



Temple University
Collaborative

On Community Inclusion of Individuals with Psychiatric Disabilities



Community Participation Calendar

Why Community Participation as a Medical Necessity?

Temple University Collaborative investigators have identified the theoretical, conceptual, and empirical underpinnings for community participation, such as work, going to school, dating, parenting, leisure/recreation, etc., as a medical necessity in the sense that it enhances physical, cognitive, and mental health and wellness ([Salzer & Baron, 2016](#)). They conducted a recent study of self-directed care where individuals with serious mental illnesses were allowed to identify the resources that they believe will best support them in achieving their recovery goals. These resources might include goods, services, or strategies; and often focus on reducing stress and increasing engagement in personally meaningful activities. These could include traditional mental health care services such as medication, psychiatry visits, or case management. However, they can also be goods and services that increase the individual's engagement in meaningful activities and personally valued roles. Such resources could be things like a gym membership, interview clothes, or car repairs. Allowing individuals to choose the goods and services they feel will best support their mental health, even if they are not connected to traditional mental health services, leads to increased self-esteem and a reduction in psychiatric symptoms.

The Study

In our research study “Exploring Personal Medicine as Part of Self-Directed Care: Expanding Perspectives on Medical Necessity,” participants met with a recovery coach to develop their recovery goals and identify activities they were interested in. These activities were part of a self-directed care research study funded by the National Institutes on Disability, Independent Living, and Rehabilitation Research (Grant H133B100037). The participant's current treatment was evaluated, and they were asked to reflect on how well their current care was helping them achieve their goals. If their current care wasn't helping them enough, they were asked to come up with resources that could aid their recovery and help them achieve their goals. The recovery coach and participants then worked together to submit requests for the resources to the self-directed care program for approval. Each request was assessed for medical necessity and was approved or denied based on whether or not the participant justified the request to improve his or her recovery. Once these requests were approved, participants received “freedom funds,” which they used to purchase the resource they had requested. Learn more about the study [here](#).

Our Calendar

The purpose of this calendar (besides telling you the date, of course) is to help you to think through things you do, or could do, that enhance your recovery and wellness, and give you ideas about how to incorporate them into your life. A lot of our study participants had relatable resource requests, so on each month of this calendar we've included an actual resource request from a participant to give you inspiration, as well as a monthly goal to help you get started on creating your own ideas for enhancing your physical, cognitive, and mental health through enhanced community participation! The examples included in this calendar are based on the real quotes of participants from our study “Exploring Personal Medicine as Part of Self-Directed Care: Expanding Perspectives on Medical Necessity.” Participant quotations have been edited for clarity and brevity, and participant names have been changed to protect confidentiality.



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Citations:

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- Clarification Regarding the Definition of “Medical Necessity”—Statement of Policy. Philadelphia, Pennsylvania Department of Public Welfare, 2007. Available [here](#)

January 2019

"I've started a Zumba class, which is something that, before now, I never thought I'd be able to do. Going to the gym has given me a lot of self-confidence and physical strength, and I really like how I look and how much better I feel." -Jerry



Monthly Goal

Improving your health doesn't have to be a chore. Find an activity that you enjoy doing and plan to do it at least once this month!

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		New Year's Day				
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
	Martin Luther King Jr. Day					
27	28	29	30	31		

February 2019



"I'd like to buy concert tickets to give my brother, because it would allow me to thank him for all the support he gave me during my recovery process. He's been a great support and making him happy would bring me so much joy."
-Amy

Monthly Goal

Whether you take them to a concert or just write a handwritten note, show someone important how much they mean to you this month. Share a picture of you and that special someone with the Collaborative on social media.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
						Groundhog Day
3	4	5	6	7	8	9
Super Bowl		Chinese New Year				
10	11	12	13	14	15	16
				Valentine's Day		
17	18	19	20	21	22	23
	President's Day					
24	25	26	27	28		

March 2019

"I'm getting new glasses to help me be more mobile and decrease my anxiety. Having them will make going out less intimidating to me and give me more confidence!"
-John



Monthly Goal

Spend some time reflecting on your mental and physical health. Write down the steps you could take to improve your well-being, and take that first step.

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Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

					1	2
3	4	5	6	7	8	9
10	11	Mardi Gras	13	14	15	16
Daylight Savings	18	19	20	21	22	23
St. Patrick's Day	25	26	27	Purim	29	30
31						

April 2019



"I'd really like to get a laptop because I want to complete the Certified Peer Specialist certification course and I know the internet is a great resource for learning new things!" - Susan

Monthly Goal

Is there a new skill you would like to learn? Spend some time researching it and share what you learned with the Collaborative on social media!

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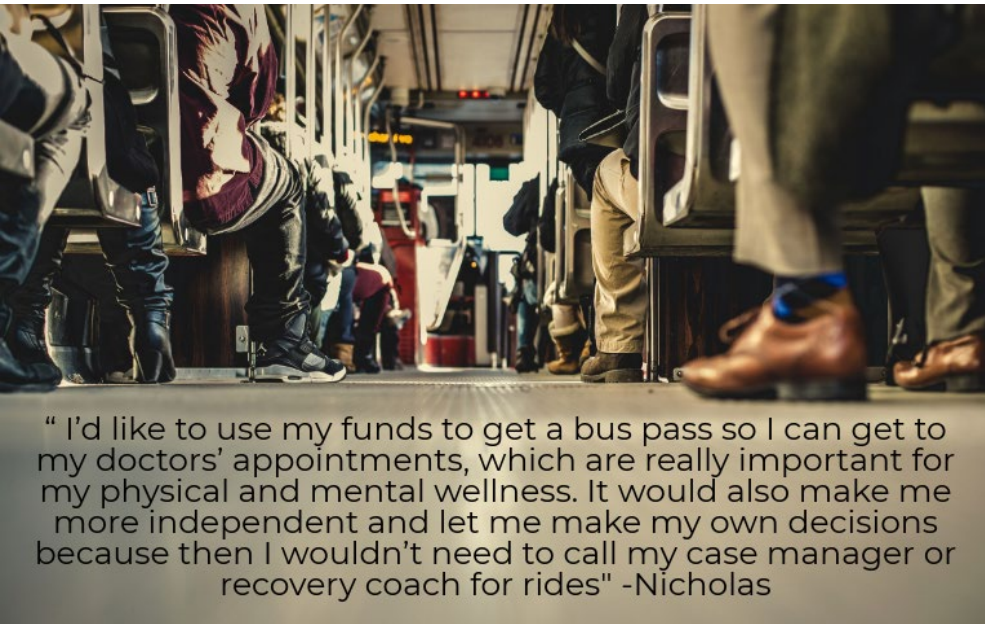
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	April Fool's Day					
7	8	9	10	11	12	13
14	15	16	17	18	19	20
	Tax Day					Passover Begins
21	22	23	24	25	26	27
Easter	Earth Day	30				
28	29					

May 2019



"I'd like to use my funds to get a bus pass so I can get to my doctors' appointments, which are really important for my physical and mental wellness. It would also make me more independent and let me make my own decisions because then I wouldn't need to call my case manager or recovery coach for rides" -Nicholas

Monthly Goal

Public transportation is a great and affordable way to get around your city. Try going somewhere new this week and use a form of public transportation to get there!

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
Cinco de Mayo 12	Ramadan Begins 13	14	15	16	17	18
Mother's Day 19	20	21	22	23	24	25
26	27	28	29	30	31	
	Memorial Day					

June 2019

"IN THE PAST, THERE WERE A LOT OF TIMES I FELT ISOLATED TO MY HOUSE BECAUSE OF MY DEPRESSION. BUT NOW, EVEN THOUGH IT'S SCARY FOR ME, I'M USING MY FUNDS FOR BUS FAIR TO GO TO A COMMUNITY CENTER TO ATTEND A VOLUNTEER ORIENTATION!" -LISA



Monthly Goal

Got plans this month? Share a photo of yourself participating in your community with the Collaborative!

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	Eid al-Fitr	12	13	14	15
16	17	18	19	20	Flag Day 21	22
Father's Day 23	24	25	Emancipation Day 26	27	28	29
30						

July 2019



"I'd like to use my funds to get the support I need to quit smoking. I want to quit because it'll help me save money to do more things, I know I'll feel better physically, and it'll give me a greater chance of seeing my kids grow up."
-Brian

Monthly Goal

What's a habit you wish you could just get rid of? Make a list of some positive activities you could engage in to replace this habit. Then choose one and start changing your behavior!

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Sunday

Monday

Tuesday

Wednesday

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Saturday

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6

Independence
Day

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Bastille Day

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August 2019

"I need a printer and ink for my on-campus class next semester, so I think I'd like to use my funds on that. Getting a printer would also let me print resumes and other work-related forms for my job search." -Thomas

Monthly Goal

Identify a resource that would help you reach an education or employment goal and figure out how you can gain access to that resource. Share with the Collaborative so we can cheer you on!

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
Eid al-Adha 18	19	20	21	22	23	24
25	26	27	28	29	30	31
	Women's Equality Day					

September 2019



Monthly Goal

Responsibilities overwhelming you right now? Make a plan for how to relieve the stress that it brings to your life.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	Labor Day	10	11	12	13	14
Grandparents Day	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30				Native American Day	
	Rosh Hashana					

October 2019

"I'll be using my funds to get a new wheelchair, which will make me more mobile and lower my anxiety. It'll help make going out less intimidating and give me more confidence." - George



Monthly Goal

Being able to get around freely is really important to a person's sense of independence. How does your mobility affect how you feel? Share with the Collaborative on social media!

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		
Diwali				Halloween		

November 2019

"I LOVE QUILTING, CROCHETING, AND SEWING BECAUSE THEY HELP ME RELAX AND KEEP ME FOCUSED. PLUS, I GET TO GIVE MY GRANDCHILDREN WHAT I MAKE! I'D LIKE TO USE MY FREEDOM FUNDS TO GET MORE SUPPLIES SO I CAN KEEP DOING THESE ACTIVITIES." -PATRICIA



Monthly Goal

Is there a project you would like to get started, like fixing up a part of your house or learning a new hobby? Make a list of things you'd need to get started!

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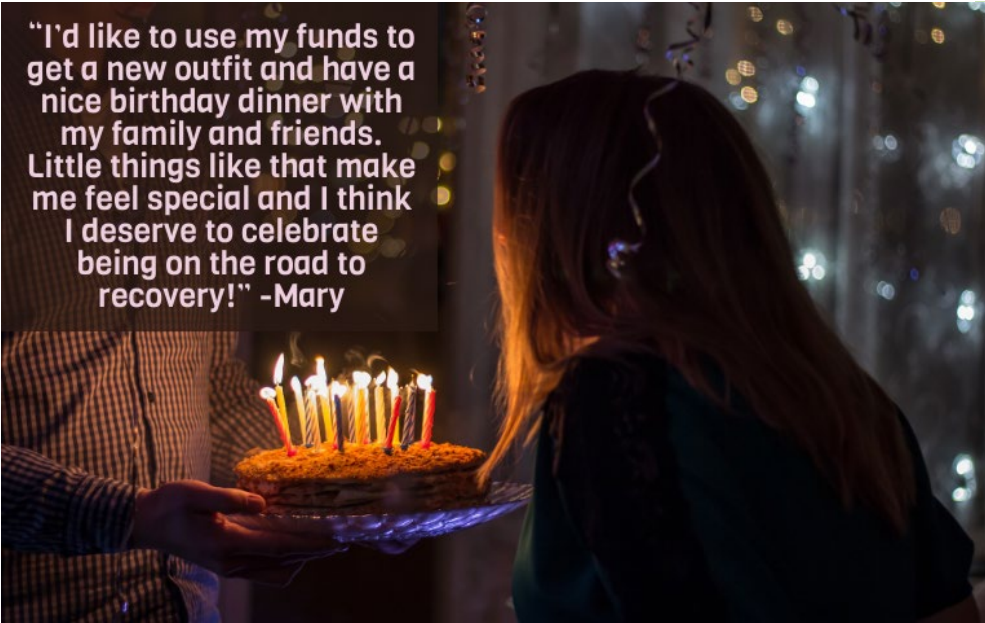
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
						All Saints' Day
3	4	5	6	7	8	9
Daylight Savings Ends						
10	11	12	13	14	15	16
	Veterans Day					
17	18	19	20	21	22	23
24	25	26	27	28	29	30
				Thanksgiving		

December 2019

"I'd like to use my funds to get a new outfit and have a nice birthday dinner with my family and friends. Little things like that make me feel special and I think I deserve to celebrate being on the road to recovery!" -Mary



Monthly Goal

Sometimes we get so caught up in everyday life we forget to enjoy the little things and be proud of ourselves. Take a moment to appreciate how far you've come and share your celebration with us on social media.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				
	Hanukkah Ends	New Year's Eve				
	Hanukkah Begins	Christmas Eve	Christmas Day	Kwanzaa Begins		