How to support consumers with psychiatric diasabilities



## 5 ways to help consumers

Building more meaningful and more satisfying lives is as basic as A-E-I-O-U



#### ssess consumer needs and staff interests – then prioritize

Ask consumers about their current connections to community life, and in what areas they would like to be more connected.

# ducate yourselves about community opportunities.

With specific areas in mind, start researching what actually exists in the community and how one can access those resources. Perhaps think about forming a committee of consumers to take the lead.



### dentify organizational barriers and develop a strategy to overcome them.

Consumer-run programs are in the perfect position to challenge barriers like prejudice, poverty, and protectiveness so that consumers have every opportunity to participate in the world around them.



#### Organize individual supports to help assure success.

Consumer-run programs can help to organize consumer-to-consumer supports that promote community inclusion. Building a network of consumer supports can help foster successful engagement.

#### pdate the plan: add new goals as time goes by.



Returning to the planning stage allows everyone to choose a new priority, develop new strategies, and try again.

#### **SOURCES:**

David, J.C., & Baron, R.C. (2010). Into the Thick of Things: Connecting Consumers to Community Life: A Compendium of Community Inclusion Initiatives For People with Psychiatric Disabilities At Consumer-Run Programs. Philadelphia, PA: Temple University Collaborative on Community Inclusion of Individuals with Psychiatric Disabilities.

#### Full text available at :

http://tucollaborative.org/pdfs/Toolkits\_Monographs\_Guidebooks/peer\_support\_consumer\_run\_services\_peer \_\_specialists/Into\_The\_Thick\_of\_Things\_Compendium\_Final.pdf

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