

EAST Community Network Planning Retreat

Saturday, February 18, 2006

BUILDING COMMUNITY

What does community mean to you?

- Get together
- Supportive
- Collaborate
- Enjoy being together
- Friendship
- Together for different reasons
- Positive
- Fun
- Got family involved
- Give (or get) awards
- Involvement
- Strong support – especially in crisis
- Learn as much as you teach
- Accepting
- Reaching out
- Valuing of members
- Forgiveness
- Being able to give back
- Feeling you're making a difference
- Everybody plays a role
- Different personalities coming together
- Trust
- Honesty/ability to be real
- Acceptance for all strengths and weaknesses
- Welcoming

How can community be created?

- Core group who often do most of the work
- Common goal/cause – *changes as it matures*
 - Individual or group level
- Getting together
- Communicating
- Sharing resources
- Common ownership
- Familiarity with each other
- Acts of caring
- Gradually – *expands from the core*
- Level of energy and investment
- Naturally attracts others

IDENTIFY NEEDS

- Transportation – HUGE issue – *often members are limited in participation because of lack of transportation, distance to travel, or expense of gasoline for same.*
 - Things that would be helpful:
 - Mileage reimbursement

- Bus passes - *some discounts may be available now, but they're limited, or people don't know about them.*
- Mileage Budget
- Vehicle and/or drivers paid for this service
- Information Sharing – *notification about events or opportunities available on a regular basis*
- Outreach to rural areas
- Communication
- Support groups – *coordination of where you belong or would benefit the most from participation.*
- Better vocational support – *Ex.: Polk and Yamhill County get immediate support with Voc. Counselor. This would benefit all clients.*
- Transition out of EAST – *making sure correct and ongoing support is there after the transition.*
- Resource information – possible suggestions would be:
 - Web site is available for resources – *but all don't have Internet access*
 - Newsletter – *add regular section with calendar and resource information*
 - Binder with resources
 - Database
 - NAMI - *coordination with them for resources, support groups and events*
 - Sharing resources in general
- Better “Voice” for clients in the MH system in general.
- Money for social groups – *activities like bowling cost money, which can be a problem for many*

Tamara and Cindy talked about “Project ABLE” ~ **A Better Living Experience**, which Cindy is working on right now. Aspects include:

- Peer to Peer organization
- Meds Empowerment program
- Trauma Survivor project

Tamara talked about the basic, core goal of EAST, in regards to duration of membership of consumers before they “graduate” from EAST, and how they came up with the two year model. She said the ultimate goal is to change the early experience and put in motion things for lifelong success. She talked about a study done by Mary Moller (SP?), which found through consumer interviews that the norm for most folks after beginning medications for psychosis is at least a one year process of self-awareness before re-engaging in recovery.

Tamara also talked about the idea of approaching an education/awareness model for public schools with the possibility of being included in the Health Curriculum for 10th grade. It's difficult to know how to go about this process.

SHORT TERM GOALS

GOAL: To Build the Core Group

- Potluck – or Barbeque? - Something fun, to attract members and see who else is interested.
- Take Part in local fair or education event – MH months are usually May and October
 - 5th Anniversary celebration and tie in with Congresswoman Darlene Hooley meeting
 - NAMI Walk – May 21st – *Fundraiser for NAMI (they want you to get sponsors for your team) and heightened awareness for EAST*
- Speaking Opportunities

Specifics for Short Term Goals

POTLUCK - Saturday, April 22, 2006 4 to 7pm

- Fun & Entertainment
- Opportunity to link into Mentor relationships
- Encourage involvement in MF Groups, Network at different levels

Entertainment

Location

- Congregational Church
- St. Joseph's
- Calvary Baptist
- Other churches usually good options

Flyer

NAMI WALK - Sunday, May 21, 2006

- **Research** project
- **Announce** and invite team participation
- **Solicit** Contributions/ sponsorships
 - *Money raised generally goes to NAMI, but we could ask that funds be targeted for the local NAMI affiliate (NAMI – Marion-Polk), rather than the state or national level.*

LONG TERM GOALS – (3-5 Years)

- Arranging speaking opportunities with the LT Goals in mine
- Money – Attaining resources to make EAST self-sustaining over the long term
- Mentoring – develop a structural program for this
 - Independent Living
 - Daily Routines – skills to navigate life successfully
 - Fill out forms, balance checkbook, college, 1st apartment

- Items related to transitioning out of EAST
- Workshops - money management, etc.
- Ongoing Education – about EAST and why we're here
 - Community at large
 - People in EAST – past, present and future

MISCELLANEOUS

Local Education Events - May and October

Conversation regarding some suggestions of people or organizations that might be good to target for invitation to future events. Strategic planning of these invitations would be helpful.

- Meeting with Congresswoman Darlene Hooley - *Tamara is waiting for a reply from her office regarding a meeting with her. This would be a good Networking opportunity.*
- Hospital Foundation
- New MD head of Psychiatric Services at Salem Hospital

NEXT MEETING

Follow up meeting on status of current projects – **Tues., March 14, 5:30 pm.**

**This is the same evening as the Multi-Family Group, so members can plan for the entire evening.*

LEADERSHIP GROUP

Who should be a part of the Leadership Group, and how do we solicit members?

- CORE group – expanded with more interested parties
- Personal Invitation
- Invested Individuals
- Professionals - Mental Health field
- Experts, or other people connected to resources that may be beneficial or appropriate
- Chemeketa Community College - Independent Living Program(?) *(not sure if this goes here, or elsewhere)*

ADVISORY COUNCIL VS. NETWORK AT LARGE

Who might be appropriate members of an advisory council, but not necessarily on the Leadership Team?

- Consultants
- Contributors
- Advisors

Tamara recognized that attendance at this meeting does not necessarily imply a formal commitment to be a long term member of the Leadership team, and for now we will be grateful for participation on a one meeting at a time basis.

In the future there will be a discussion of the Long Term Goals, and the process for invitations to join the Network/Leadership Team.

One item on the agenda needs to be a discussion of who to invite to future discussions, and how to disseminate information regarding the topics above.