Community Mapping: Unlocking Community Assets and Opportunities

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Introductions

Who are we?

What programs are you from?

Where in the state?

Today's Objectives

1. Describe the purpose and benefits of community mapping in promoting recovery and social inclusion.

2. Identify key community assets, resources, and natural supports relevant to individuals and programs.

3. Apply community mapping techniques through guided exercises to begin developing a personalized or program-level community map.

What comes to mind when you hear "Community Mapping?"

Think about your own community now

What about the community where you work?

Let's Define Community Mapping

- So what is it?
- Community Mapping is the process of researching and mapping out the various resources and supports in an individual's community to help them address gaps in care, barriers, and achieve goals

Why is this important?

Community Mapping can:
- Enhance Support Networks
- Promote Independence
- Address Barriers
- Improve Engagement and Goal Setting

This is a strengths-based approach that focuses on natural supports and connecting to resources that align with the individual's strengths

Whole Person System of Care

- Community mapping is about helping an individual access the resources and supports they need as a whole, not just to address their mental health or substance use
- There are many necessities and wants in our every day lives that play a significant role in not only goal attainment, but just in overall happiness
- Think: that trivia night you like attending, the new crochet group at the library, a new meditation class at your local gym, your favorite grocery store to shop at

Eight Dimensions of Wellness

EMOTIONAL
Coping effectively with life and creating satisfying relationships

SOCIAL
Developing a sense of connection, belonging, and a well-developed support system

SPIRITUAL
Expanding our sense of purpose and meaning in life

OCCUPATIONAL
Personal satisfaction and enrichment derived from one's work

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

FINANCIAL
Satisfaction with current and future financial situations

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

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

SOURCE: Adapted from Swarbrick, M. (2006). A wellness approach. *Psychiatric Rehabilitation Journal, 29*(4), 311–314.

Substance Abuse and Mental Health Services Administration
SAMHSA
www.samhsa.gov

Link to: SAMHSA 8 Dimensions of Wellness

So how do you do this??

Let's list out all different types of resources you might be looking for while mapping:

- Doctors, wellness clinics
- Substance Use Providers
- Faith Organizations
- Legal support
- Employment/Education
- Benefits
- Children/family
- Food Pantries
- Parks

Steps to Community Mapping

1. <u>Identify Core Needs.</u> Some examples: social support, housing, employment
2. Map out the available resources that meet those core needs
3. Identify barriers and gaps
   a. What might get in the way of the individual accessing that support or resource? How can that be navigated?
   b. Mark solutions to barriers on map
4. Highlight strengths
   a. What are the strengths that can help the individual access the resources? Mark those on the map

What does this look like in your programs?

Community mapping can be done in a variety of ways at all program settings

- PROS: in individual sessions, during a staff meeting, as a group activity
- CORE: navigate the community one on one to design a map
- CCBHC: in sessions, create a community resource binder for the site
- Others?

Example Staff Resource Community Map

<iframe src="https://www.google.com/maps/d/embed?mid=10JEofHfhbDbL6aUtKbbQkr4TiTGxQEE&ehbc=2E312F" width="640" height="480"></iframe>

Lets Practice

At your tables, you will find paper and markers

We will be doing 2 examples

With each example, you will have 10 minutes in your group

to draw out a fictional map for the scenario given

We will then come back together to debrief for 5 minutes

Practice

Marcus lives in Maple Hollow, a small but lively community. It has been a year since he started working remotely, and he has been feeling disconnected and wants to increase his confidence and make new connections with people.

Marcus shares he enjoys sports, good coffee, and spending time with like minded people- those who value community, positivity, and staying active.

Debrief

- What community or everyday spaces could naturally support this person's goals?
- What might "social connectedness" mean *to Marcus* specifically, versus how we might define it as practitioners?
- What role do natural supports (barbershops, diners, gyms, libraries, parks) play in connection and recovery?
- How can staff act as "bridge builders" and not gatekeepers?

Practice

A staff member from a PROS program in Maple Hollow is talking with colleagues about a participant with health and wellness goals in connection to a medical condition.

The participant had a difficult experience in the hospital last year, which has left her hesitant to return to seek care or go to any wellness service. Despite this, she is determined to feel stronger, build healthy habits, and better manage her condition in her daily life. The practitioner is supporting the participant in creating a community map, and is looking for support on what resources they could include.

Debrief

- What resources did you come up with?
- What would success look like if this person's needs were met primarily through community rather than medical systems?
- What considerations or gaps exist?

Wrap Up

How was that for you?

Remember to think outside the box when mapping resources and supports. You're not always going to be searching for a doctor or therapist

Community mapping is an integral piece of psychiatric rehabilitation. It is a crucial tool that can open up doors for the individuals you serve to gain access to the needs, wants, and experiences they desire to live a life they want to have

Questions?

Thank you for coming!!