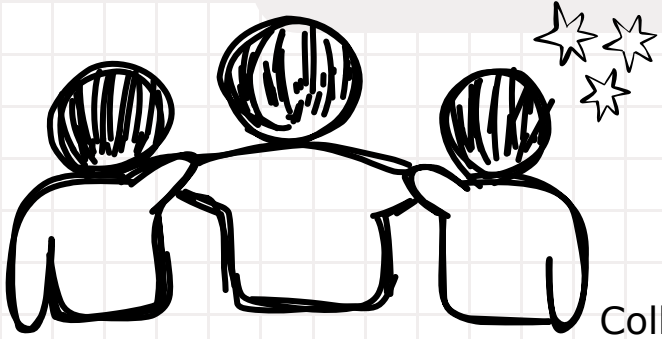


Reflect. Connect. Act.

A guided journal & microtraining calendar to support community participation



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Temple University Collaborative

On Community Inclusion of Individuals with Psychiatric Disabilities

This document was developed by the Temple University Collaborative on Community Inclusion of Individuals with Psychiatric Disabilities, which is supported by grants from the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR grant numbers 90RTCP0008-01-00, 90RTCP0001-01-00, & 90DPCP0011). NIDILRR is a Center within the Administration for Community Living (ACL), Department of Health and Human Services (HHS). The contents of this document do not necessarily represent the policy of NIDILRR, and you should not assume endorsement by the Federal Government.

Acknowledgements

Thank you to our staff who have supported these projects from the very beginning- recruiting, interviewing, connecting, organizing, creating trainings, and everything in between!

Temilola Adepoju; Sabrina Giaimo; Maggie Kane; Anya Masindet-Shuler; Ellen Munley Mulcahy, Will Murphy, Amir Nasir; Medha Saharya; Amelia Schwartz; and Gretchen Snethen, PhD, CTRS, FDRT

Thank you to the participants and individuals with lived experience who gave their time and shared their stories with us, whether directly for this project or in the referenced research. Thank you to the agencies and staff who invited us in and helped us connect.

*AI was used to edit content and create consistency across trainings

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Reflect. Connect. Act.

A year-long journal and training experience for intentional community participation.

Community participation isn't just about "getting out there"—it's about feeling connected, valued, and part of something bigger. For adults living with serious mental illnesses, opportunities to participate in community life can have a powerful impact on health and recovery. Whether it's meeting up with a friend, taking a class, volunteering, or exploring a local park, being part of the community supports emotional well-being, strengthens cognitive and physical health, and builds a sense of purpose and belonging.

This journal and calendar are designed to make those connections easier to understand and put into practice. Each month features a short microtraining inspired by research from the Temple University Collaborative on Community Inclusion of Individuals with Psychiatric Disabilities. For more than two decades, the Collaborative has led national research on how community life—education, recreation, relationships, and civic engagement—promotes health and overall well-being. We translate evidence into practical tools that providers, peers, and families can use to make participation a real, everyday part of life.

This journal is designed for providers and certified peer specialists who want to strengthen their skills and spark new ideas for supporting participation. But it's also meant for individuals with lived experience and loved ones who want to reflect, learn, and take action together.

You don't need a research background to benefit! The materials are grounded in evidence but written in plain language, with everyday examples and prompts that help bridge research to real life.



The Temple University Collaborative

Leading Expert in the Science of Community Participation

The Temple University Collaborative on Community Inclusion is a research and training center focused on one simple idea: community participation matters. We work to develop and test practical strategies that help people living with mental health conditions take part in their communities in ways that are meaningful to them.

Our work is done in partnership with individuals with lived experience. We use a mix of research approaches to better understand what helps—and what gets in the way—of community participation. From there, we translate what we learn into real-world strategies and micro-trainings that support providers, peers, and community members to go beyond traditional services and work with people to build connection, confidence, and opportunity.

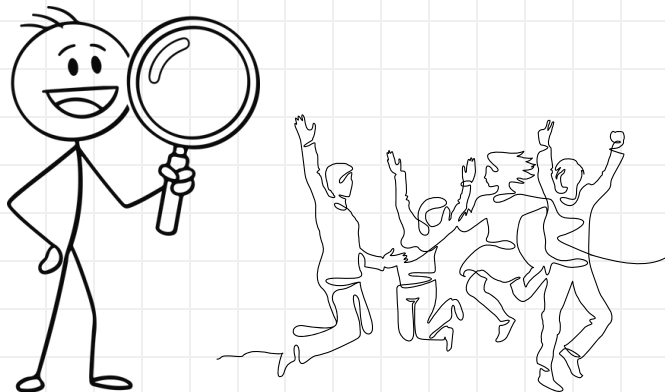
Community participation is more than a program goal—it's a right and a core part of recovery. We hope this journal helps you, and the people you support, take meaningful steps toward the community—one week, one conversation, and one experience at a time.

The Whats, Whys, and Hows

If you're not sure what community participation is-- or what our orientation to it is, check out this microtraining before you begin. This will give you a good overview of how the Temple University Collaborative approaches community participation.



*The Whats, Whys, and Hows
of Community Participation
Microtraining.*



12 Community Participation Microtrainings

Training Title	Description
Getting out of the House	Importance of getting out of the house & actionable strategies
Not Optional: Participation is essential for health	Learn about the health benefits of community participation, and why community participation is a medical necessity
Welcoming matters: How environments shape participation	Learn about welcoming features of community spaces and how to support individuals to find their own welcoming community.
Leisure and Recreation	Exploring the benefits of leisure participation and strategies to engage in the community through leisure
Opening the digital door: Social media as a pathway to participation	Learn about using social media tools to explore, connect, and document community participation
Connection counts: Addressing loneliness through participation	Explore the connection between social connection and perceived loneliness and learn strategies to build connections.



12 Community Participation Microtrainings

Training Title	Description
More than present: Why mattering matters	Being seen, needed, and valued are critical aspects of being. Learn how community participation can enhance one's sense of mattering
Moving beyond supported education to campus engagement	The importance of campus engagement and strategies to support students to engage in the campus community
Finding Your People: Shared Interests, Social Connection, Community Participation	Exploring implementation features of the Power of Dependable Souls (PODS) Intervention
Making art part of your life	The benefits of arts and cultural participation and strategies to facilitate engagement.
Getting there: Transportation as a gateway to community life	Understanding the impact of transportation and developing strategies to increase independent transportation
Parenting in the Community: Support, Identity, and Belonging	Identify the needs of parents with mental health conditions and identify strategies to support their role.



How to use this Journal

Informed by research from the Temple University Collaborative on Community Inclusion

What to expect each month

- Trainings based on translated research.
- Interactive learning questions to connect ideas to your work and experiences.
- Reflective prompts to help you think through barriers and opportunities.
- Stories from or related to individuals with lived experience that help bring concepts to life.

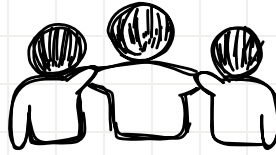
After completing each monthly training, you will receive a microtraining certificate recognizing your progress and commitment. If you complete all 12 microtrainings, you have the option to receive a Community Inclusion badge to add to your online profiles or email signature.

Putting it into practice

Throughout the month, you'll find weekly journal prompts to help you reflect and turn ideas into action. The months are divided into Reflect, Connect, and Act prompts.

- **Reflect:** Encourages you to think about the key information in the training
- **Connect:** Encourages you to share the information you've learned with someone-- a co-worker, friends, family member, or someone you support. Especially what you hope to do with the information.
- **Act:** Encourages you to make a plan to use the information to increase your own community participation or to support others to increase their community participation.



*Reflect**Connect**Act*

Set aside a few minutes each week to reflect, write, and plan your next move toward community participation. Try completing the trainings with a colleague, peer, or loved one-- talking through the ideas to make them come alive. Take note of your own growth as the months go by, and be sure to celebrate your progress! Most importantly, look for ways to put what you learn into action. Invite someone to join you in the community, explore a new space, or bring a participation focus into your everyday interactions.

Make a commitment to use this journal to increase your own community participation and to support others-- whether in your personal or professional life-- to increase participation.

Remember, increasing community participation takes time. Your commitment to learn the research, share the information with others, and make an action plan helps to reach that goal.

Note...

You may notice the monthly calendar pages don't have titles or dates. This is intentional! We'd love for you to start your journey towards intentional and research-based community participation in January, or whatever month you found this calendar. Now's the right time!

Check in with us on Social Media! We'll have posts to encourage your engagement as well as additional resources to support your community participation.



Reflect. Connect. Act.

A year-long journal and training experience to encourage community participation.

Make a commitment

Before jumping into the first month, take a moment to think about your goals for using this calendar and make a commitment to put the information you learn into action.



MY GOALS FOR USING THIS CALENDAR

- | | |
|---|-----------------------------|
| <input type="radio"/> INCREASE MY PARTICIPATION | <input type="radio"/> _____ |
| <input type="radio"/> SUPPORT OTHERS | <input type="radio"/> _____ |
| <input type="radio"/> _____ | <input type="radio"/> _____ |
| <input type="radio"/> _____ | <input type="radio"/> _____ |

MY COMMUNITY INTERESTS

- _____
- _____
- _____
- _____

PRIORITY

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- _____
- _____
- _____

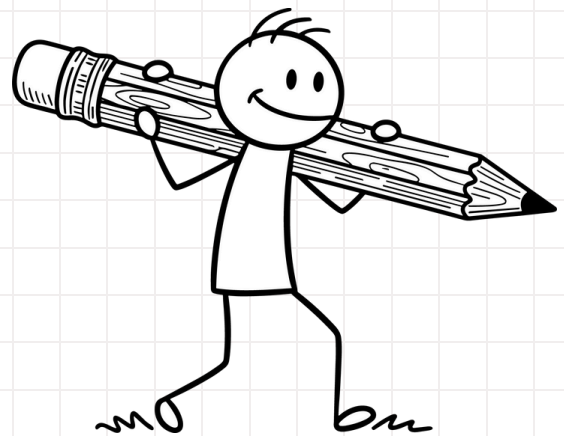
Imagine yourself in 12 months. You've completed 12 trainings and set goals related to community participation. What difference do you see in yourself?



Reflect.

Connect.

Act.



Let's get started!

Month: _____

Getting out of the House



Explore how getting out of the house supports connection, well-being, and thinking, and learn one strategy to help yourself or someone else take a first step out the door.

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S	M	T	W	TH	F	S
S	M	T	W	TH	F	S




Month: _____

Getting out of the House



Explore how getting out of the house supports connection, well-being, and thinking, and learn one strategy to help yourself or someone else take a first step out the door.

<p>Access the Training</p>	 <p>Link to Getting out of the House Microtraining</p>
<p>Access the Research</p>	<p>Link to Getting out of the House Abstract</p>
<p>Additional Resources</p>	<ol style="list-style-type: none"> 1. Getting out of the House Visual Abstract 2. Getting out of the House 2022 Calendar



Getting out of the House

Leaving the house can boost confidence, improve thinking skills, and reduce feelings of loneliness for people with mental health conditions. This month we explore why time outside the home matters and introduces simple strategies like micro-outings, familiar places, and small steps that help people connect with their communities.

Reflect: What do I hope to learn?

Notes:

Connect: Who will I share with?

Act: What do I hope to do?



Weekly Planner

DATE _____

MONDAY

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Community Participation

Goals M T W T F S S

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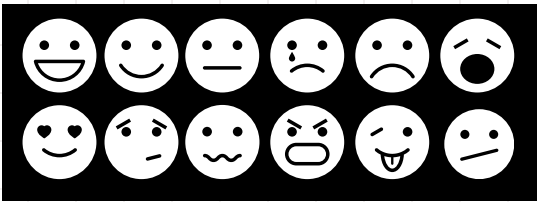
Community Participation Weekly check in

Date _____

Community Participation this Week

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While participating in the community, I felt



Next week I want to

Most rewarding social connection I had this week

Things I did to increase
Community Participation

The best thing about the week?

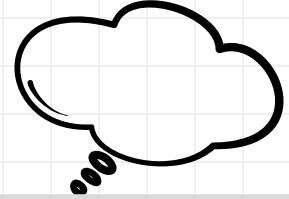
How I'm feeling about
Community Participation



Reflect. Getting out of the House

This month's focus:

- Why getting out of the house matters
- How small steps can support well-being
- Ways to help yourself or others get out of the house



What's one new idea from *Getting out of the House* that surprised you or made you think differently?

Think about a time when getting out of the house made you feel more connected or energized? What happened and how did you feel?

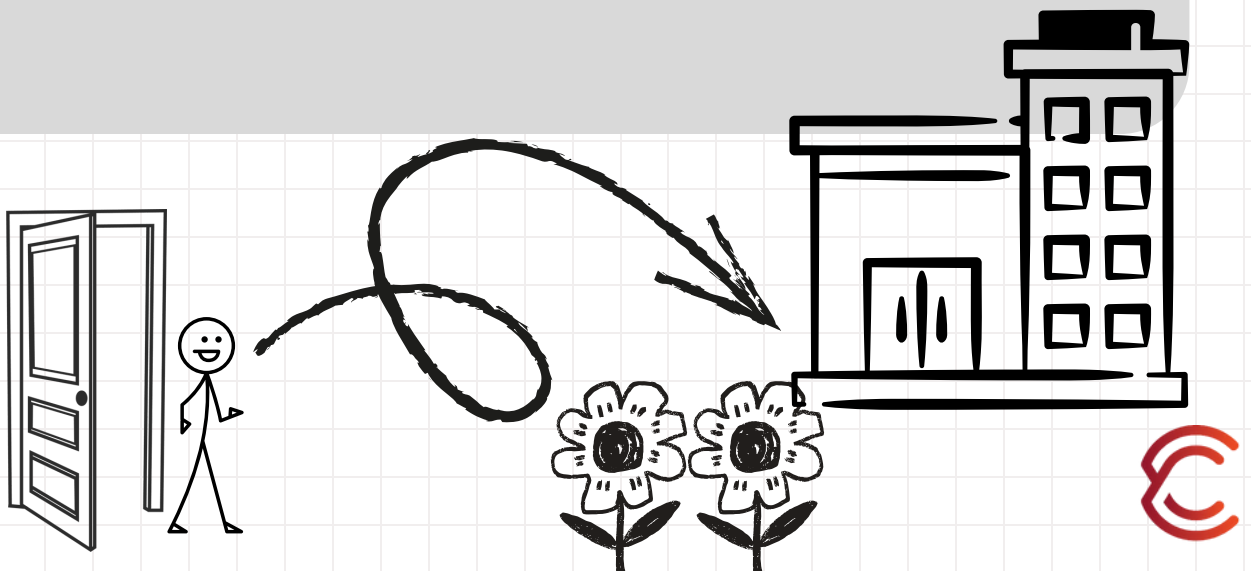
What makes getting out of the house difficult for you or someone you support? What emotions, routines, or barriers get in the way?

Think about your familiar strangers—a barista, a neighbor, someone at the bus stop. How does that connection shape your view of community?



Reflect. Getting out of the House

Notes, Reflections, Doodles...



Weekly Planner

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Community Participation

Goals M T W T F S S

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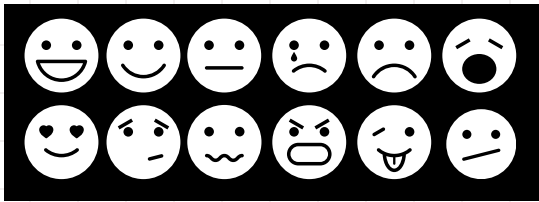
Community Participation Weekly check in

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Connect. Getting out of the House

This month's focus:

- Why getting out of the house matters
- How small steps can support well-being
- Ways to help yourself or others get out of the house



Share a Key Idea: What's one idea from Getting out of the House that is important or surprising? How did they react?

Who:

Idea:

Start a Conversation: Share your experience about why getting out of the house can be hard. How did sharing affect your understanding?

Who:

Experience:

Talk about strategy: Share the idea that small steps can make a big difference. What ideas came from the conversation?

Who:

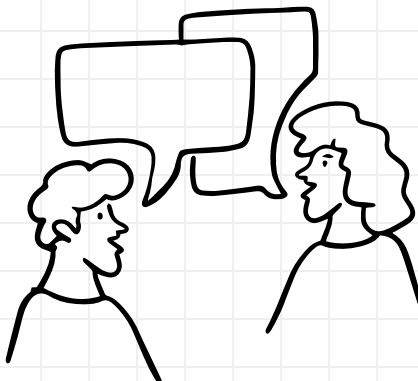
Strategy:



Connect. Getting out of the House

Notes, Reflections, Doodles...

A large, light gray rounded rectangular area intended for notes, reflections, or doodles.



Weekly Planner

DATE _____

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Community Participation

Goals M T W T F S S

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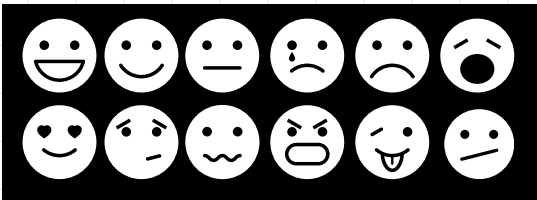
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Act. Getting out of the House

This month's focus:

- Why getting out of the house matters
- How small steps can support well-being
- Ways to help yourself or others get out of the house



Choose a Familiar Place: What's one place where you (or someone you support) feel comfortable? Make a plan to go!

Place:

Plan:

Plan a Micro-Outing: Plan a short, easy trip outside of the home- for you or for someone you support. Consider what, when, and how!

What:

Plan:

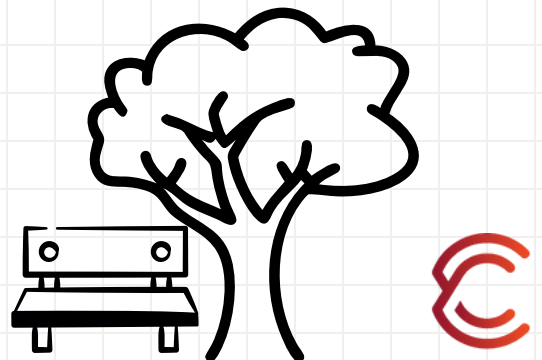
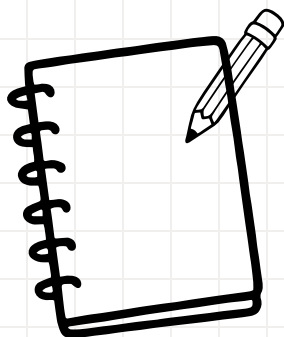
Identify Supports: What will make getting out of the house feel more doable- when, inviting a friend, making a list. List 1-2 supports to help you get out of the house!

Supports:



Act. Getting out of the House

Notes, Reflections, Doodles...



Weekly Planner

DATE _____

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Community Participation

Goals M T W T F S S

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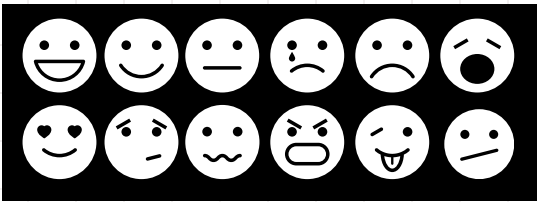
Weekly check in

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Act. Checking in.

Getting out of the House



This month's focus:

- Why getting out of the house matters
- How small steps can support well-being
- Ways to help yourself or others get out of the house

How'd it go? Look back at the action step you planned. What happened when you tried it? What was easy, what was challenging, what did you learn? Take a moment to celebrate! Even thinking about a plan is reason to celebrate!

Keep it up! What might help you continue to get out of the house? Supports, reminders, routines, intentional celebrations? Write down what will help you build on your progress in the weeks ahead.



Act. Checking in. Getting out of the House

Notes, Reflections, Doodles...

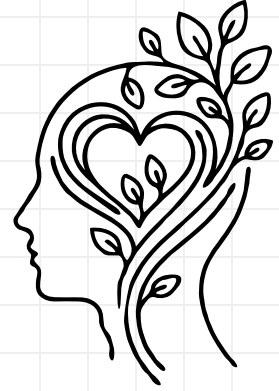


Getting out of the House Ongoing Goal:



Month: _____

Not Optional: Participation is Essential for Health



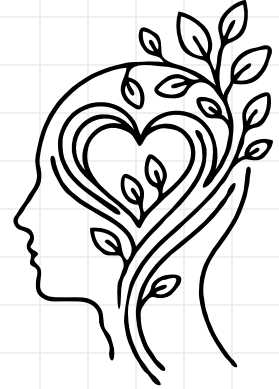
Learn about the medical necessity of community participation and strategies to use your personal medicine to improve health.

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Month: _____

Not Optional: Participation is Essential for Health



Learn about the medical necessity of community participation and strategies to use your personal medicine to improve health.

<p>Access the Training</p>	 <p><u>Link to Not Optional: Participation is Essential for Health Microtraining</u></p>
<p>Access the Research</p>	<ol style="list-style-type: none"> 1. <u>Link to: Community Inclusion and Social Determinants- From Opportunity to Health</u> 2. <u>Link to: Exploring Personal Medicine as a part of Self-Directed Care- Expanding perspectives on Medical Necessity.</u>
<p>Additional Resources</p>	<ol style="list-style-type: none"> 1. <u>Supporting Physical Activity: A Guide for Peer Specialists</u> 2. <u>Self-Directed Care Calendar</u>



Not Optional: Participation is Essential for Health

Community participation is an essential activity for improving health. In this training, you will learn about the health benefits of community participation and learn strategies for identifying your own personal medicine and intentionally connecting community participation to health outcomes.

Reflect: What do I hope to learn?

Notes:

Connect: Who will I share with?

Act: What do I hope to do?



Weekly Planner

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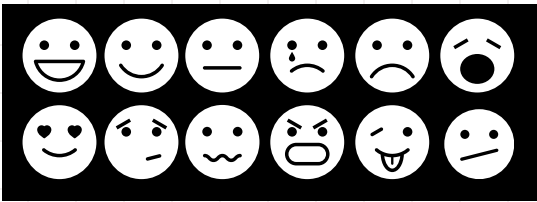
Weekly check in

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The best thing about the week?

How I'm feeling about Community Participation



Reflect. Not Optional: Community Participation is Essential for Health

This month's focus:

- The health benefits of community participation.
- Strategies for increasing engagement in personal medicine
- Connecting desired health outcomes to community participation interests

In this training, participation is described as “not optional” but essential for health. What part of this idea resonated most with you—and why?

Think about the three ways participation supports health (mental/physical health, thinking & daily functioning, and recovery/purpose). Which pathway feels most relevant to you or someone you support right now? Give one example.

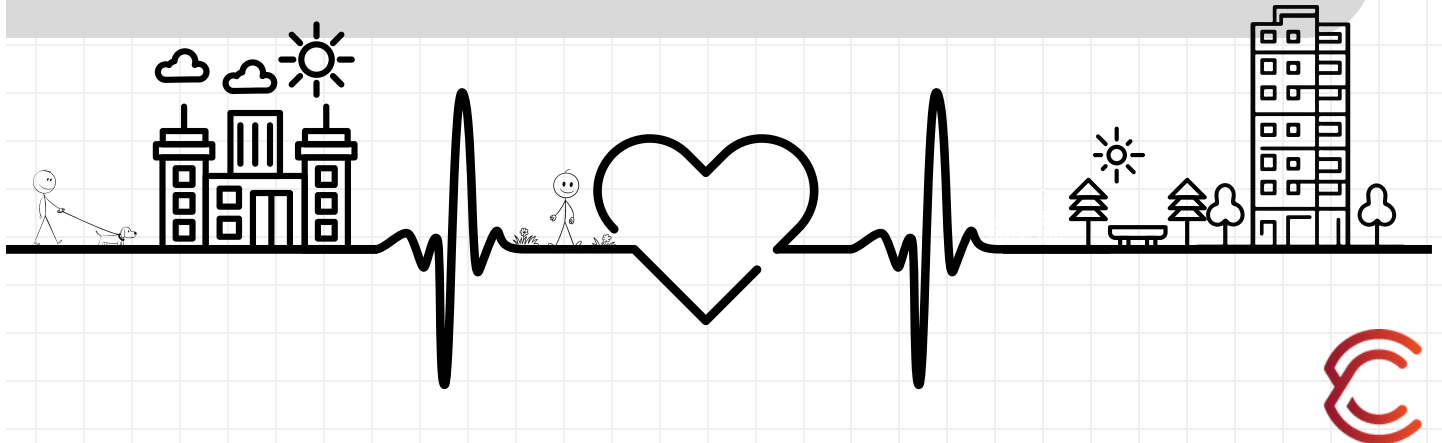
How has this training changed the way you think about “medical necessity”? Are there activities or supports you now see as health-related that you might not have before?

What is one activity, role, or routine that functions as your (or someone's) personal medicine? What does it give you—calm, energy, focus, connection, structure, or something else?



Reflect. Not Optional: Community Participation is Essential for Health

Notes, Reflections, Doodles...



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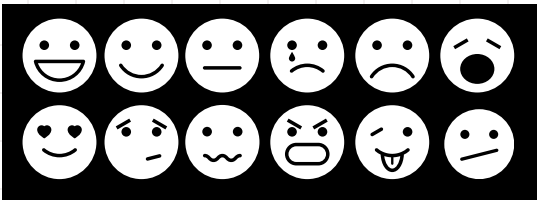
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Connect. Not Optional: Community Participation is Essential for Health

This month's focus:

- The health benefits of community participation.
- Strategies for increasing engagement in personal medicine
- Connecting desired health outcomes to community participation interests

Share a Key Idea: How will you explain—in simple, everyday language—that community participation is part of health, not just something extra? Write 2–3 sentences you could actually say out loud.

Who:

Idea:

Start a Conversation: What example of personal medicine from your life will you share? How will you describe its health benefits in plain language (e.g., “This helps me feel calmer,” or “This keeps my brain sharp”)?

Who:

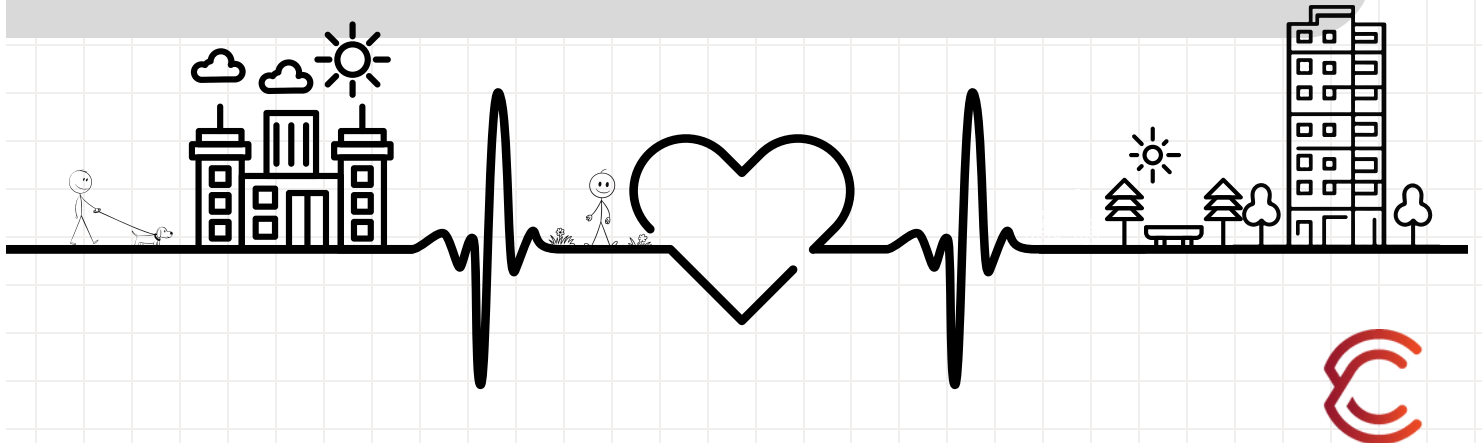
Personal Medicine:

Reframe: Think about a recent conversation that focused only on symptoms or treatment. How could you reframe that conversation to include community participation as part of health? What would you add?



Connect. Not Optional: Community Participation is Essential for Health

Notes, Reflections, Doodles...



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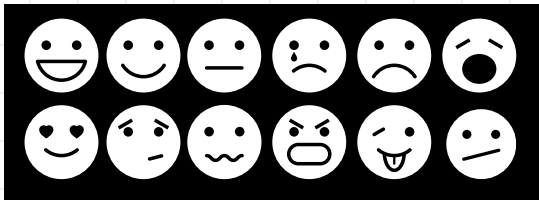
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Act. Not Optional: Community Participation is Essential for Health



This month's focus:

- The health benefits of community participation.
- Strategies for increasing engagement in personal medicine
- Connecting desired health outcomes to community participation interests

Build a mini participation toolkit: Identify 2–3 community activities that support different health needs. For each one, note:

- The activity
- What health need it supports (mood, movement, focus, connection, routine, etc.)
- What makes it meaningful to you

Barrier + natural support: Choose one barrier that makes your personal medicine strategy more difficult and one natural support that would help you to participate. Describe how these impact your participation.

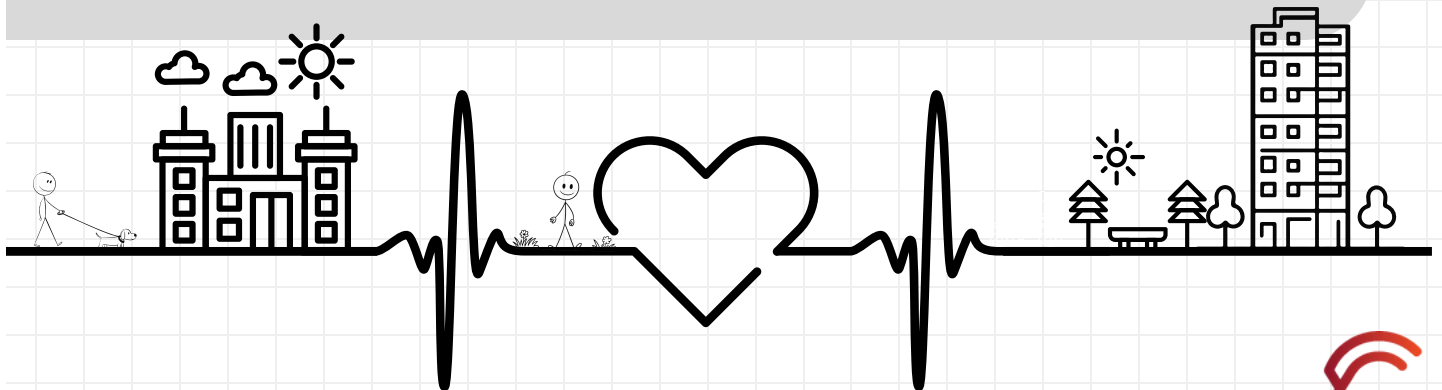
Barrier:

Natural Support:



Act. Not Optional: Community Participation is Essential for Health

Notes, Reflections, Doodles...



Weekly Planner

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THURSDAY

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SATURDAY

SUNDAY

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Community Participation

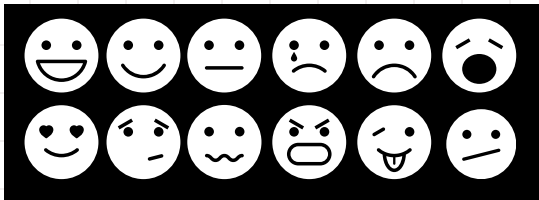
Weekly check in

Date _____

Community Participation this Week

- _____
- _____
- _____

While participating in the community, I felt



Next week I want to

Most rewarding social connection I had this week

Things I did to increase Community Participation

The best thing about the week?

How I'm feeling about Community Participation



Act. Checking in.

Getting out of the House

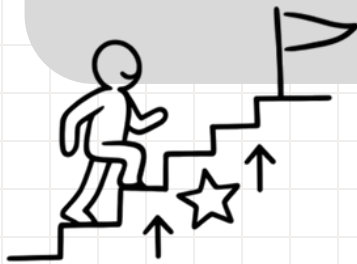


This month's focus:

- The health benefits of community participation.
- Strategies for increasing engagement in personal medicine
- Connecting desired health outcomes to community participation interests

How'd it go? Look back at one of your personal medicine activities. Did you try it? What went well? How did you feel? What supports helped make you successful?

Keep it up! Make a commitment to continue using your personal medicine strategies. How often will you use them? What natural supports will help you be successful? Write down how you feel before and after participating!



Act. Checking in. Not Optional: Community Participation is Essential for Health

Notes, Reflections, Doodles...



Personal Medicine Ongoing Goal:



Month: _____

Welcoming Places



This training explores environments that actively promote community participation by making individuals with mental illnesses feel desired and celebrated. .

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S	M	T	W	TH	F	S
S	M	T	W	TH	F	S




Month: _____

Welcoming Places



Explore how getting out of the house supports connection, well-being, and thinking, and learn one strategy to help yourself or someone else take a first step out the door.

<p>Access the Training</p>	 <p><u>Link to Welcoming Places microtraining</u></p>
<p>Access the Research</p>	<p><u>2021 Welcoming Places Study Full-Text Journal Article</u></p>
<p>Additional Resources</p>	<ol style="list-style-type: none"> 1. <u>Welcoming Places in the Community: Perspective from Individuals with Serious Mental Illnesses</u> 2. <u>2020 Welcoming Places Calendar</u>



Welcoming Places

For too long, the conversation around community engagement has often focused on barriers – what prevents people from participating. But what if we shifted our focus to what enables participation? What if we intentionally sought out and cultivated places where individuals with SMI don't just feel tolerated, but truly welcomed?"

Reflect: What do I hope to learn?

Notes:

Connect: Who will I share with?

Act: What do I hope to do?



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Community Participation

Goals M T W T F S S

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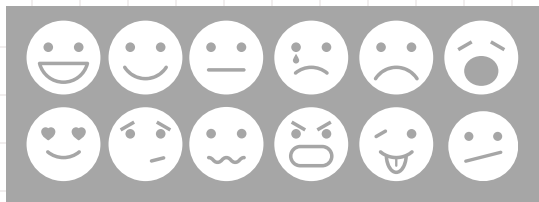
Community Participation Weekly check in

Date _____

Community Participation this Week

Most rewarding social
connection I had this week

While participating in the
community, I felt



Next week I want to

Things I did to increase
Community Participation

The best thing about the week?

How I'm feeling about
Community Participation



Reflect: Welcoming Places



This month's focus:

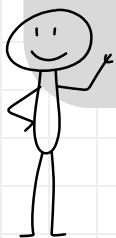
- Understanding the five domains of welcoming places
- Reflecting on what qualities make a place welcoming to you
- Identifying your welcoming places and making a plan to visit them

What element that participants identified as welcoming do you agree with?

Which of the five domains of welcoming places-- physical, social, sensory, behavioral, and activity-- are the most important to you, and why?

Think about a place that feels welcoming to you. What makes that space feel welcoming?

Reflect on a space you visit a lot. How could the environment be modified to be more welcoming to those with mental health challenges?



Reflect. Welcoming Places.

Notes, Reflections, Doodles...



Weekly Planner

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Community Participation Weekly check in

Date _____

Community Participation this Week

While participating in the
community, I felt



Next week I want to

Most rewarding social
connection I had this week

Things I did to increase
Community Participation

The best thing about the week?

How I'm feeling about
Community Participation

☆ ☆ ☆ ☆ ☆



Connect. Welcoming Places

This month's focus:

- Understanding the five domains of welcoming places
- Reflecting on what qualities make a place welcoming to you
- Identifying your welcoming places and making a plan to visit them



Share a Key Idea: What's one idea from Welcoming places that is important or surprising? How did they react?

Who:

Idea:

Start a Conversation: Share your experience about what places are welcoming or unwelcoming to you. How did sharing affect your understanding?

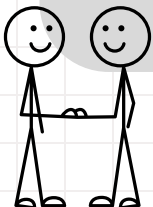
Who:

Place:

Talk about strategy: Share the idea that changes to a space can make a big difference. What ideas came from the conversation?

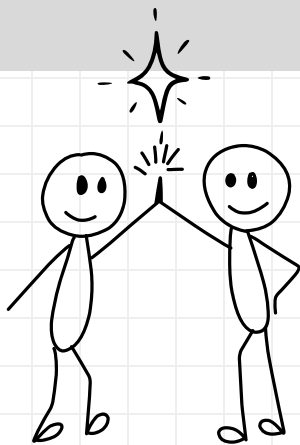
Who:

Strategy:



Connect. Welcoming Places.

Notes, Reflections, Doodles...



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Act. Welcoming Places.



This month's focus:

- Understanding the five domains of welcoming places
- Reflecting on what qualities make a place welcoming to you
- Identifying your welcoming places and making a plan to visit them

Choose a Welcoming Place: What's one place where you (or someone you support) feel welcome? Make a plan to go!

Place:

Plan:

Suggest a Micro-Update: Imagine a small modification to a space you frequent that would make it more welcoming. Who could you talk to in order to implement this change?

Change: :

Person:

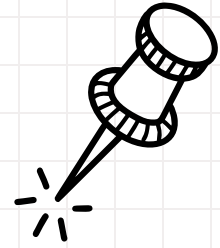
Identify Supports: Who can help you advocate for a more welcoming space? List 1-2 supports to help you with your mission!

Supports:

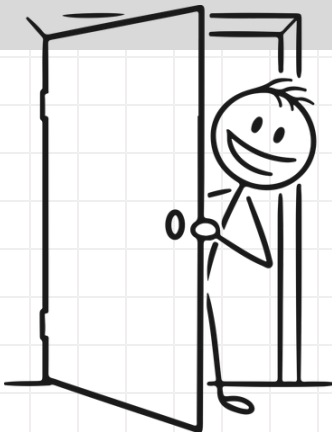
enjoy ↗ ↘



Act. Welcoming Places.



Notes, Reflections, Doodles...



Weekly Planner

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Community Participation

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Act. Checking in.

Welcoming Places



This month's focus:

- Understanding the five domains of welcoming places
- Reflecting on what qualities make a place welcoming to you
- Identifying your welcoming places and making a plan to visit them

How'd it go? Look back at the action step you planned. What happened when you tried it? What was easy, what was challenging, what did you learn? Take a moment to celebrate! Even thinking about a plan is reason to celebrate!

Keep it up! What might help you continue to create welcoming spaces and communities? Write down what will help you build on your progress in the weeks ahead.

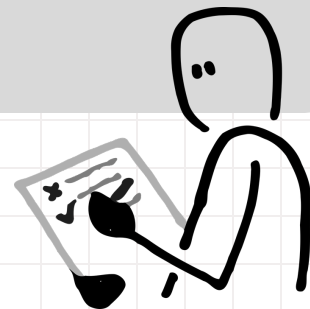
keep
going!



Act. Checking in. Welcoming Places.

Notes, Reflections, Doodles...

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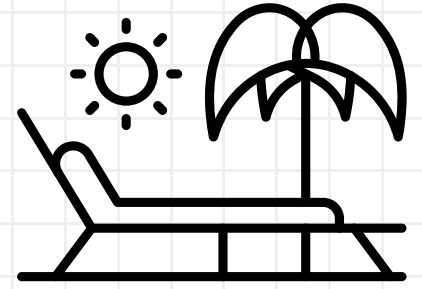


Welcoming Places Ongoing Goal:



Month: _____

Leisure and Recreation



This training explores how the impact of leisure and recreation activities outside of the home can support your mental health - without needing extra time, money, or energy.

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Month: _____

Leisure and Recreation



Explore how small leisure/recreation activities outside of the home can support your mental health, and learn one strategy to help yourself or someone else take a first step out the door.

<p>Access the Training</p>	 <p><u>Link to Leisure and Recreation microtraining</u></p>
<p>Access the Research</p>	<p><u>2024 Leisure and Recreation Study Full-Text Journal Article</u></p>
<p>Additional Resources</p>	<ol style="list-style-type: none"> 1. <u>ICAN PLAY Leisure Manual</u> 2. <u>A Supported Leisure Intervention (Facilitators Training Manual)</u>



LEISURE AND RECREATION

Research suggests that engagement in leisure provides opportunity for creating meaning. Leisure participation allows for self-expression, identity development, and meaningful social engagement.

Reflect: What do I hope to learn?

Notes:

Connect: Who will I share with?

Act: What do I hope to do?



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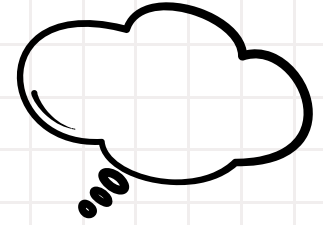
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Reflect: Leisure and Recreation



This month's focus:

- Understanding why leisure and recreation are important
- Reflecting on what strategies support your participation in leisure and recreation
- Making a plan to increase your participation in leisure and recreation

What types of leisure and recreation do you enjoy?

What strategies would support you most in participating in leisure and recreation?

Think about your favorite leisure/recreational activity. What makes that specific activity your favorite?

Reflect on your current level of leisure and recreation. What barriers or facilitators to community participation have you experienced?



Reflect. Leisure and Recreation.

Notes, Reflections, Doodles...



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Connect. Leisure and Recreation.

This month's focus:

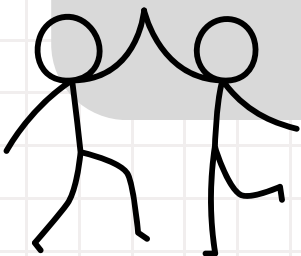
- Understanding why leisure and recreation are important
- Reflecting on what strategies support your participation in leisure and recreation
- Making a plan to increase your participation in leisure and recreation



Share a Key Idea: What's one idea from the Leisure and Recreation training that is important or surprising?

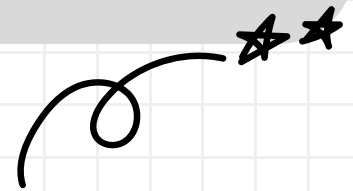
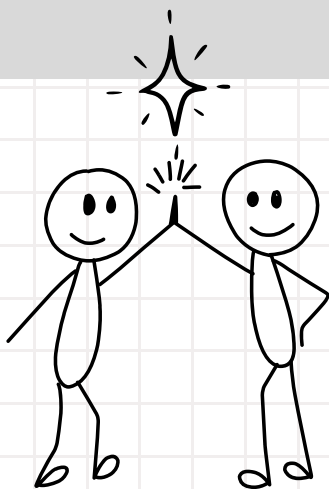
Start a Conversation: Share your experience with different types of leisure and recreation practices? Which did you enjoy? Which did you not enjoy very much?

Talk about strategy: Make a plan to participate in a leisure and recreation activity with someone you trust? Which activity did you both agree on?



Connect. Leisure and Recreation.

Notes, Reflections, Doodles...



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Act. Leisure and Recreation.



This month's focus:

- Understanding why leisure and recreation are important
- Reflecting on what strategies support your participation in leisure and recreation
- Making a plan to increase your participation in leisure and recreation

Choose a Leisure Activity: What's one leisure activity that recharges you when you need a reset? Make a plan to go!

Place:

Plan:

Suggest a Micro-Update: Imagine a simple shift to a leisure activity you frequently participate in, that might make it easier to be consistent with. What steps could you take to implement this change?

Change: :

Steps:

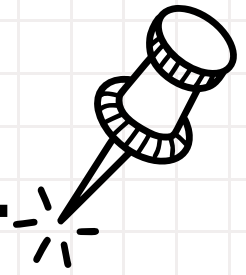
Identify Supports: Who can help you increase your ability to participate in leisure and recreation in your daily life? List 1-2 supports to help you with your mission!

Supports:

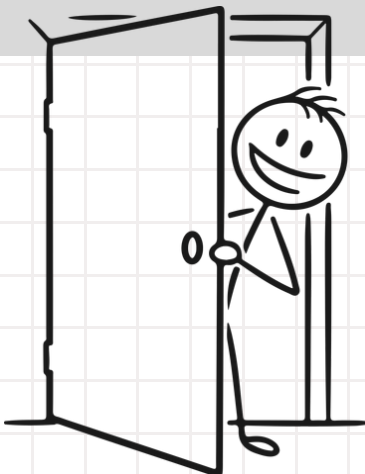
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enjoy



Act. Leisure and Recreation.



Notes, Reflections, Doodles...



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Act. Checking in.

Leisure and Recreation.



This month's focus:

- Understanding why leisure and recreation are important
- Reflecting on what strategies support your participation in leisure and recreation
- Making a plan to increase your participation in leisure and recreation

How'd it go? Look back at the action step you planned. What happened when you tried it? What was easy, what was challenging, what did you learn? Take a moment to celebrate! Even thinking about a plan is reason to celebrate!

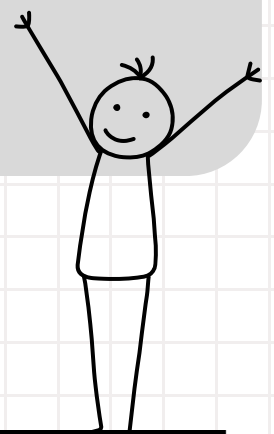
Keep it up! What might help you continue to create finding new ways to incorporate leisure and recreation in your daily life? Write down what will help you build on your progress in the weeks ahead.

keep
going!



Act. Checking in. Leisure and Recreation.

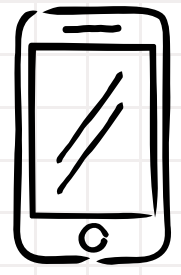
Notes, Reflections, Doodles...



Leisure and Recreation Ongoing Goal:



Month: _____



Opening the Digital Door

Social media can be a powerful digital key for people with mental health conditions to unlock more involvement in their neighborhoods and daily life. It supports four major parts of living in the community: improving how you feel about yourself, building friendships, finding ways to go places, and making your own choices.


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Month: _____

Opening the Digital Door

Explore how using social media can help you connect to your community and to those who are important to you.

<p>Access the Training</p>	 <p><u>Click Here for Training Link</u></p>
<p>Access the Research</p>	<ol style="list-style-type: none">1. <u>Link to Manuscript: Using social media to enhance community integration</u>2. <u>Link to Manuscript: Social Media, Community Participation, and psychological well-being</u>
<p>Additional Resources</p>	<ol style="list-style-type: none">1. <u>Link to Building an online presence to promote community inclusion</u>2. <u>Link to Using social media to enhance community participation</u>



Opening the Digital Door

By practicing "directed communication"—which means actively talking to others rather than just scrolling—people can reduce feelings of loneliness and find real-world opportunities like local events or jobs. Research shows that using these sites for just 30 minutes a day is linked to higher participation in local activities.

Reflect: What do I hope to learn?

Notes:

Connect: Who will I share with?

Act: What do I hope to do?



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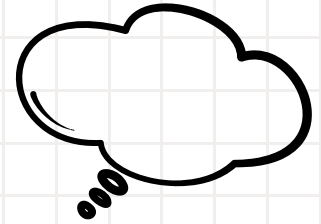
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Reflect. Opening the Digital Door

This month's focus:

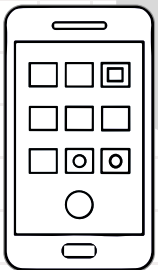
- Using social media as a tool
- Mastering directed communication
- Identifying the four areas of community life



Think about the four areas of community life—how you feel about yourself, going places, making friends, and making choices,. Which one of these areas would you most like to improve right now, and what is one specific social media feature (like Facebook Events or Yelp reviews) you could use to help you take that next step?

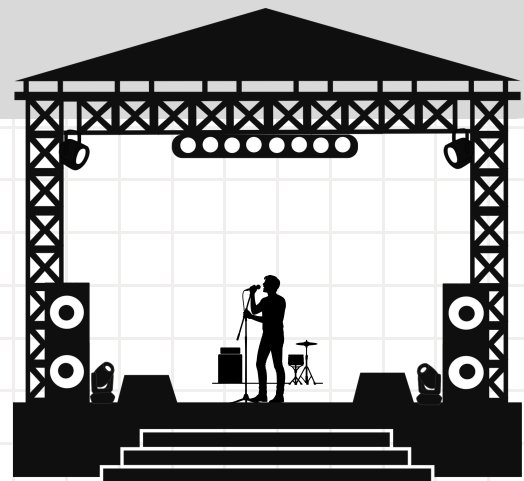
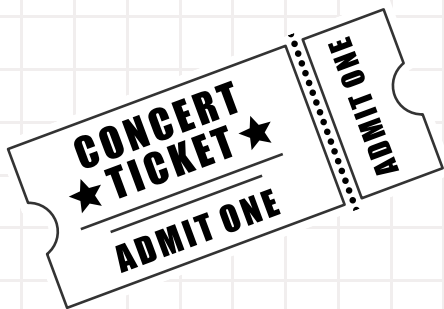
How can you change your social media habits this month to move from "passive use" to actively talking with people you know or groups you belong to?

What are some "warning signs" you might notice if social media is starting to make you feel lonely or bad about yourself, and how can you work with your provider or supporter to make sure you are using it in a healthy way?



Reflect. Opening the Digital Door

Notes, Reflections, Doodles...



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Community Participation

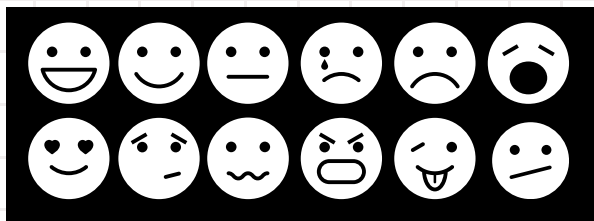
Weekly check in

Date _____

Community Participation this Week

- _____
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- _____

While participating in the community, I felt



Next week I want to

Things I did to increase
Community Participation

Most rewarding social
connection I had this week

The best thing about the week?

How I'm feeling about
Community Participation

Five empty star icons arranged horizontally, used for rating the feeling about community participation.

Connect. Opening the Digital Door

This months focus:

- Using social media as a tool
- Mastering directed communication
- Identifying the four areas of community life



Sharing Hobbies with Peers: How could you use a platform like Meetup or Facebook Groups to find a local event and share it with a peer to see if they would like to attend with you?

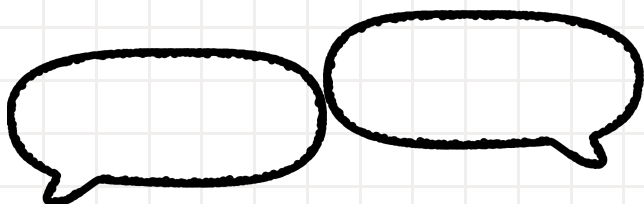
Who:

Idea:

Planning Adventures with Loved Ones: What is one local place you've seen a positive review for that you could share with a loved one to plan a future trip together?

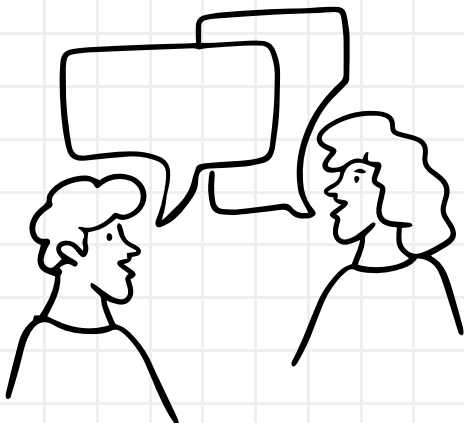
Who:

Experience:



Connect. Opening the Digital Door

Notes, Reflections, Doodles...



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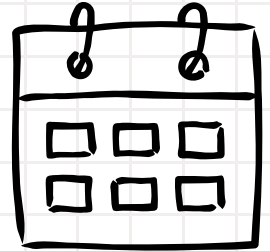
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Act. Opening the Digital Door

This month's focus:

- Using social media as a tool
- Mastering directed communication
- Identifying the four areas of community life



Turning Online Talk into In-Person Fun: Because active talking—like sending a private message or tagging a friend—is much better for your mental health than just scrolling through photos, who is one person you haven't seen in a while that you could message today to plan a "community-activity-date," such as going to a movie or a park together?

Who:

Plan:

Helping a Friend or Peer (Social Support): We know that sharing information about events or jobs is a great way to help others get involved in the community. If you saw a free community event or a job opening on a site like LinkedIn or Facebook, how could you share that information with a peer or co-worker to help them reach their goals?

Who:

How:



Act. Opening the Digital Door

Notes, Reflections, Doodles...



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THURSDAY

FRIDAY

SATURDAY

SUNDAY

DOODLES

NOTES



Act. Checking in.

Opening the Digital Door

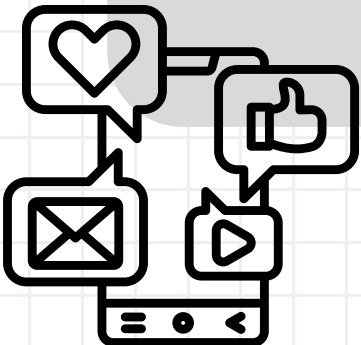
This month's focus:

- Why getting out of the house matters
- How small steps can support well-being
- Ways to help yourself or others get out of the house



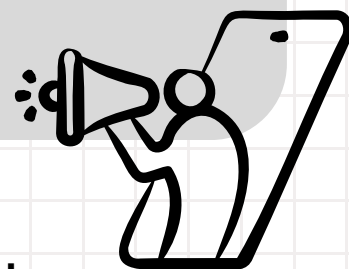
Keep it up! Have you been able to reach out to any family or friends in the past month through social media? Did you make any plans with those you contacted? How was that experience for you?

Plan ahead! Look up events happening in your area next month. Make a list of the events you would like to go to and think of who you could invite to go with you.



Act. Checking in. Opening the Digital Door

Notes, Reflections, Doodles...



Social Media for Community Participation Ongoing Goal:



**Reflect. Connect. Act. A Microtraining Journal from the
Temple University Collaborative on Community Inclusion**

www.tucollaborative.org

