

Section 6: Living in the Community

Many resources help with recovery from mental and substance use conditions. These include community involvement and/or service, access to healthcare, and a safe and stable place to live. They also include meaningful work and education opportunities and social connections. People who move to the community need community living skills. These skills make sure people know about important parts of community life. This lets them live fully integrated, successful lives and avoid isolation.

Place a check mark in each box if you have the information and support you need for each activity. If you cannot check a box, discuss the topic with the staff assigned to help you.

I know how to ask others for things that I need.

I know how to find and join activities in the community.

I know how to organize or join group activities with friends and peers.

If I want to participate, I know how to locate a Drop In or Recovery Center in the community.

Drop In Center Name

Phone Number

I know how to go grocery shopping and prepare nutritious meals.

Local Grocery Store
Name and
Address

I know how to find peer support in my community.

Peer Provider's Name

Phone Number

I know how to open a checking account at my local bank and manage my money, or know how to arrange for a representative payee.

I have the resources and support I need to:

- Manage my benefits and entitlements, such as Medicare, Medicaid, Medicaid Buy-In for Workers with Disabilities, Social Security, food stamps, and veterans' benefits
- Find education classes and opportunities
- Access job training programs and submit a job application
- Get and keep a job
- Locate local churches, cultural centers, movie theaters, libraries, and malls
- Manage my appointments and daily schedule
- Find training in daily living skills, including cooking, cleaning, self-care, budgeting, and shopping
- Identify local transportation such as bus routes
- Understand the benefits of exercise and healthy living
- Arrange regular checkups with my eye doctor and dentist
- Use emergency telephone numbers if needed
- Stay safe in situations with strangers
- Avoid places that or people who might be harmful
- Clean my home and do laundry
- Keep up with family and friends routinely
- Work with a landlord to keep up my home

When I have trouble with any of these activities, I can call this person:

Name

Phone Number

A. My Strengths and Coping Skills

In the table below, identify your strengths and coping skills that help you better manage your mental health. In the last column you can check “Yes” for any items that you would like help filling out.

| STRENGTHS AND SKILLS | DESCRIPTION | I WOULD LIKE HELP WITH THIS ITEM |
|------------------------------------------------------------|-------------|---------------------------------------------------------------------|
| The times I am most at peace with myself: | | <input type="radio"/> Yes please <input type="radio"/> No thanks |
| My best qualities as a person: | | <input type="radio"/> Yes please <input type="radio"/> No thanks |
| The things I rely on to pull me through hard times: | | <input type="radio"/> Yes please <input type="radio"/> No thanks |
| The times I've felt really good about myself: | | <input type="radio"/> Yes please <input type="radio"/> No thanks |
| Places I really enjoy in my community: | | <input type="radio"/> Yes please <input type="radio"/> No thanks |
| Things I find comforting: | | <input type="radio"/> Yes please <input type="radio"/> No thanks |
| Things I would like to try: | | <input type="radio"/> Yes please <input type="radio"/> No thanks |
| Ways I can give back to my community: | | <input type="radio"/> Yes please <input type="radio"/> No thanks |

B. Peer Supporters Role

Peer supporters help individuals work with their healthcare team and other recovery supports to make sure that the individual's voice is heard. They also advocate for the individual's self-determined goals. Peer support is culturally sensitive. It looks for and responds to trauma. Peer support focuses on recovery. They help you know about services and supports in the community that support your recovery. From the list below, please check the box next to things that would be helpful to get from your peer support.

- Provide information about crisis resources, respite and drop in or recovery centers.
- Provide information about peer support programs and self-help groups in the community.
- Provide information and tools about Psychiatric and Medical Advance Directives (see Peer Supporters Role part of Section 6: Living in the Community).
- Provide information for family and social activities helpful to health and wellness.
- Explore interests in employment and offer information about employment support services.
- Explore interests in housing and offer information about housing support services.
- Explore structured programs that help people cope with distress (Wellness Recovery Action Plan (WRAP), Whole Health Action Management (WHAM) etc.).

Please list things you want your peer supporter to know about you. These will help make your time together more comfortable for you.

What is the best way for you to stay in touch and how would you like to get together from time to time?

What kinds of situations or environments make you uncomfortable or are triggers for you?

Are there things about how you were raised or your cultural background that are important to you?

What is the most important thing the peer supporter should know about you as you work together?

Describe where you would like to be in your life a year from now.

What do you see as the biggest challenge in your life right now to achieving your goals?

For more information about peer support, see [Appendix A: Peer Support](#).

C. Wellness

Recovery is about more than getting rid of symptoms. It is also about helping people achieve their greatest potential for a meaningful life in their community. Peer supporters can help you transition to community life. They can help you find ways to improve and sustain your overall wellness. You can start with the Eight Dimensions of Wellness checklist below. Check the box next to each Wellness Dimension when you have chosen a way to practice that dimension.

| Check Box | Wellness Dimension | Description | Ways I Choose to Practice this Wellness Dimension |
|--------------------------|--------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------|
| <input type="checkbox"/> | Emotional | Coping effectively with my feelings and life and creating satisfying relationships. | |
| <input type="checkbox"/> | Environmental | Good health by occupying pleasant environments that support well-being | |
| <input type="checkbox"/> | Financial | Satisfaction with current and future financial situations | |
| <input type="checkbox"/> | Intellectual | Recognizing creative abilities and finding ways to expand knowledge and skills | |
| <input type="checkbox"/> | Occupational | Personal satisfaction and enrichment from one's work | |
| <input type="checkbox"/> | Physical | Recognizing the need for physical activity, healthy foods, and sleep | |
| <input type="checkbox"/> | Social | Developing a sense of connection, belonging, and a well-developed support system, such as, family, friends, and peers, interacting with healthy others and my community | |
| <input type="checkbox"/> | Spiritual | Expanding our sense of purpose and meaning in life | |

You can download the brochure below to learn more about wellness.

<http://store.samhsa.gov/product/SAMHSA-s-Wellness-Initiative-Information-For-Consumers/SMA12-4567> .