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Objectives



Participants will:

- Participants will understand the value and benefits of social support and connection
- Participants will learn to utilize tools to assess social support and connections
- Participants will be introduced to activities to enhance social support and connections

collectively

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What's the magic formula for...



- Increase life span (decreased the risk of premature death by 50%)
- Lower stress (and triggering the release of stress-reducing hormones)
- Better cardiovascular health and reduced risk of death from cardiovascular disease
- Increased immunity (resistance to illness)
- Decreased risk of substance abuse and mental health conditions (including depression and anxiety)
- Help you think faster
- Better psychological and physical well-being


collectively

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What happens when we don't have the formula?

Studies show that when we don't have this in our lives the effects are:

- Increased risk of heart disease
- Have the physical effects of smoking 15 cigarettes a day when we don't even smoke
- Increased risk of dementia and slows your brain functioning
- Worse than obesity on your body
- Have increased anxiety and depression



collectively

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Activity: Social Supports



Think of a time when you were really struggling in your life...

collectively

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Who did you turn to for help?

- Friends
- Family
- Faith
- Paid professional with an advanced degree

collectively

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Social Influences of Mental Health

5 Science-Based Social Aspects of our lives that improve our mental health



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What are Social Connections?

Social connection is the experience of feeling close and connected to others. It involves feeling loved, cared for, and valued, and forms the basis of interpersonal relationships.



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What is Social Support?

The help, advice, and comfort that we receive from those with whom we have stable, positive relationships. It includes access to social networks comprised of the following functions: emotional, tangible, informational, and companionship support. Social support can either be actual or perceived support and includes reciprocity, mutuality, and equality.



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Social Influences of Mental Health

9 Science-Based Elements of Connection & Support to Create Happiness



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Let's Assess: Social Support Survey



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How Do We Help Build Social Support and Connections?



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Finding Common Ground

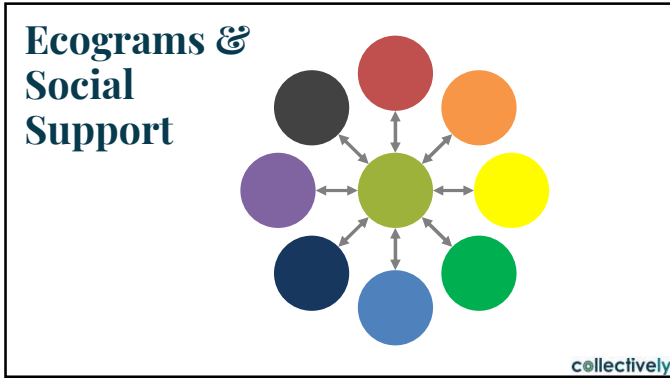


Start conversations with clients by taking time to find things you have in common

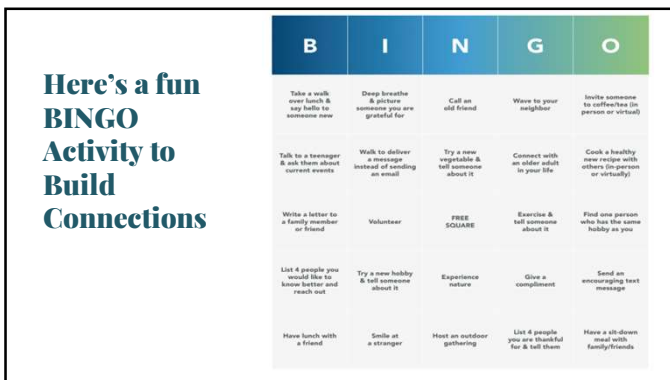
- Favorite snack foods
- Favorite TV shows, You Tubes, or people you follow on social media
- What does a Saturday look like?

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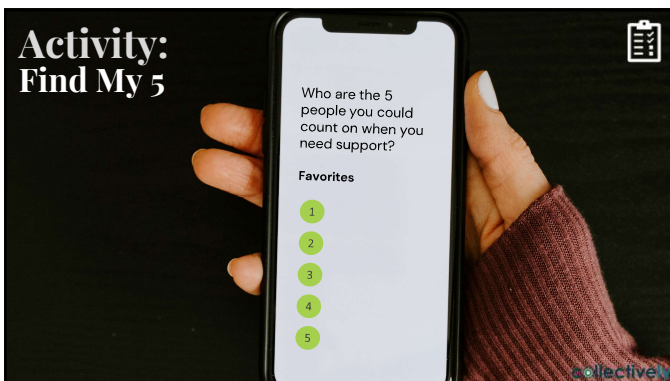
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A person in need of support, looks a lot more like a person in need of treatment, than a person that has support

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Let's Connect...text someone you want to connect with...NOW!

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Stay Connected!

Dr. Julie Radlauer-Doerfler
CEO/Founder at Collectively



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"Let's re-write the narrative on mental wellbeing."



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Thanks for joining us!

WHAT'S NEXT?

- Survey and certificate in the chat now
- Tell a colleague about the interactive workshop on April 19: Expanding Social Supports to Achieve Better Outcomes
- Follow-up email with resources within two days
- Watch your inbox for the next issue of CalTrin Connect

STAY CONNECTED FOR MORE FREE TRAINING & RESOURCES!

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UPCOMING TRAININGS

mark your calendars!

Visit caltrin.org to view and register for upcoming Protective Factor of the Month webinars or workshops

<p> April Protective Factor: Concrete Support in Times of Need 04/11 Webinar - or - 04/25 Workshop</p> <p> 04/12 Exploring Succession Planning</p> <p> 04/13 Navigating Unconscious Bias</p>	<p> 04/14 Family Check-Up: A Model for Prevention & Intervention with Families</p> <p> 04/19 Expanding Social Supports to Achieve Better Outcomes</p> <p> 04/20 County Budgeting & Contracting for Community-based Organizations</p>
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