1



2



3

## Before We Begin...

**DURING**

Access your notetaking slides now! The link can be found in the chat.

Review interactive features for today's session. Locate the controls on the toolbar at the bottom of your screen.

This presentation is being recorded.

External AI assistants are not allowed in CalTrin trainings due to California privacy laws.

**AFTER**

Complete the survey at the end of this webinar to receive your Certificate of Attendance.

A follow-up email will be sent to all participants within two days.

4

---

**CALTRIN**
*California Training Institute*

**Expanding Social Supports to Achieve Better Outcomes**

Presented by Julie Radlauer-Dorfler, DrPH, LMHC

5

---

## About Me

### Dr. Julie Radlauer-Doerfler L.M.H.C

- C.E.O., Collectively ~ A Radlauer Venture, Inc.

- Over 25 years of experience in the Human Services field in all capacities

- Experienced trainer and coach at the individual, organizational and community level

collectively

6

---

## Objectives

**Participants will:**

- Participants will understand the value and benefits of social support and connections
- Participants will utilize tools to assess social support and connections
- Participants will practice skills to enhance social support and connections
- Participants will learn new techniques to expand supports and connection to address behavioral health and other system needs

collectively

7

## Let's Look at the Trends...

- Social isolation has steadily increased from 2003-2020. Representing an increase of 24 hours per month spent alone!

- In-person social engagement decreased from 60 minutes per day to 20 minutes per day. Most impacted are individuals ages 12-24 with nearly a 70% decline over the past 2 decades.

- In 2021 49% of Americans reported having 3 or fewer close friends compared to 27% in 1990.

- Americans living alone has increased. In 1960 single-person households was 13% of all households; by 2022 that percentage more than doubled to 29%

8

## We Are All Impacted

**Daily Avg Time with Friends (minutes)**

Minutes per Day

Age 15-24
Age 25-34
Age 45-54
Age 65+
Age 35-44   Age 55-64

2003   2006   2009   2012   2015   2018   2021

https://jonathanhaidt.substack.com/p/the-new-cdc-report

collectively

9

## And Then There is This...



Indicators of poor mental health among U.S. girls and young women, 2001–2019*
*Standard deviations are within means at the generational level, not at the individual level, and thus should not be used to calculate individual-level effect sizes.
*Source: Centers for Disease Control and Prevention. Suicide rates among 12-to 14-year-old girls.
*Source: Spiller et al. (11). Self-poisoning among 13- to 15-year-old girls.
*Source: Twenge et al. (12). Major depressive episode among 14-to 15-year-old girls.
*Sources: Keyes et al. (9) and Twenge et al. (9). Depressive symptoms among eighth-grade girls.

10

## Understanding the Decline



- Changes in individual social participation, demographics, community involvement, and the use of technology.
- Americans are lacking in adequate social connection, trusting other Americans, and levels of polarization are at historic highs.
- Studies show that in 1974, 45% of Americans felt that they could trust other Americans; that number fell to 30% in 2016.
- Close friendships are declining.

- Religious or faith-based organizations are a source of social connection; community support; can provide meaning and purpose; create a sense of belonging, and research shows that affiliations with these organizations has historically declined by 50% since 1999.
- Social participation of several types of relationships is also declining.
- Workplace connections are declining with virtual work.

collectively

11

## What's If I Told You I Had The Magic Potion?



- 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

12

## What happens when we don't have the potion?

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

13

## Video: What Makes a Good Life?

14

## Let's Talk Protective and Promotive Factors

- **Resilience**- managing stress and functioning well when faced with challenges, adversity or trauma
- **Social Connections**- positive relationships that provide emotional, informational, instrumental, and spiritual support
- **Concrete Support in Times of Need**- Access to concrete support and services that address a person's needs and help minimize stress caused by challenges
- **Knowledge of Parenting and Child Development**- Understanding development and parenting strategies that support physical, cognitive, language, social and emotional development
- **Social and Emotional Competence**- interactions that support the ability to communicate clearly, recognize and regulate their emotions and establish and maintain relationships.

Center for the Study of Social Policy, Strengthening Families™ Protective and Promotive Factors
https://cssp.org/our-work/projects/protective-factors-framework

collectively

15

**Video:**
**Protective and Promotive Factors**

Youth Resilience

https://youtu.be/PUAKgvwFG3A

collectively

16

---

**Social Influences of Mental Health**
**5** Science-Based Social Aspects of our lives
that improve our mental health

SOCIAL CONNECTION
SOCIAL SUPPORT
SOCIAL CAPITAL
SOCIAL MEDIA
SOCIAL INCLUSION

collectively

17

---

**Social Influences of Mental Health**
**9** Science-Based Elements of Connection &
Support to Create Happiness

Positivity
Reciprocity
Vulnerability
Flexibility
Connectivity
Dependability
Intentionality
Commonality
Proximity

collectively

18

## Intentionality

It takes energy and thought to create connection. Like anything in life, when we put our attention towards something we can create impact. Creating connections and supports takes work.

Intentionality

collectively

19

## Proximity

The principle of proximity states that physical and psychological nearness to others tends to increase interpersonal liking. In essence, people are more likely to form social relationships with people that are closer in proximity to them.

Proximity

collectively

20

## Connectivity

The energy that exists between people when they spend time together and share experiences. True connection requires presence and a degree of mutual dependence from the relationship.

Connectivity

collectively

21

## Commonality

When individuals have shared interests and purpose with others there is a natural connection. This connection creates an opportunity for bonding and potential future support.

Commonality

collectively

22

## Vulnerability

Making authentic connections requires uncertainty, risk, transparency, and emotional exposure. Taking that first step to connect with others and truly be who you are potentially results in building connections and support systems.

Vulnerability

collectively

23

## Dependability

An important aspect of support is that people are "there for you" when truly needed. This includes on a consistent basis as well as in times of need. Rituals, traditions, and scheduled activities create the opportunity for accountability.

Dependability

collectively

24

## Reciprocity

The practice of exchanging things with others for mutual benefit. We feel connected to others when they will help us as well as allow us to help them in times of need. Reciprocal relationships result in sustainable support.

Reciprocity

collectively

25

## Flexibility

One of the biggest challenges in making connections and building supports is that we have expectations for when and how others should act. When we practice unconditional regard for others and generosity of spirit, this allows us to alter our expectations and meet people where they are, thus creating an opportunity for connection.

Flexibility

collectively

26

## Positivity

This does not only relate to people having a positive attitude, though that certainly helps. The element of positivity relates to valuing an existing relationship, feeling cared for, and knowing you are accepted.

Positivity

collectively

27

## Video: You Can Save Someone's Life Today

28

## 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.
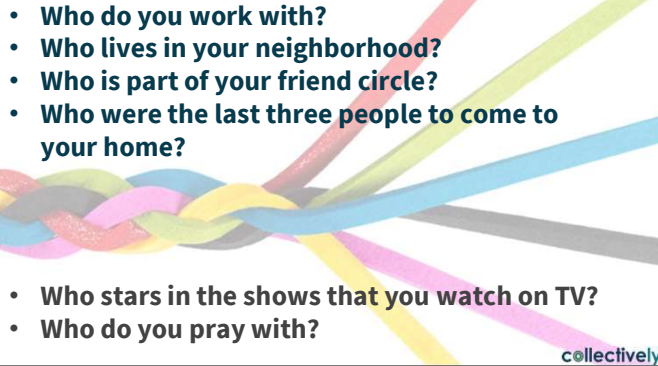
29

## Activity:

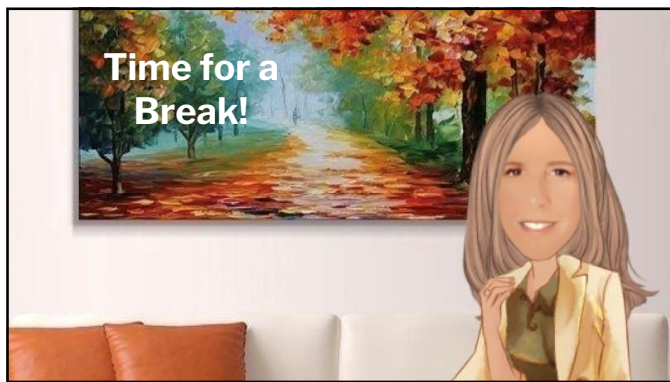**Who are your social connections?**

30

- **Who do you work with?**
- **Who lives in your neighborhood?**
- **Who is part of your friend circle?**
- **Who were the last three people to come to your home?**

- **Who stars in the shows that you watch on TV?**
- **Who do you pray with?**

collectively

31

_____
_____
_____
_____
_____
_____
_____
_____
_____

**Time for a Break!**

32

_____
_____
_____
_____
_____
_____
_____
_____

**Activity:** Social Supports

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

collectively

33

_____
_____
_____
_____
_____
_____
_____
_____
_____

## Who did you turn to for help?

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

collectively

34

## 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.

collectively

35

## The Benefits of Social Support

**According to the American Psychological Association:**

- Research documents a direct, positive association between social relationships and mental and physical health (including lower mortality)
- Social relationships have been found to have stress-buffering effects on mental health
- Promoting lifelong good mental health
- Enhancing self-esteem
- Improves health choices
- Improves motivation

collectively

36

## The Components of Social Support

- Social Integration and belonging (quality of social relationships)
- Social network structure (network ties to relationships)
- Relational content (emotional caring and concern)
- Social influence and comparison- guidance about norms and behaviors
- Social control includes how social network

members monitor, encourage, persuade and pressure adherence to positive practices
- Behavioral guidance, purpose and meaning (mattering) by occupying social roles
- Includes emotional support, instrumental support and informational support
- An important source of healing

**Let's look through a cultural lens…**

collectively

37

## Audio: Lean on Me

collectively

38

## Potential Sources of Social Support

- Friends
- School
- Family
- Community service
- Community building activities
- Leadership activities
- Activism
- Social Media online communities
- Church or spiritual connection
- Sports and hobbies
- Others…

collectively

39

**Let's Assess:**
**Social Influences Survey**

40

**How Do We Help Build Social Support & Connections?**

41

**Activity:**

In small groups you will have 5 minutes to find 3 things you all have in common

**Finding Common Ground**

collectively

42

## Sample Questions to Help Youth Identify Social Connections

Who do you trust? Who does your child trust? Tell me about them.

Do you have neighbors, friends, or family members who are aware of your situation and can help you? Tell me about them.

Are there any activities in the community for your child? What about for you? Tell me about them.

Are you involved in any spiritual or religious activities? What kind and how often? Tell me more about that.

Who is your emergency contact? Tell me about them.

If your car breaks down, who will you call? Tell me about them.

Who helps you now? Who helped you in the past? Tell me about those people.

Who helps you with your kids? Tell me about them.

Who do you call when you need to vent or are sad about something? Tell me about them.

Who do you have fun with? Tell me about them.

Who are the last 5 people you called or texted. Tell me about them.

collectively

43

## Using Circles to Identify Supports and Connections

**Ecogram**

Family in inner circle and lines attach to people connected to the family

**Concentric Circles**

Inner circle is for immediate family and caregivers

Second circle is for trusted friends

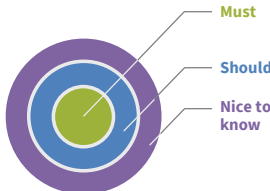Third circle is for other people in their lives

collectively

44

## Understanding Connection and Support...

Home
School
Teams
Neighbors
Work
Activities
Faith
Extend Family

collectively

45

15

## Communication / Concentric Circles

Must

Should

Nice to know

- In the first circle identify what you **MUST** know about the youth's connections (who are their peeps)
- In the second circle identify what you **SHOULD** know about the youth's connections (who can they spend time with)
- In the third circle identify what would be **NICE TO KNOW** about the youth's connections (who would they like to get to know better)

collectively

46

---

**Here's a fun BINGO Activity to Build Connections**

| B | I | N | G | O |
|---|---|---|---|---|
| Take a walk over lunch & say hello to someone new | Deep breathe & picture someone you are grateful for | Call an old friend | Wave to your neighbor | Invite someone to coffee/tea (in person or virtual) |
| Talk to a teenager & ask them about current events | Walk to deliver a message instead of sending an email | Try a new vegetable & tell someone about it | Connect with an older adult in your life | Cook a healthy new recipe with others (in-person or virtually) |
| Write a letter to a family member or friend | Volunteer | FREE SQUARE | Exercise & tell someone about it | Find one person who has the same hobby as you |
| List 4 people you would like to know better and reach out | Try a new hobby & tell someone about it | Experience nature | Give a compliment | Send an encouraging text message |
| Have lunch with a friend | Smile at a stranger | Host an outdoor gathering | List 4 people you are thankful for & tell them | Have a sit-down meal with family/friends |

collectively

47

---

## Building Social Support

- Attending to existing relationships
- Take social risks
- Increase community involvement
- Attend Support Groups
- Use Professional Support
- Reciprocity- what can you do for others
- Identify your interests
- Others?

collectively

48

## Video:
## Guide Someone to Ask for Help

collectively

49

## Activity:
### Developing Social Support

Identify a need

List strengths associated with this need

Brainstorm at least 10 community options that would meet this need while building on the strengths and culture (use resources available in your community). Circle the one you think the individual would pick

Who could help them get involved in the option you selected (who would you want to connect them with)?

Complete the action plan

collectively

50

## Points to Consider

- Culture plays an important part in how people connect
- Relationships are dynamic and people may change roles in our lives
- It is often through shared activity – groups, clubs, faith communities, shared passions, schools, even workplaces – that new relationships are formed.
- People often have lives which are heavy with people providing economic exchange, and can be lacking people who are friends – thus people may be vulnerable to loneliness and social isolation
- Promoting better lives for people includes an intentional focus on genuine participation in the community at all levels.
- Small gestures lead to big things. (Ex: waving at your neighbor everyday may lead into a friendship)

collectively

51
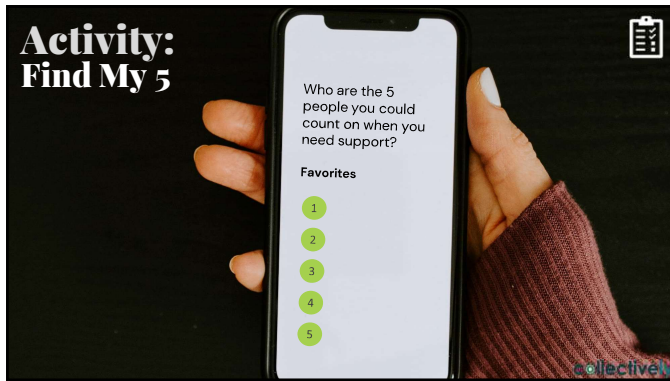
52



53



54

## Be Soci**ally** Connected!

- Create opportunities for learning about connection and support- *Connection Ambassadors*
- Train the Trainer model to educate facilitators on the Be Socially Connected model
- Facilitated 7-week hybrid virtual/in person curriculum
- Outcomes include confidence in connection with peers, obtained new skills for support, increased management of social media, and overall mental health improvement

collectively

55

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

collectively

56

### Stay Connected!

**Dr. Julie Radlauer-Doerfler**
CEO/Founder at Collectively

✉ julie@collectivelyus.org

🌐 https://collectivelyus.org/

in https://www.linkedin.com/in/julie-radlauer-doerfler-drph-lmhc/

f https://www.facebook.com/Collectively_Us-107672031839895

📷 https://www.instagram.com/collectively_us/

🐦 https://twitter.com/collectively_us

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

collectively

57

58



59