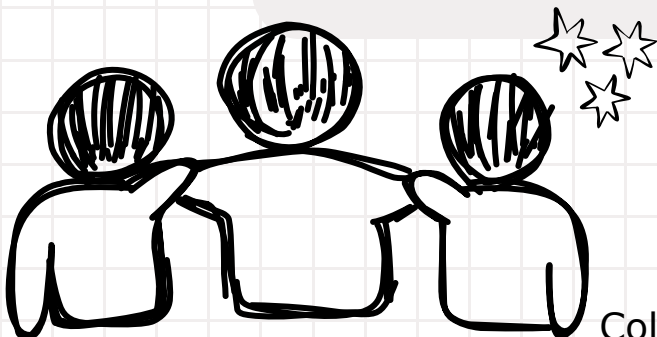


# Reflect. Connect. Act.

A guided journal &  
microtraining calendar  
to support community  
participation



Presented by the Temple University  
Collaborative on Community Inclusion



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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

**Suggested Citation:** Temple University Collaborative on Community Inclusion. (2026). Reflect. Connect. Act.: A guided journal and microtraining calendar to support community participation. Available at [www.tucollaborative.org](http://www.tucollaborative.org) .



# 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.
Getting there: Transportation as a gateway to community life	Understanding the impact of transportation on community participation and developing strategies to increase independent transportation
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.
More than fun and games: Leisure and Community Participation	Explore the benefits of leisure participation and strategies to engage in the community through leisure.
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.

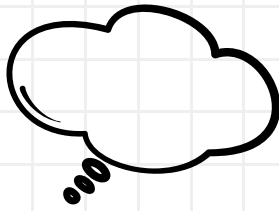
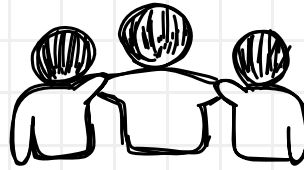
## Putting it into practice

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

☐ INCREASE MY PARTICIPATION

☐ SUPPORT OTHERS

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### MY COMMUNITY INTERESTS

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### PRIORITY

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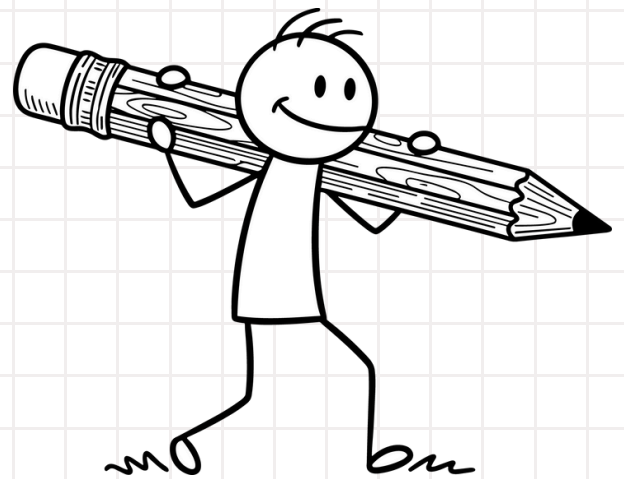
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*Imagine yourself in 12 months. You've completed 12 trainings and set goals related to community participation. What difference do you see in yourself?*



# 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.

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

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



# 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?***

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Notes:

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***Connect: Who will I share with?***

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***Act: What do I hope to do?***

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# Weekly Planner

DATE \_\_\_\_\_

MONDAY

Priorities

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TUESDAY

WEDNESDAY

Community Participation

Goals

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THURSDAY

FRIDAY

SATURDAY

SUNDAY

DOODLES

NOTES

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# Community Participation

## Weekly check in

Date \_\_\_\_\_

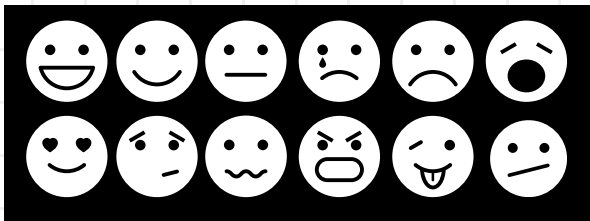
Community Participation this Week

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While participating in the community, I felt



Next week I want to

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Things I did to increase  
Community Participation

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Most rewarding social  
connection I had this week

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The best thing about the week?

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How I'm feeling about  
Community Participation

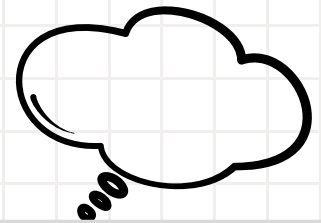




# Reflect. Getting out of the House

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?

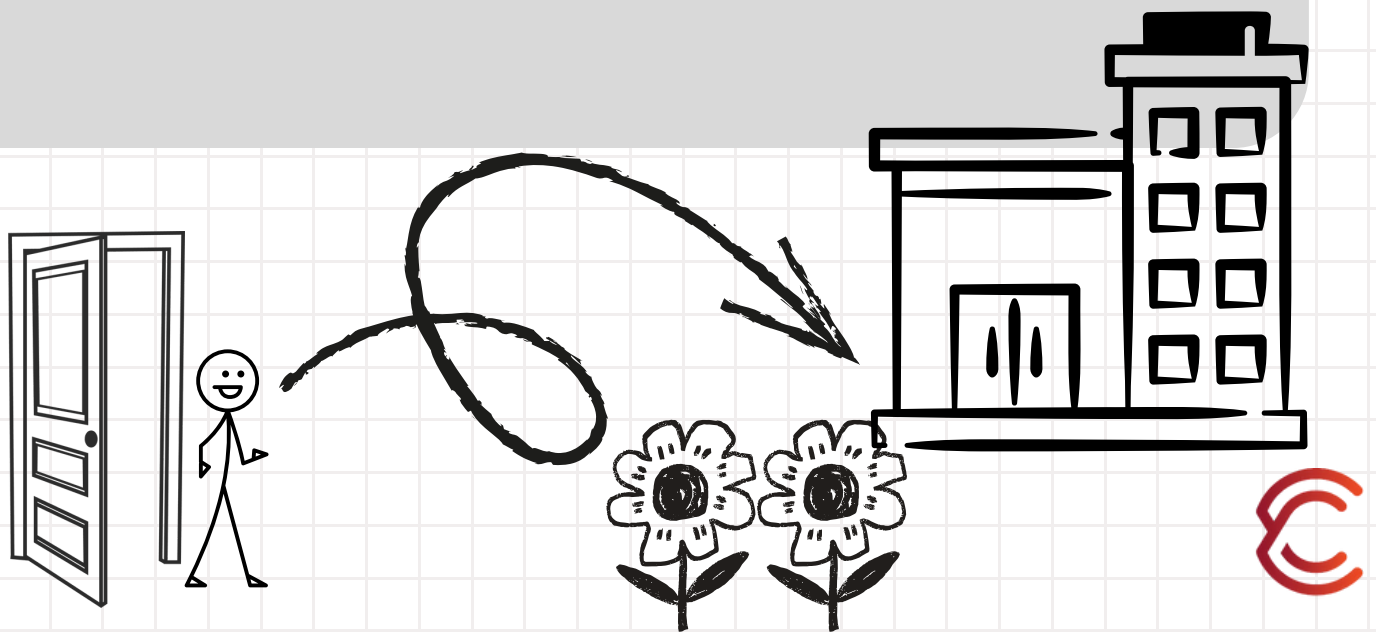
What makes getting out of the house difficult for you or someone you support? What emotions, routines, or barriers get in the way?

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

DATE \_\_\_\_\_

MONDAY

Priorities

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TUESDAY

WEDNESDAY

Community Participation

Goals

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THURSDAY

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DOODLES

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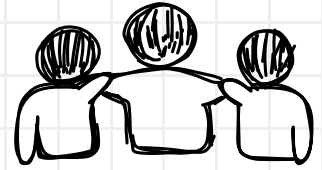




# Connect. Getting out of the House

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?

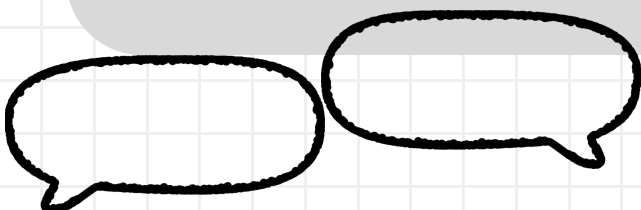
Who:

Experience:

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

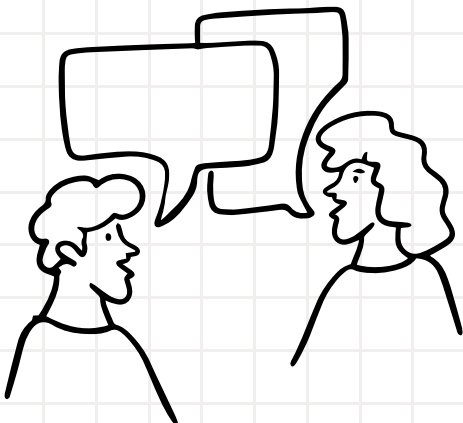
Who:

Strategy:



# Connect. Getting out of the House

Notes, Reflections, Doodles...



# Weekly Planner

DATE \_\_\_\_\_

MONDAY

Priorities

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TUESDAY

WEDNESDAY

Community Participation

Goals

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THURSDAY

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SATURDAY

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## Community Participation this Week

While participating in the community, I felt



## 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



# Act. Getting out of the House

This months 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:

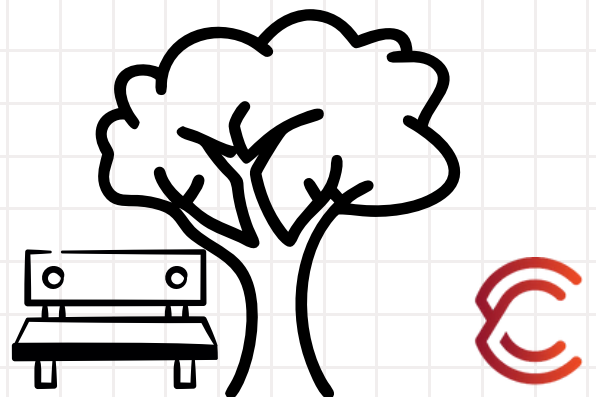
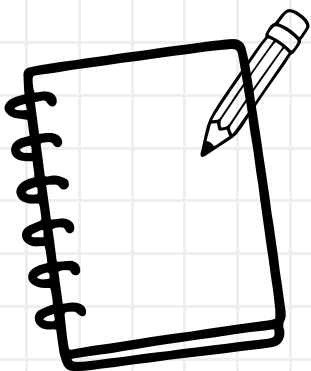
**Identify Supports:** What will make getting out of the house feel more doable- when, inviting a friend, making a list. List 1-2 supports to help you get out of the house!

Supports:



# Act. Getting out of the House

Notes, Reflections, Doodles...



# Weekly Planner

DATE \_\_\_\_\_

MONDAY

Priorities

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TUESDAY

WEDNESDAY

Community Participation

Goals

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THURSDAY

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Date

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A 2x6 grid of 12 simple face icons. The top row shows: a wide smile, a slight smile, a neutral expression, a sad face with a tear, a frown, and a surprised face with a large open mouth. The bottom row shows: a face with heart eyes, a face with a single eyebrow raised, a face with a wavy mouth, a face with furrowed brows and a wide-open mouth, a face with a tongue sticking out, and a face with a single eyebrow raised and a slight frown.

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How I'm feeling about

# 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:**

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Sometimes you need some extra space to take notes

*Date:* \_\_\_\_\_

[illegible]

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

**[www.tucollaborative.org](http://www.tucollaborative.org)**

