Advancing Cultural Competence in the Community through Shared Power

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Don’t be fooled by me.
Don’t be fooled by the face I wear,
For I wear a mask, I wear a thousand masks,
Masks that I am afraid to take off,
But none of them are me.
Pretending is an art that’s second nature to me.
But don’t be fooled
I give you the impression that I am secure,
That all is sunny and unruffled with me,
Within as well as without,
That confidence is my name and coolness is my game,
That the water’s calm and I am in command,
And that I need no one.
Don’t believe me, please!
My surface may be smooth,
But my surface is my mask,
My varying and ever-concealing mask.
Beneath lies the real me,
In confusion and fear,
In loneliness.

I idly chatter with you in the suave tones of surface talk.
I tell you everything that’s really nothing,
Of what’s crying within me.
So, when I’m going through my routine,
Please don’t be fooled by what I’m not saying,
And what I’d like to be able to say,
But what I can’t say.

Only you can call me into aliveness,
Each time you’re kind and gentle and encouraging.
Each time you try to understand because you really care,
    My heart begins to grow wings,
    Very small wings, very feeble wings, but wings.
With your sensitivity and sympathy and your powers
    of understanding,
You can breathe life into me, I want you to know that.
    I want you to know how important you are to me,
How you can be a creator of the person that is me if you choose to.
    Please choose to.
    Do not pass me by.
    It will not be easy for you.
My long conviction of worthlessness builds strong walls.
The nearer you approach to me, the blinder I may strike back.
    I fight against the very thing I cry out for.
But I am told that love is stronger than strong walls.
   In this lies my hope,
   My only hope.
   Who am I, you may wonder,
   I am someone you know very well-
   I am a hurtling member of your family,
I am the person sitting beside you in this room,
   I am every person you meet on the street.
   Please don’t believe my mask,
   Please come behind it to glimpse the real me.
Please speak to me, share a little of yourself with me,
   At least recognize me.
   Please.
   Because you care.
**ENGAGEMENT???

en·gage

inˈgāj, enˈgāj/

verb

1. occupy, attract, or involve (someone's interest or attention).

"he pl owed on, trying to outline his plans and engage Sutton's attention"

synonyms: capture, catch, arrest, grab, snag, draw, attract, gain, win, hold, grip, captivate, engross, absorb, occupy

2. participate or become involved in.

"organizations engage in a variety of activities"

synonyms: participate in, take part in, join in, become involved in, go in for, partake in/of, share in, play a part/role in; have a hand in, be a party to, enter into
ENGAGEMENT

Being OPEN, you find your INSPIRATION & PASSION for our work together.

I want to ENGAGE with you to create INSPIRED, PASSIONATE PERFORMANCE.

I therefore must BE PRESENT to CONNECT with you.

I create SAFE relationships where you are now TRUSTING & OPEN with me.

I show my COMPASSION & RESPECT by patiently LISTENING to you.

To CONNECT, I bring my COMPASSION & HUMILITY and DO NOT JUDGE you.
EMPOWERMENT
Welcome to the MIRACLE CLUBHOUSE
An International Best Practice Model of Psychiatric Rehabilitation.

A member-based community for growth, hope and opportunity for people recovering from mental illness in the Dayton area.

A work-focused community where members and staff do everything together to operate the club.
There are 341 Clubhouse International Clubhouses in 32 countries serving over 100,000 people who have mental illness; about 15 new Clubhouses are opened each year.

North America: 216 Clubhouses
Europe: 76 Clubhouses
Asia: 34 Clubhouses
South America: 1 Clubhouse
Africa: 2 Clubhouses
Middle East: 2 Clubhouses
Mission Statement
At Goodwill Easter Seals Miami Valley, we empower people with disabilities and other needs to achieve independence and enhance their lives.

Vision Statement
Our vision is to make it possible for all people to live, learn, work and play in their communities.
History of Miracle Clubhouse

Working Group – 2009

Greater Dayton Clubhouse – 2010

Partnership with GESMV – 2011

Miracle Clubhouse – opened February 1, 2012

New Clubhouse-opened July 27, 2015

New building is located at 243 Warren St Dayton OH 45402
• Friends and family members
• People of the community
• Hard working individuals
• People from all walks of life
Ohio’s Wellness Management and Recovery (WMR) Initiative

• Development of “shared power” relationships in treatment and care

• Identify and achieve personal recovery and wellness goals

• Construct informed collaborative approaches to selecting and managing treatment

• Embark upon a sustained journey to wellness and recovery
Building Collaborative Relationships

WMR provides opportunities to learn and practice new skills. These skills assist participants in making better choices about their healthcare and to form collaborative partnerships with their providers.
WMR Curriculum Promotes Holistic, Physical, Spiritual and Emotional Well-being

- WMR assists people with mental illness and their families in making informed decisions about their recovery and holistic health care needs.

- The WMR curriculum promotes good physical, spiritual and emotional health by facilitating the appropriate knowledge, awareness and skills that empower individuals to identify their holistic health and wellness goals, and to develop collaborative approaches to effectively achieve a healthier and improved quality of life.

- The WMR curriculum is co-facilitated with peers, those persons who are recipients of services in collaboration with those persons who are providers of mental health services.
WMR Wellness Wheel

Try it!

To complete our wellness wheel, download this from our menu. How do I use the wellness wheel? Simply include all your life goals for the next few days, weeks or months and include anything you would like to improve on. You can recreate a new wheel whenever you see fit for changes. Think of the wheel as a puzzle and write down the topic of improvement in the chosen section. Our graphic wheel is a sample of categories that are commonly found in most wheels. Pick your own improvements and work towards that goal.
WMR Curriculum Tool-Box

- Mental Health Recovery
- Wellness
- An Understanding of Mental Health
- The Role of Medication in Recovery and Wellness
- Learning to Manage Symptoms and Side Effects
- Effective Communication
- Communicating with Your Providers
- Coordinating Your Care
- Building Social Supports and Involving Others
- Planning for Wellness
Qualitative Analysis: How has participating in the WMR program helped you in your recovery?

- In the Beginning => Fear, Isolation, Doubt, Inhibition, and Feeling Stuck
- In the End => Growth, Learning, Renewed Energy, Socialization, Overcoming Prejudice and Stigma
Unique Aspects of WMR

• Peer Centered
• Co-Facilitation of Wellness Groups
• Transformative
  o Promotes system change
  o Creates and supports peer and professional leaders
• Promotes communication and collaboration
  o Between peers and providers
  o Inter-agency (COS, CMHC, Vocational, & State Hospitals)
• Builds relationships across differences
• Demonstrates Multicultural Competency
• Implementation is Adaptable/Flexible
The Domains of Wellness Management & Recovery

- Collective Learning
- Leaderfulness
- Open Space
- Building Community
- Safety
- Deliberative Dialogue
- Sustainability
- Multicultural Competency
- Flipping the Center of Power
- Impact: Individual & Community
- Co-Facilitation
- Activism & Advocacy

Flipping the Center of Power
Impact: Individual & Community
Feel free to contact today’s presenters with any questions or comments:

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