

What is community integration?

Community Integration is the opportunity to live in the community and be valued for one's uniqueness and abilities, like everyone else. (Salzer, 2006)

Community Integration Outcomes



Think Recovery is a collaboration effort between the Mississippi Peer Support Specialist Network and the Mississippi Department of Mental Health.

What does community integration mean to you?

Community integration allows individuals living with mental illness choices. It provides services that allow us to move forward into the community, instead of a life lived in seclusion. The supports are there for us. Community integration offers hope for a better tomorrow, fulfilled dreams and attainment of the meaningful life we each deserve.

~ Sandra Caron, CPSS

In my experience administering the Personal Outcome Measure® Project for The Arc of Mississippi, I have witnessed that true community integration is a mindset that people with and without support needs are fully involved in the same types of activities "in the community." Persons with disabilities need and want what everyone else does - to be happy, to be safe, and to be a part of meaningful activities. I heard it said once, "the only true disability is loneliness." We all have a responsibility to each other to help those we can to NOT feel lonely and to include people in activities we would all like to experience.

Matt Nalker

Executive Director, The Arc of Mississippi



Mississippi Department of Mental Health

239 N. Lamar Street, 1101 Robert E. Lee Building
Jackson, MS 39201
601-359-1288
DMH Helpline 1-877-210-8513
www.dmh.ms.gov

References: Salzer, M.S. (ed). (2006). Psychiatric Rehabilitation Skills in Practice: A CPRP Preparation and Skills Workbook. Columbia, MD.: United States Psychiatric Rehabilitation Association.

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

Council on Quality and Leadership (CQL) www.thecouncil.org



COMMUNITY Integration



Health
Purpose
Home
Community

Community Integration



Community integration is essential to support a person's recovery. Two related concepts of community integration are opportunity and participation. Individuals with mental illness, alcohol and other drug disorders, and intellectual/developmental disabilities should have opportunities for meaningful participation in four, interconnected, areas of life that support recovery. Those four areas of life that support recovery can be viewed as community, health, home and purpose (SAMHSA, 2012). Additionally, we have drawn from the work of the Council on Quality and Leadership (CQL) to identify examples of personal outcomes that are descriptive of recovery and community integration (CQL, 2011).

Community

- People are connected to natural support network
- People have intimate relationships
- People experience continuity and security
- People perform different social roles
- People interact with other members of the community
- People live in integrated environments
- People have friends
- People are respected
- People participate in the life of the community

Health

- People have the best possible health
- People exercise rights
- People are treated fairly
- People are free from abuse and neglect
- People decide when to share personal information

Home

- People are safe
- People choose where and with whom they live
- People use their environments

Purpose

- People choose where they work
- People choose services
- People have goals
- People choose personal goals



How can you support community integration?

- Educate yourself. Learn more about mental health. Teach your children about mental health. By beginning education at an early age, we can change perceptions and encourage good mental health.
- Treat people with mental health needs with respect and dignity, as you would anybody else.
- Listen to people who have mental health needs to learn how their lives have been affected and listen to their stories of recovery. Remember these are your friends, family, co-workers, church members, and neighbors.
- Encourage your friends and family to talk about any problems they may be facing. By supporting your loved ones, you are showing them you care and breaking down barriers.
- Support job opportunities for people who have mental health needs. Having work increases quality of life and provides a meaningful day.
- Support housing options in your community.
- Welcome people in all aspects of your life – your community, your church, and your workplace. Inclusion can make all the difference!
- Focus on the whole person – not the illness or disability.
- Advocate for funding and support for people with mental health needs.