce Anderson**

[banderson@communityactivators.com](mailto:banderson@communityactivators.com)

**Susan Manzi**

[susan@yimcal.org](mailto:susan@yimcal.org)

**Recovery to Practice**

[RTP@AHPnet.com](mailto:RTP@AHPnet.com)



**Coming up!**

**Watch your inbox for details!**



*Creating Recovery-oriented, Person-centered Plans  
with Community Resources (June 14, 2016)*

*LearnMore: Diverse Families and the Cultural  
Formulation Interview:*

*Hosted by Chacku Mathai (June 21, 2016)*



Continuing education hours (CEH)  
from NAADAC – The Association  
of Addiction Professionals:

[For NAADAC CEH](#)

General Certificate of  
Participation and  
Presentation Slides:  
download from the  
“Download Materials  
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Please provide feedback and comments on this  
webinar! A feedback form will automatically load at  
end of webinar.