



Mental Health Provider Example



Mental Health Provider Example

Person-Centered and PBS Self-Assessment and Action Planning—Mental Health Team

Team Roles

- 15 Team Members
- 2 Key Contact
- 11 Coaches
- 1 PBS Facilitators (In Training)

Monthly Team Meetings

Implementation Areas Targeted

- Mental Health Clubhouse

Organization-Wide Implementation in Mental Health

- Now



- Future



Outcome Statements

People Supported

- The people we support will direct their care, choice of treatment team members, and their goals to live a self-defined life of success and wellbeing
- The people we support will invite their family, friends, community members, and other supports to join them on their life journey

Employees/Staff

- As individuals, we feel confident with Person-Centered Thinking, are sufficiently supported, and trusted to take action

Outcome Statements Continued

Organization

- Our organization will embrace and promote a culture of Person-Centered Thinking

Community

- Increase awareness of overall wellbeing by creating more equality between physical and behavioral health through education, integration, Person-Centered Thinking and Positive-Based Interactions

Identify the Area the Team Will Start Building Positive Social Interactions – Mental Health Clubhouse Example

Two Mental Health Clubhouses

- Created a Matrix as a Guide & Shared With 2 Other Coaches
- First Meeting Naturally Scheduled to Manage Clubhouse
 - 28 People Use the Clubhouse
 - 2 Staff Members
 - 4 Coaches Attended
- Coaches Used Flip Chart Paper and Organize Into 4 Groups With a Coach Facilitating Each Group
- Coaches Start by Facilitating What Works and What Doesn't Work at the Clubhouse
- Group Identified Times of Day That Are Important and Completed
- Group Shared Results and Then Identified What Person-Centered Values & Social Behaviors Are in Place When Clubhouse Works Well
- Next Meeting Plans to Discuss
 - How to Practice and Celebrate Success
 - Creating Visuals in the Clubhouse as Reminders
 - Establish a Monthly Value That Receives Attention, Practice etc.

Matrix for a Mental Health Clubhouse

| | Times of Day | Free Time | Cleaning Up | Lunch Time | Fundraising | During Outside Activities |
|----------------------------|-----------------------------------|--|---|---|---|--|
| V a l u e s | Respecting Each Other | Respect another's privacy, Understanding differences | Offer to help each other, talk to each other kindly if something isn't working | Push in/pull out chairs for others, Ask if help is needed | Everybody can do something, break bigger jobs into smaller parts | Respect each other's preferences, follow the rules, watch out for each other |
| | Having a Positive Attitude | Be aware of your environment, Be aware of how other's are feeling | Respect people's differing abilities, Get involved | Talk to people that you may not otherwise talk to | Help out where you can, participate in Clubhouse meetings and offer suggestions | Appreciate the moment and activity, say thank you to those who plan activities |
| | Working Together | If there is nothing to do, get together and decide to do something, Clean up after yourself | Offer to help each other with the bigger tasks | Clean up after yourself, allow people time to finish eating before cleaning up/try not to rush people | Develop committees to break down the bigger jobs | Be friendly, clean up after yourself, be neat |
| | Positive Communication | Respect boundaries, have compassion, use humor respectfully | Ask for help if you need it, offer help if you see someone needs it | Use manners (please and thank you), thank the people who cook and serve you | Plan more fundraisers, talk about how to plan them at Clubhouse meetings | Be polite to the public and each other |
| | Volunteering | Welcoming new members, help others to participate more | Try out different tasks, try not to always do the same things | Pay attention to what chore/cleaning needs to be done | Volunteer for what you can, attend Clubhouse meetings to learn of and present opportunities | Help other people stay on time and with the group |
| | Support for Each Other | Offer to help, share computer time, only share things with others that you are comfortable sharing | Take turns doing tasks, develop teams for getting bigger cleaning projects done | Help out where you can - 2 people can do a job faster than 1 | If someone or a committee needs help, offer assistance | Be friendly, get involved in planning activities |

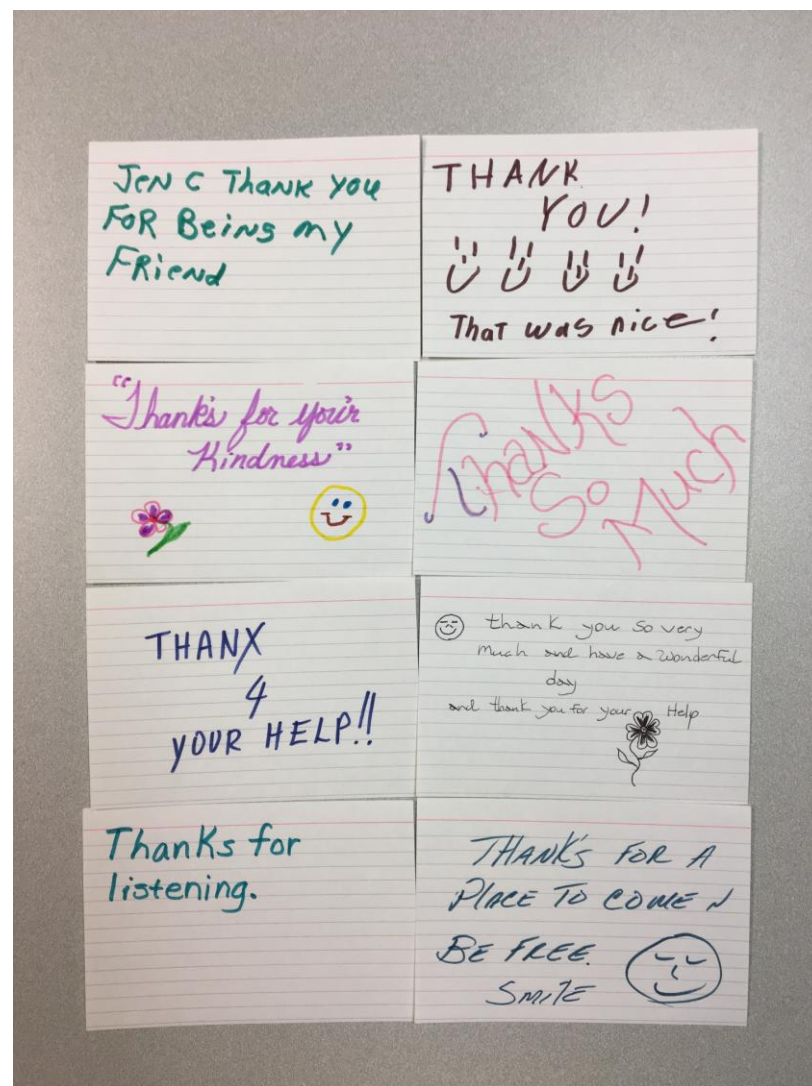
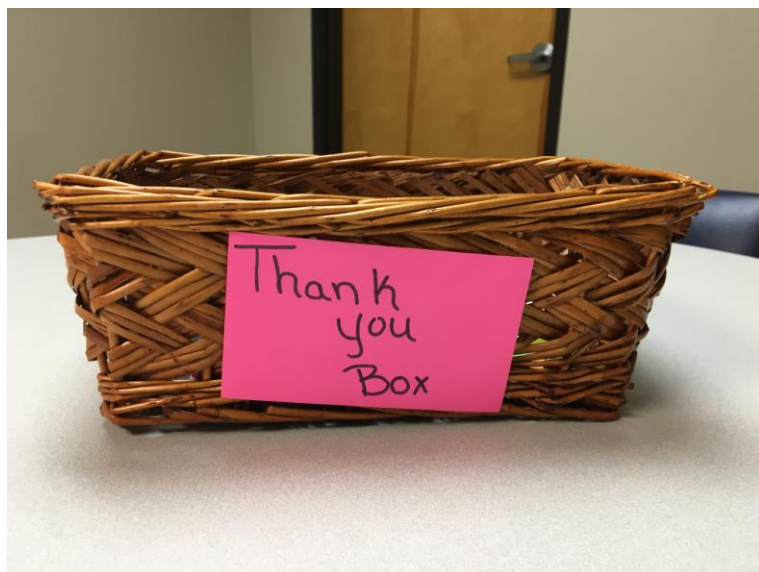
Keep
Steph!

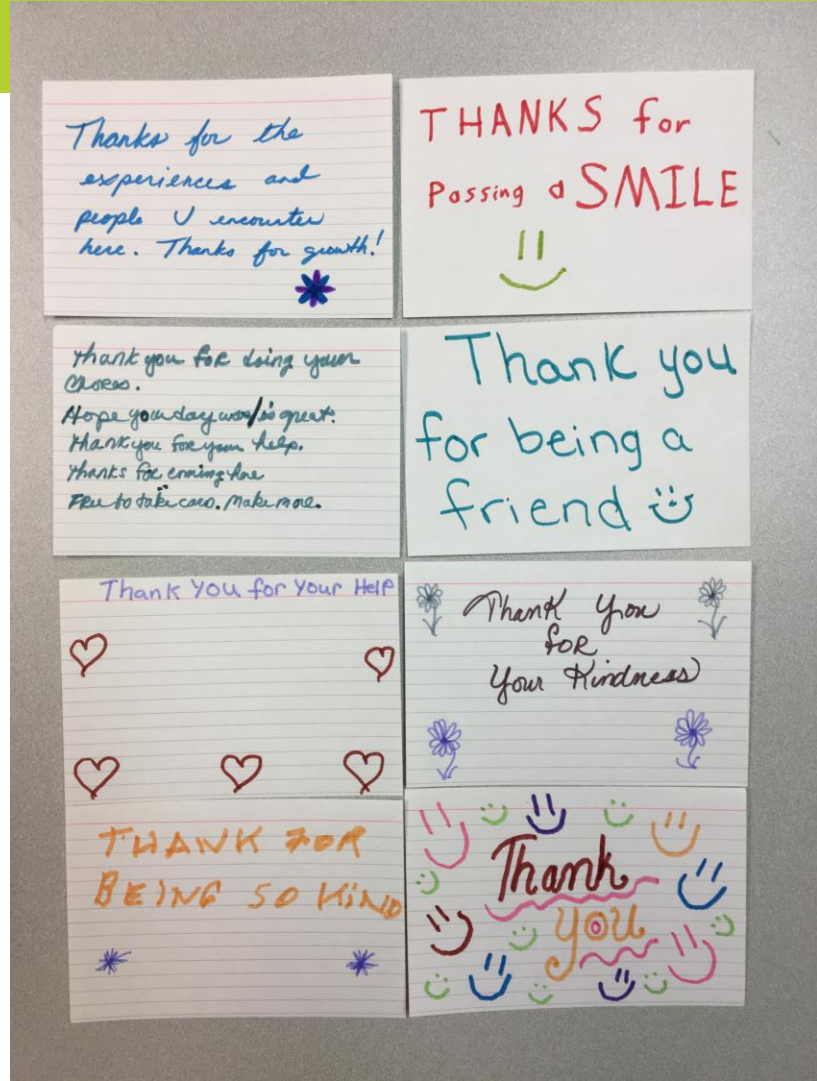
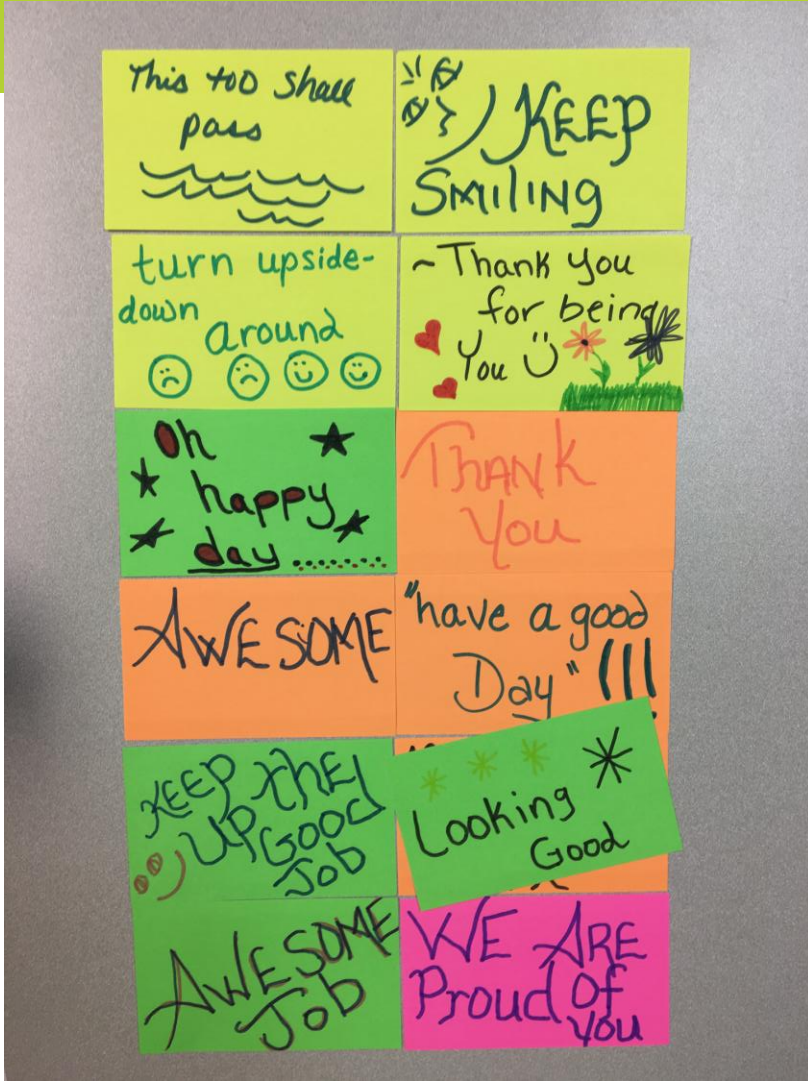
Per

| | | Times of Day | | | |
|------------------------|----------------------------|--|--|--|--|
| | | Free Time | Outside Activities | Clubhouse Meetings | Coming to the Clubhouse for the day |
| Person-Centered Values | Respect of Each Other | Judgement-free zone, Treat each other like you'd like to be treated | Smoke in designated areas, tip your servers | Be aware of other people and how they react to different things, Be respectful when others are speaking | Be kind, Respect others property |
| | Take Care of our Space | Clean up after yourself | Be friendly, don't leave a mess for others/be neat | Develop teams for getting more difficult chores done | Recognize/respect the work involved in each task |
| | Volunteering/Helpfulness | Share ideas, Develop planning committees | Help other people stay on time and with the group | Create and post a meeting agenda for all to get involved, volunteer for fundraisers and activities | Sign up for chores and try to rotate what you do |
| | Working Together | Take turns doing chores, Be aware of your volunteer hours, Develop teams for getting chores done | Be friendly | Number of volunteer hours each has is individual and if you choose to share that number, that's your option. | Be prepared for your day, have your own personal items with you (for example; money, cigarettes, etc.) |
| | Having a positive attitude | Support one another, honor people's uniqueness | Be friendly, be polite | Get involved with meetings by adding things to the agenda | Follow the Clubhouse rules and remind others if they need help |
| | Positive Communication | Saying please and thank you, Respect humor, Only share things with people that you are comfortable sharing | Be aware of how you are using your words, be sensitive to what other people may like | Develop teams to do non-preferred chores | Ask for help when needed, Speak kindly to others even if you have to remind them of something |

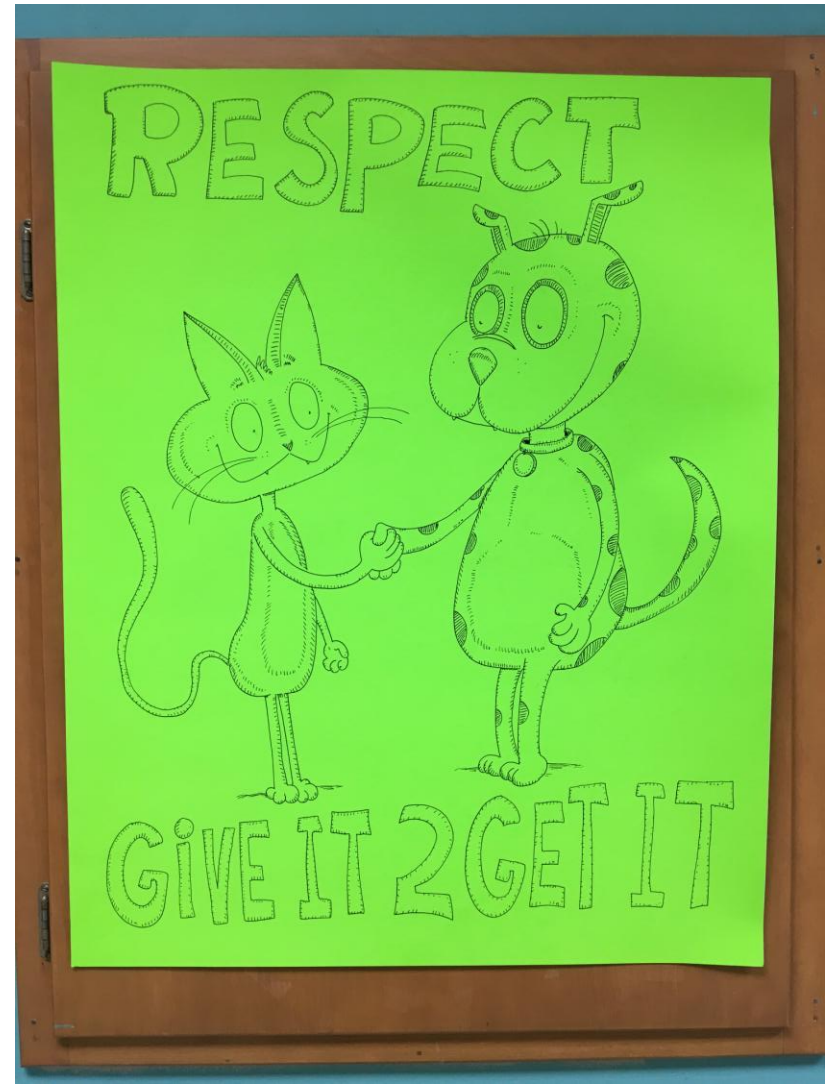
2

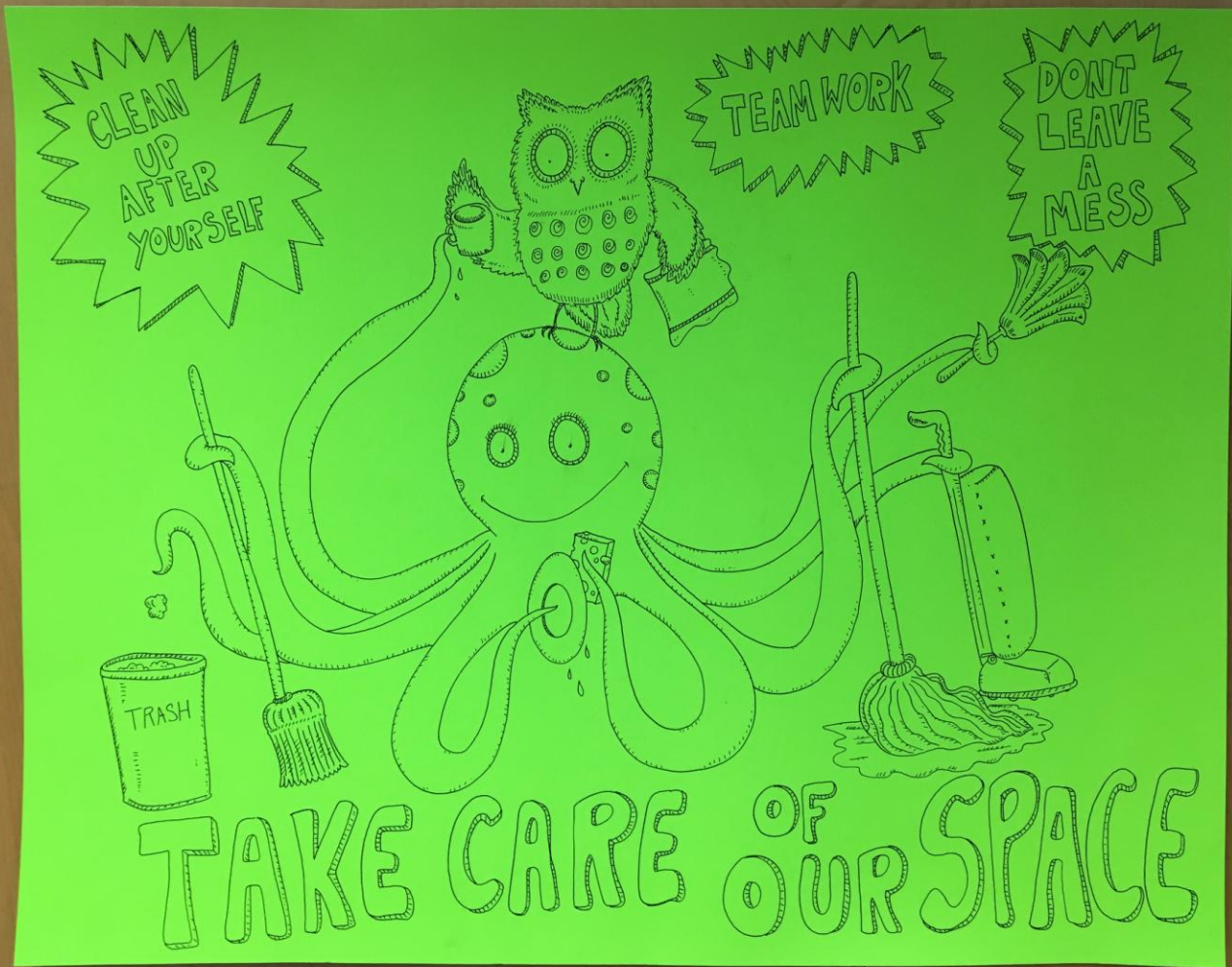
Clubhouse Participants Created Thank You Notes and Give Each Other Recognition and Thanks When They See Examples of Values





**Clubhouse Artist
Created Visual
Reminders of Key
Person-Centered
Values**





Clubhouse artwork

**More Artwork
Under
Construction at
the Clubhouse**

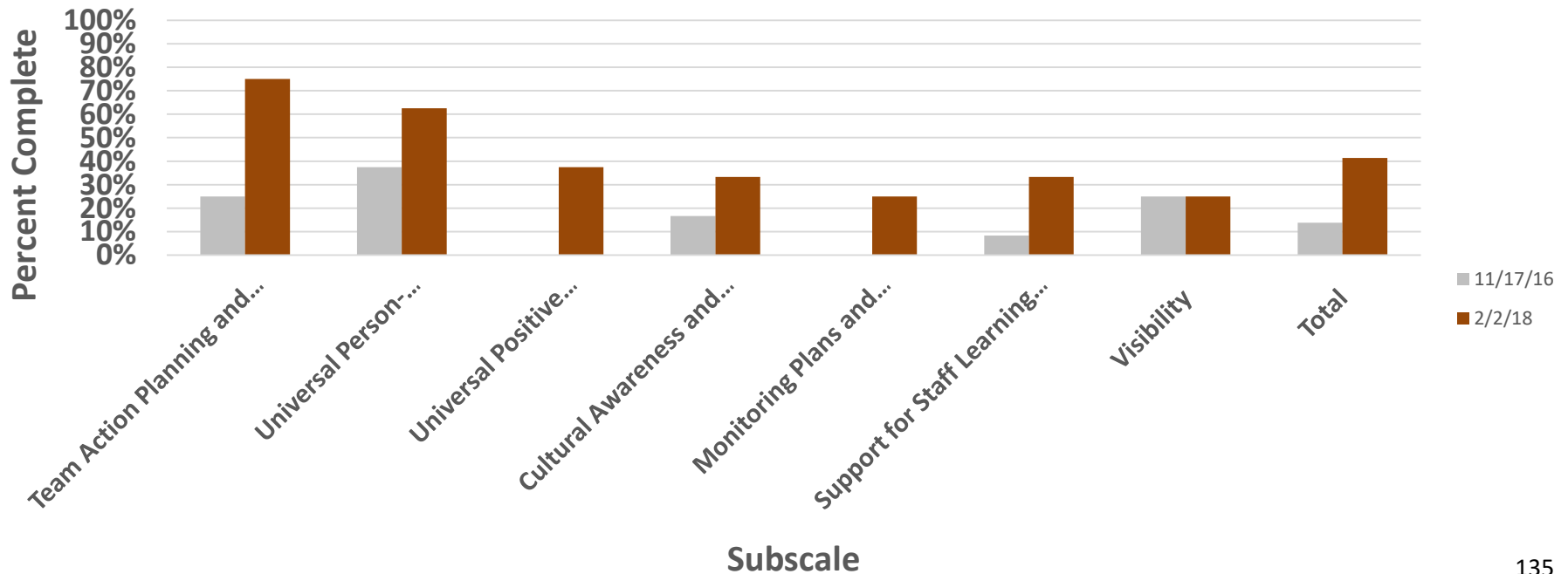


Cohort 2 Team Baseline Data

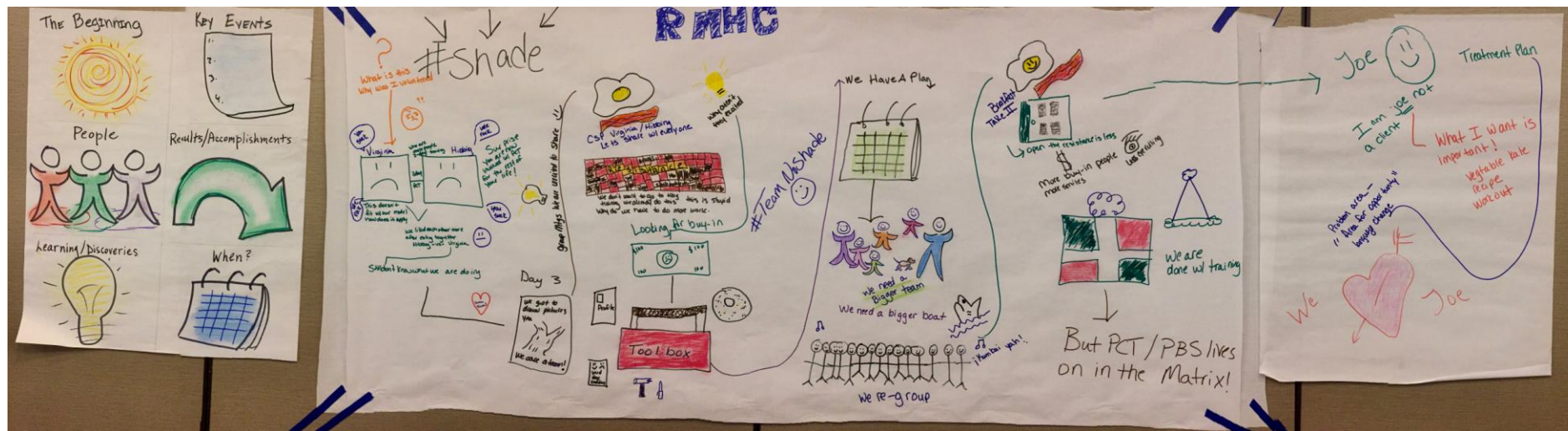
Person-Centered Positive Onsite Evaluation Tool

Person-Centered Practices Positive Onsite Evaluation Tool

Mental Health Example



Mental Health History Map



Funding Used to Support This Story

Preparation of these modules was supported, in part, by cooperative agreement from the Minnesota Department of Human Services (MN DHS) with the Institute on Community Integration. The University of Minnesota undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore necessarily represent official MN DHS policy.

The University of Minnesota's mission, carried out on multiple campuses and throughout the state, is threefold: research and discovery, teaching and learning, and outreach and public service. The University of Minnesota shall provide equal access to and opportunity in its programs, facilities, and employment without regard to race, color, creed, religion, national origin, gender, age, marital status, disability, public assistance status, veteran status, sexual orientation, gender identity, or gender expression.





2021년도 아산사회복지재단 공동체 네트워크 지원 사업
'사람중심실천을 위한 장애인복지시설 실천가 네트워크 모임'

사람중심실천 조직을 위한 교육

- 미네소타대학 지역사회통합연구소 연계
(University of Minnesota, Institute on Community Integration)



아산사회복지재단



사회복지법인 SRC
서울시립남부장애인종합복지관