



SUPPORTING SOCIAL INCLUSION AND ADVOCACY

MODULE 7

MODULE 7 OUTLINE

1

Learning Objective 1

Identify ways to involve environmental supports in the individual's treatment and overall recovery

2

Learning Objective 2

Identify services that are related to community integration

3

Learning Objective 3

Learn to apply the best-practice of recovery support services

4

Learning Objective 4

Learn how social inclusion and advocacy impact recovery



CORE PRINCIPLE

SUPPORTING SOCIAL INCLUSION AND ADVOCACY

WHY FOCUS ON SUPPORTING SOCIAL INCLUSION AND ADVOCACY ?

- Individuals living with substance use and mental health challenges have the right to access the same social, economic, educational, and employment opportunities as everyone else
- Advocacy supports equal access to:
 - Housing
 - Transportation
 - Education

WHY FOCUS ON SUPPORTING SOCIAL INCLUSION AND ADVOCACY ?

- Fostering social inclusion means ensuring that individuals have opportunities for active community involvement and citizen participation.
- Recovery-oriented behavioral health services help individuals in various ways.
 - Connect to their communities of choice
 - Assist in maintaining naturally occurring supports and networks
 - Promote a focus on social inclusion
 - Exercise citizenship rights
 - Access rights to basic needs and sources of income such as social security/disability

SOCIAL INCLUSION AS A STANDARD OF CARE

- Social inclusion is the act of making all groups of people within a society feel valued and important
- Factors of social inclusion are social class, poverty, minority status, educational status, disability, culture, and language
- Individuals living in recovery experience social exclusion
- In the recovery process, there are still major barriers and obstacles to social inclusion
- Social inclusion improves overall health and well-being

SOCIAL INCLUSION AND THE ROLE IT PLAYS IN THE RECOVERY JOURNEY



Strong link to health and wellbeing



Provides equal access to basic needs



Eliminates or reduces barriers and challenges in recovery



Person-driven



VALUES & ATTITUDES

SUPPORTING SOCIAL INCLUSION AND ADVOCACY

SOCIAL INCLUSION VALUES AND ATTITUDES



Uphold the right of people experiencing behavioral health challenges to participate in community and social settings as full and equal citizens

Accept and nurture the contribution of naturally occurring supports, community connections, and opportunities outside of behavioral health services to support a person's recovery

Be willing to challenge barriers to social inclusion, outside of and within your organization, and to advocate for equity

SOCIAL INCLUSION VALUES AND ATTITUDES

Value Diversity

Value all contributions from diverse groups to the social, economic, and cultural vitality of society

Respect the individual's right to make choices that affect and impact their lives

Recognize the individual's universal rights to services

ADVOCACY IN RECOVERY CORE VALUES

Respect - Honor the individual's right to autonomy

Diversity - Recognize the diverse needs of each individual

Collaboration - Learn from the individual

Inclusion - Provide access to all services and make the individual feel valued and important

Trust - Demonstrate trust and respect for the person's right to autonomy

Equality - Ensure equal access to services and resources



WHAT WE KNOW SUPPORTING SOCIAL INCLUSION AND ADVOCACY

NEEDED KNOWLEDGE BASE



Understanding certain concepts is necessary *to put into practice* Supporting Social Inclusion and Advocacy.

- Know how to apply the Inclusion Lens
- Recognize the universal right of inclusion
- Understand the concepts of diversity, inclusion, equity, and autonomy

NEEDED KNOWLEDGE BASE

- Understand that *social inclusion* is a determinant of health and well-being and know how to make this a focus of practice
- Recognize the potentially negative impact of poor and unequal living conditions on health, mental health, and recovery
- Have up-to-date information about community services and resources for housing, education, transportation, employment, and income supports
- Maintain knowledge of current legislation, instruments, protocols, and procedures governing people's human and legal rights

NEEDED KNOWLEDGE BASE

Go beyond the community resource guides

- Know the community providers for housing, education, transportation, employment, and income supports
- Meet the staff and visit the community organization to “see first-hand” what the individual may experience
- Build a collaborative partnership to provide a “warm hand-off” to these providers to ensure a continuum of care for the individual
- Establish a “warm hand-off” to initiate face-to-face contact between the individual and the contact for the referring organization

HOW TO ADVOCATE FOR ACCESS TO SERVICES

Identify and maintain current roles, relationships, and activities with community organizations

Encourage the discovery of new sources of interest, meaning, and value

Identify the skills required to pursue new interests and develop, practice, and rehearse those new skills

Review progress regularly and plan accordingly

COMMUNITY PARTNERSHIPS FOSTER SOCIAL INCLUSION

- Becoming involved with social groups offers a sense of *meaning*
- Motivating individuals to engage and befriend other group members, provides a sense of wellbeing, purpose, and *belonging*.
- Forging connections with others *hope, healing, and empowerment*

(Buckingham et.al, 2017)

IMPACT OF FORMING COLLABORATIVE COMMUNITY PARTNERSHIPS

Fosters personal autonomy and supports personal choice by providing various recovery support services

Provides resources and support services to foster healthy relationships with friends, family, and the community

Promotes peer-led initiatives by providing recovery support services

Alleviates distress and lessens the possibility of setbacks or harmful risk by identifying gaps in services through asset and resource mapping

Guidelines for Recovery-Oriented Practice (2015)

NETWORK SUPPORTS/COMMUNITY INTEGRATION

- Demonstrates active involvement with community referrals and resources
- Involves members of the individual's support network in their treatment and recovery process (family, sponsor, recovery network)
- Promotes inclusion with services such as:
 - Self-help
 - Non-behavioral health activities
 - Vocational services



ADVOCATING FOR ACCESS TO SOCIAL RESOURCES

When collaborating with organizations as part of social inclusion activities it is helpful to provide information and support so that they understand:

- The skills of the individual joining them
- The areas in which the individual may require help
- How they might assist the individual adjust to their new role and environment



THE INCLUSION LENS

- The term “Inclusion Lens” is a way of looking at social and economic *exclusion* and *inclusion*.
- The Inclusion Lens provides tools and resources to *combat social exclusion* by reducing or eliminating the circumstances and habits that lead to (or have led to) social exclusion.
- Social exclusion is the inability of our society to keep all groups and individuals within reach of their full potential and participating fully in society in terms of opportunities, resources, voice, and respect for rights.

THE ROAD TO SOCIAL INCLUSION

■ The identification and presence of challenges

- does not mean that there should be *lowered expectations* for those individuals.

(“Really can’t expect him stay clean and sober in that environment!”)

- does not mean that any condition should be used as an “excuse” for a setback, relapse, or return of symptoms.

Challenges are part of the recovery landscape
that an individual will need to navigate

BENEFITS OF SOCIAL INCLUSION AND BECOMING INVOLVED WITH SOCIAL GROUPS

Provides a sense of meaning

Develops more responsibility for self and others in the context of supportive recovery

Gains a sense of wellbeing and purposefulness that stem from a feeling of *belonging*

TRANSFORMING SERVICES AND SYSTEMS TO INITIATE, ADVOCATE, AND SUPPORT SOCIAL INCLUSION

Transformation of
services and systems
is.....

A paradigm shift

A process

Advocacy

Access to care

Linking to recovery support services

Linking to peers

TRANSFORMING SERVICES AND SYSTEMS TO INITIATE, ADVOCATE, AND SUPPORT SOCIAL INCLUSION IS WORKING TOGETHER



Create	a space for the individual receiving services to be the co-creator in the development of person-centered programming.
Learn	from individuals with lived experience.
Prioritize	workplace behavioral health.

Guidelines for Recovery-Oriented Practice (2015)

COLLABORATIVE COMMUNITY PARTNERSHIP, ADVOCACY, AND INCLUSION INTERSECT WITH RECOVERY ASSET AND RESOURCE MAPPING



The goal of a *recovery asset and resource map* is to

- Guide recovery advocates toward solutions
- Provide recovery support services
- Identify recovery needs and gaps in services

On the following slide is an example of a recovery asset map

USING AN ASSETS APPROACH TO PROMOTE POSITIVE BEHAVIORAL HEALTH

Actions

- Determine availability of resources
- Identify people, groups, networks, physical places, and cultural assets
- Look through the eyes of those who use the services
- Utilize “project champions”

Objectives

- Promote community development
- Build stronger connections
- Empower individuals to self-manage and take control of their recovery
- Promote protective factors

"You don't know what you need until you know what you have already."

-Anon

WHAT WOULD IT TAKE TO MAKE OUR

COMMUNITIES RECOVERY-READY



IF THERE ARE GAPS IN ANY OF THE DOMAINS, ADVOCACY GROUPS WOULD WORK WITH COMMUNITY PARTNERS TO ADDRESS THEM



APPLICATION TO PRACTICE SUPPORTING SOCIAL INCLUSION AND ADVOCACY

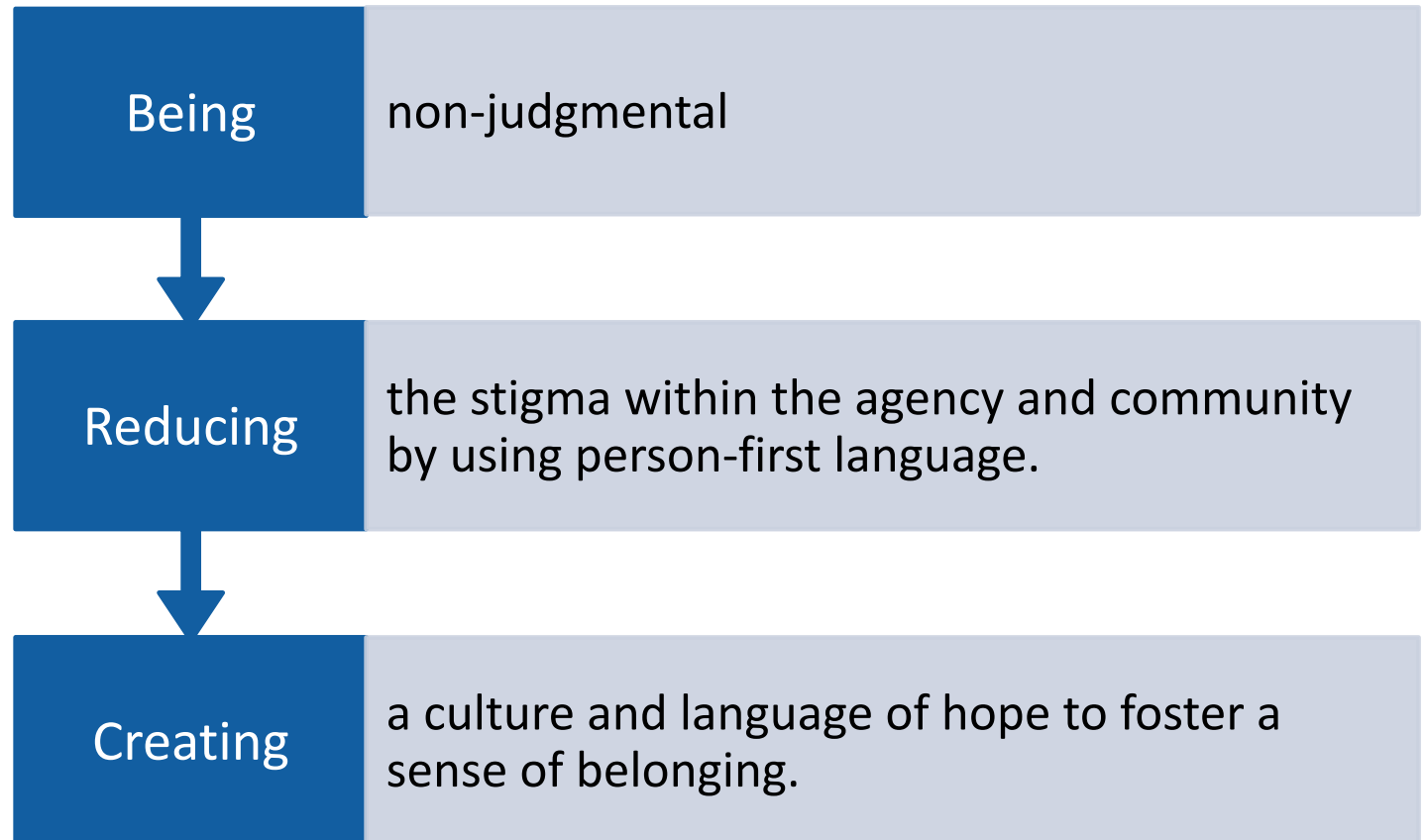
SKILLS AND BEHAVIORS REQUIRED FOR SOCIAL INCLUSION AND ADVOCACY

- Proactively draw attention to disparities, and work alongside people with lived experience and through community partnerships to mitigate disparities
- Use knowledge of human and legal rights and systems operations to challenge social exclusion
- Initiate discussion of recovery goals, and make referrals to services and resources that contribute to:
 - meaningful social engagement
 - education and employment opportunities
 - income security
 - housing stability
 - food security
 - general health and well-being

SKILLS AND BEHAVIORS REQUIRED FOR SOCIAL INCLUSION AND ADVOCACY

- Create culturally safe and responsive services
- Develop working relationships with community organizations, corrections, and probation and parole services
- Help people connect to a family physician or community health team to address ongoing general health needs and co-occurring medical conditions

ADVOCATE TO SUPPORT SOCIAL INCLUSION BY



OTHER WAYS TO ADVOCATE FOR SOCIAL INCLUSION

Acknowledge

- Acknowledge (with personal consent) the defined family and care givers, and circles of support of the individual served

Offer

- Offer recovery events and support programs that foster healthy communication, healthy relationships, and encourage healthy community engagement

Assist

COMMUNITIES RECOVERY-READY



ACTIVITY

Review the domains and create your own Recovery Resource map.

Think about community groups and services for each domain and items that may be missing from each domain.



QUESTIONS FOR REFLECTION

SUPPORTING SOCIAL INCLUSION AND ADVOCACY



REFLECTIVE PRACTICE

Please reflect on the following questions and write down your responses.

Direct Service provider: How do support plans and service activities promote the inclusion of a person's existing support network, social connections, and opportunities for participation in the community?

Management: How are staff members supported to be active partners in broad-based alliances that advocate for action on the social determinants of health and well-being and address discrimination?

Administrative: How do you model a positive service culture that promotes inclusion of people with lived experience and their families at all levels?

CONNECT TO HOPE

Recovery-Oriented
Principles
(CONNECT)

Practices (HOPE)

PRINCIPLES

- Create a culture and language and hope
- Offer a comprehensive and holistic service array
- Non-judgmental
- Navigating diverse needs
- Engagement strategies
- Collaborative relationships and reflective practice
- Transforming services and systems

PRACTICES

- Honor the differences and diverse needs of each individual served
- Offer various opportunities and resources that support the recovery journey
- Provide an environment to encourage personal control
- Engage in personal recovery by understanding personal recovery narrative in the treatment process and within the community

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THANK YOU!

QUESTIONS?