



**Improve Your Community's Capacity To Reduce
Social Isolation By Paying Attention To The
Attributes Of Healing Community**

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HOW TO USE THIS GUIDE

STEP ONE

Using the discussion-generating survey on the next page, gather 'members' of your 'community' (up to 100 at a time) in an exercise that begins with each person anonymously checking the boxes that reflect their assessment of the five attributes of healing community. Your community can be your neighborhood, family, religious congregation, high school or college, civic or professional association, hospital, or mental health recovery center, etc.

STEP TWO

Average the results (takes 10 minutes) and present them in the group setting to those who have participated.

STEP THREE

Review the results and dialogue about both the positives and the negatives reflected in the assessment. Action planning naturally emerges, because everyone wants more community and less isolation. Implementation often grows out of dialogue. Repeat the process every year to review changes that may have occurred.



At VSA, we advise families with adults experiencing serious mental illness about how to make urgent choices for mental health care. We advocate for, advise, and empower families to plan for and achieve sustainable recovery for their family member. We endorse integrative, person-centered treatment that is focused on improving levels of functioning and fulfillment.

Photo: Virgil Stucker and Stephanie McMahon



ASSESSMENT SURVEY

Five Key Attributes of Healing Community	1 Unsatisfactory	2	3 Average	4	5 Superior
A) How strong is the <u>feeling of physical and emotional safety</u> within your "community"?					
B) As a member, how strongly do you believe your daily contribution to your community helps you to feel a sense of <u>belonging and purpose</u> ?					
C) What is your assessment of your community's healing environment; are <u>kindness, respect and open and honest communication</u> the norms?					
D) Is your <u>participation</u> in the social, recreational and paid or volunteer work life of your community <u>welcomed and appreciated</u> ? Do you believe your input and ideas are valued?					
E) Mutuality: As you think of the <u>needs of others</u> , how would you rate your <u>community's capacity to offer them a sense of belonging, safety, kindness and appreciation</u> ? Are empathetic relationships encouraged?					

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NEED HELP?

If your group would like a guided discussion facilitated around this assessment process, please reach out to us.

We provide customized facilitation and assistance with action planning for any large or small group.

