Community Integration: Definition

The opportunity to live in the community, and to be valued for one’s uniqueness and abilities, like everyone else (Salzer, 2006)
Community Integration: Other Terms

- Community Participation
- Social Inclusion
- Recovery

Agenda

- Presenter
- Fundamentals of Community Integration
  - Definitions
  - Justifications
  - Principles
  - Domains
- Planning for Community Integration
  - Next Session: December 9, 2009,
    Bringing Community Integration to Life in Practices, Programs & Policies

The UPenn Collaborative on Community Integration for People with Psychiatric Disabilities

- 2nd five-year award from NIDRR
- 8 research initiatives
- 8 knowledge translation activities
Definition

The opportunity to live in the community, and to be valued for one’s uniqueness and abilities, like everyone else (Salzer, 2006)

Community Integration: Why?

- **Housing** – segregated into impoverished communities
- **Employment** – 85% unemployment rate and short job tenure if employed
- **Social Networks** – 50% of non-disabled contacts
- **Parenting** – 2.8 times more likely to lose custody

* Civic Life – 37 states restrict the right to vote

Community Integration: Why Not?

- Should participate
  - Would participate
  - Could participate
Community Integration Principles I: Recognizing Rights, Roles, and Responsibilities

*Community Integration*...
1. …is a right.
2. …offers opportunities in varied roles.
3. …promotes a sense of responsibility.

Community Integration Principles II: Promoting Opportunities

*Community Integration offers opportunities*…
4. …to move from institutional services to community care.
5. …to move from staff-directed activities to self-directed activities.
6. …to move from the psychiatric milieu to engagement in the community.

Community Integration Principles III: Implementing Effective Strategies

*Community Integration*…
7. …is founded on consumer choice
8. …utilizes natural supports and community resources
Community Integration Principles III: Implementing Effective Strategies

*Community Integration…*

9. …identifies and responds to institutional barriers
   - Discrimination
   - Disempowerment
   - Poverty
   - Transportation
   - Staff attitudes

Community Integration Principles III: Implementing Effective Strategies

*Community Integration…*

10. …offers individual supports
   - Encouraging new goals
   - Accessing community resources
   - Skills training
   - Personal assistance
   - Financial assistance

Polling Question #1

- What percentage of the consumers that you see are satisfactorily engaged in community life - that is, “living like everyone else?”
  - 0 - 20 %
  - 21 - 40 %
  - 41 - 60 %
  - 61 - 90 %
  - 81 - 100%
Polling Question #2

- What percentage of the consumers that you see could be more engaged in community life - that is, living like everyone else - if they received the supports they need?
  - 0 - 20 %
  - 21 - 40 %
  - 41 - 60 %
  - 61 - 80 %
  - 81 - 100 %

Domains of Community Integration

- Housing
- Employment
- Friendships
- Family
- Peer Support
- Religion/Spirituality
- Leisure & Recreation
- Civic Life
- Intimate Relationships
- Health & Wellness
- Education
- Finances

Community Integration: Where Do You Fit In?

- Policies
- Programs
- Practices
Practical Strategies

- Assess Needs & Priorities
- Explore Community Resources
- Identify Institutional Barriers
- Offer Individualized Supports
- Update the Plan

Practical Strategies: Assess Needs & Priorities

- Counselor/consumer assessment of current levels of community integration
- Expression of interest in progress in varied domains
- Setting priorities: feasibility, importance, opportunity
- Overcoming counselor/client anxiety

Practical Strategies: Explore Community Resources

- What already exists for non-disabled citizens
- What entry requirements are there
- What demands does participation make
- Sharing information gathering responsibility
### Practical Strategies: Identify Institutional Barriers

- Consumer/staff attitudes
- Regulations and legislation
- Financial resources
- Community discrimination

### Practical Strategies: Offer Individualized Supports

- Skill training
- Accompaniment
- Community mentors
- Financial assistance

### Practical Strategies: Update the Plan

- An initial plan
  - who, what, where, when, how
- A plan to review: success criteria
- A plan to revise: bobbing and weaving
Four Evidence-Based Strategies to Avoid Change

- We already do this
- This will never work
- We have no resources for change
- Consumers like things the way they are

Questions?

Homework

Practice: Focus on one consumer

Program: Assess your services

Policies: Propose an alternative
Community Integration
Webinar Series II
Bringing Community Integration to Life in Practice, Programs, & Policies

Jonathan David, Mental Health Association of Southeastern Pennsylvania

Bill Burns-Lynch, University of Medicine and Dentistry of New Jersey

December 9, 2009