

Learn about the Community Wellbeing Ambassador Initiative

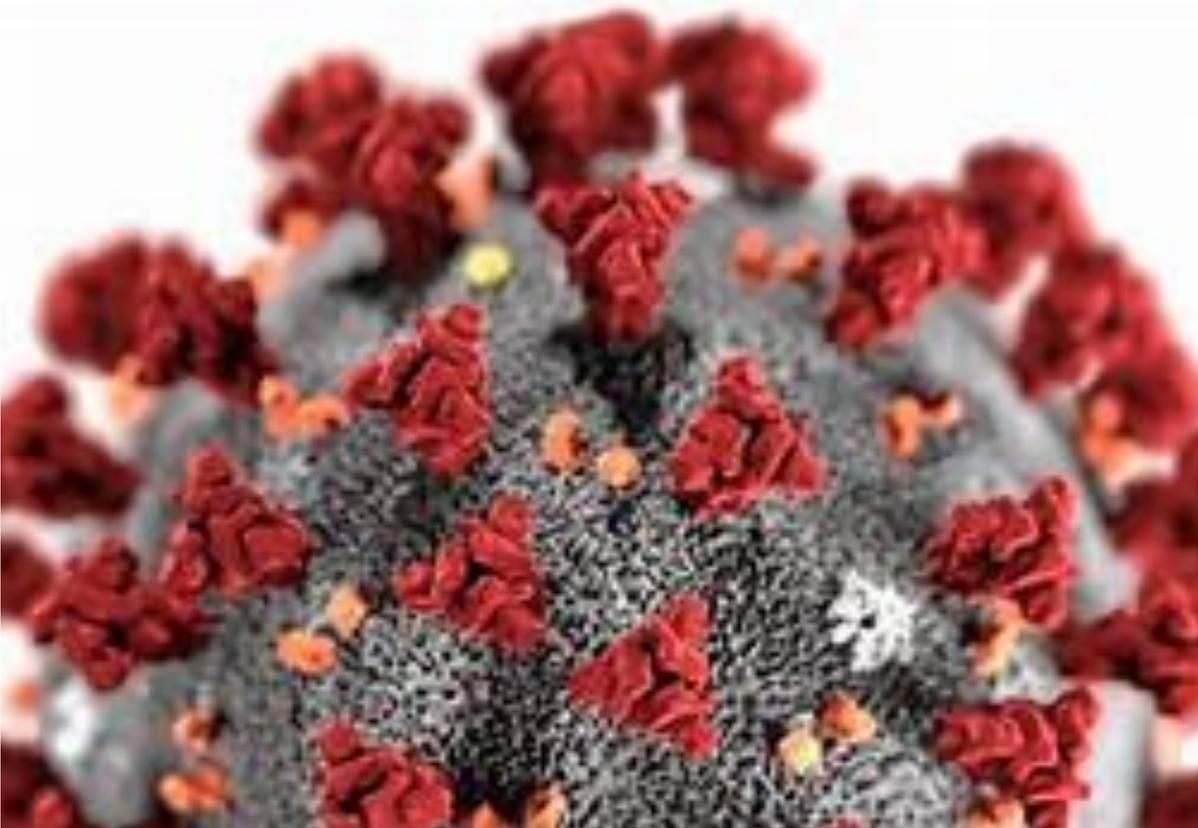
We're so glad
you're here!



SUPPORTING COMMUNITY WELLBEING



- The Community Well Being Initiative is the Division of Substance Abuse and Mental Health's strategy to provide a coaching intervention for community members who are struggling with the social, economic and emotional problems brought on by Covid-19



WHY NOW?





How Do We Support Each Other To Be Resilient In These Challenging Times?

Many people will not seek professional help but will respond to support provided by someone in their community. We can all improve and learn new coping strategies to help us get through a crisis, and we can share our strengths with others.

Community Well Being Ambassadors

- Establish positive, supportive relationships with community members
- Coach community members using Skills for Psychological Recovery (SPR), Motivational Interviewing and Trauma Informed Principles
- Help prevent opioid overdose by talking about addiction and distributing Narcan
- Help individuals and families connect with community resources
- Motivate community members to be active and engaged participants in their well being
- Helping to prevent overdose by talking about addiction and distributing naloxone
- Ambassadors are equipped to provide seamless connection to behavioral health services



Meet one of the Community Wellbeing Ambassadors: Orlando Foreman





COMMUNITY OF PRACTICE

- Multiple Organizations engaging with each other and the Ambassadors
- Ongoing training and personal/professional development
- Daily conversations with a purpose. Reflections on what is happening, what are the needs, collaborative problem solving

The background features four stylized human figures in a row, each with one arm raised. From left to right, they are colored orange, yellow, green, and blue. Each figure has a white circular shape on its chest, resembling a stylized head or a logo element. The figures are positioned behind the text.

COMMUNITY OUTREACH

- Making the community aware that you are available
 - Community Events
 - City Council Committee meetings
 - School events
 - Civic Association meetings



21ST CENTURY CASE MANAGEMENT

- Skill development
 - Flexibility
 - Resource connection
 - Building trust-based relationships to support individuals when needed, while practicing self care
- Recognizing and navigating relationship boundaries
 - Maintaining a “one foot in and one foot out” position

#1 Tool

- **Skills for Psychological Recovery (SPR)**
 - Is not therapy!
 - It is an educational program
 - Helps people reduce distress and cope
 - Uses handouts and worksheets

Ambassador's Coach Using Five SPR Skills

01

Building
Problem-Solving Skills

02

Promoting
Positive
Activities

03

Managing
Reactions

04

Promoting
Helpful
Thinking

05

Rebuilding
Healthy Social
Connections



SPR Flow Chart



Goal of SPR

The goal of SPR is to teach survivors new ways to deal with distress and improve resilience

Summary

- Covid 19 has impacted everyone, but not all equally
- During challenging times, community members can help each other to enhance their personal resilience
- Community Wellbeing Ambassadors (CWA) will be trained to have a presence on the community and navigate resources and coach others
- Self care is key
- Change happens in stages and it is important to match your intervention to the person's stage of change

References

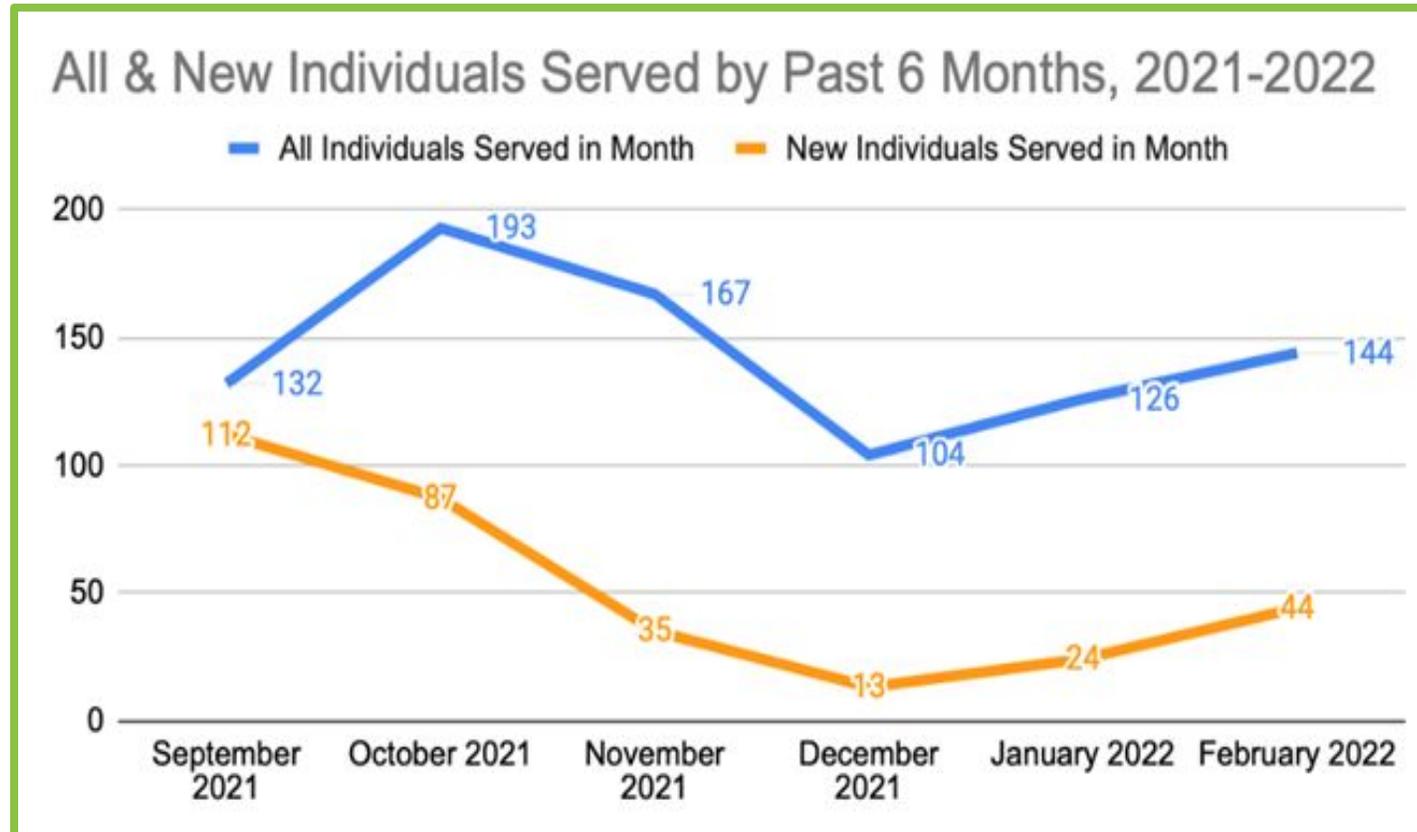
- This service was supported [in part] by grant numbers 1H79FG000709 CFDA 93.665 and 5H79TI083305 CFDA 93.788 from the Substance Abuse and Mental Health Services Administration (SAMHSA). The content of this publication does not necessarily reflect the views or policies of SAMHSA or the U.S. Department of Health and Human Services (HHS).
- Training co-developed by Network Connect, HMA, and Wilmington Community Advisory Council, Center for Structural Equity, and Minds in Motion.
- Berkowitz, S., Bryant, R., Brymer, M., et al. (2010). Skills for Psychological Recovery: Field Operations Guide. National Center for PTSD and National Child Traumatic Stress Network



How does evaluation support the Community Wellbeing Ambassadors?

- Evaluation Team is from the Center for Drug & Health Studies at UD
 - Led by Meisje Scales and Laura Rapp
- The goal is for evaluation to be community-driven, responsive, informative, and sustainable
- Design and implement evaluation with stakeholders and partners

Phase 1: Implementation Evaluation



Key Programmatic Data:

- 394 community members engaged with Ambassadors since May 2021.
- 92% of Community Members engaged receive at least 1 SPR Skill.
- Resources and information for identified needs provided over 3,000 times.
- 287 Naloxone Kits distributed.

Phase 2: Collective Impact Evaluation

Collective Impact brings people together in a structured way to achieve social change.

- [CollectiveImpactForum.Org](https://www.collectiveimpactforum.org)

Design:

- Qualtrics Survey of Program Stakeholders
- First invite was sent in early September 2021 with three follow up emails
- 11 total participants (57% response rate)

Findings from Baseline Survey:

- The Collective Impact framework was incorporated into the developmental and early implementation stages
- Three of the five core conditions of Collective Impact are making early and strong progress:
 - Mutually Reinforcing Activities
 - Backbone Function
 - Common Agenda

