



# Natural Supports Links of Interest

## INDIVIDUALIZED SUPPORTS

Individuals will have access to opportunities to increase independence, integration, inclusion and productivity and self-determination.

### Missouri Resources

**The Community Partnership Project** is a cooperative effort of University of Missouri Extension and the University of Missouri–St. Louis, designed to develop community partnership initiatives that link University resources with the needs and priorities of residents and communities in the St. Louis region.

<http://www.umsl.edu/~pcs/academic-units/cpp.html>

**Meetups** neighbors getting together to learn something, do something, share something...

<http://www.meetup.com/find/>

### National Resources

**The Interdependence Network (IN)** is a collaborative effort among disability-based human service organizations from around the United States and Canada. The network was formed in 2008 to explore the concept of social capital and its role in the field of rehabilitation and in the lives of people with disabilities. The IN's purpose is to provide the rehabilitation community with a central repository of information in order to research, develop, evaluate, and disseminate successful ways that the Interdependence paradigm of social capital can be embraced.

<http://buildingsocialcapital.org>

**Building Community With Beth Mount** <https://www.youtube.com/watch?v=eJ2SJsMwfe0&spfreload=10>

**Journey to the Beloved Community** by Beth Mount <http://www.bethmount.org/Projects.html>

**Just say Hi Campaign** <http://startwithhi.ca/why-hi/>

**Friends: Connecting People with Disabilities and Community Members (2013)** By A. Amado

This new manual provides concrete, "how-to" strategies for supporting relationships between people with disabilities and other community members. It describes why such friendships are important to people with disabilities and why it is important to promote community belonging and membership. The manual includes specific activities to guide users in creating a plan for connecting people. It is designed for agency staff, but can be used by parents, support coordinators, teachers, people with disabilities, and others to support community relationships. Additional Activity Worksheets are available in a separate document. Published by the Institute's Research and Training Center on Community Living.

Cost: Free. Available on the Web at

[http://rtc.umn.edu/docs/Friends\\_Connecting\\_people\\_with\\_disabilities\\_and\\_community\\_members.pdf](http://rtc.umn.edu/docs/Friends_Connecting_people_with_disabilities_and_community_members.pdf)

Additional activity worksheets available at [http://rtc.umn.edu/docs/Friends\\_Activity\\_worksheets.pdf](http://rtc.umn.edu/docs/Friends_Activity_worksheets.pdf)

### International You Tube Videos

A series of You Tube videos have been produced by Patti Scott and Dave Hasbury of Neighbours International, Inc. To get an idea of their work and creativity, take a look at these videos about the importance of relationships.

For additional information regarding Neighbours, visit their web site: <http://www.neighbours-inc.com/>

#### **Being Needed by the Pack**

<https://www.youtube.com/watch?v=UYDFz9i56ak>

#### **Coverage vs Relationships**

<https://www.youtube.com/watch?v=AqPPGfO4Qsw>

#### **Hardwired For Belonging**

<https://www.youtube.com/watch?v=-sc5rzCGK20>

#### **The Work Of Adolescence**

<https://www.youtube.com/watch?v=3sCUN2ueZQQ>

**"Asset-Based Community Development"** is a long name for some simple ideas. ABCD is about sharing the gifts and talents of all individuals, using the power of local associations, and understanding the supportive functions of service systems. Join us for an introduction to ABCD, hear stories about how one county is using it to help build connections and relationships, and learn how you can get started using these simple but powerful ideas. Deb Wisniewski from the ABCD Institute and Scott Marks from the Ohio Association of County Boards will explore the conceptual basis of ABCD and share real-life examples of how those methods have fostered meaningful community connections in Ohio. This presentation is aimed at those looking for innovative strategies to support people with disabilities in creating meaningful, lasting relationships within an inclusive community. <https://loopohio.org/events/abcd-asset-based-community-development/watch>

**The Asset-Based Community Development Institute (ABCD)** is at the center of a large and growing movement that considers local assets as the primary building blocks of sustainable community development. Building on the skills of local residents, the power of local associations, and the supportive functions of local institutions, asset-based community development draws upon existing community strengths to build stronger, more sustainable communities for the future. *"Building on the skills of local residents, the power of local associations, and the supportive functions of local institutions, asset-based community development draws upon existing community strengths to build stronger, more sustainable communities for the future."* <http://www.abcdinstitute.org>

**ABCD in Action** is **your** community - a place where we can learn together and from each other about how to apply the principles and practices of Asset-Based Community Development. Please join the discussion!  
<http://abcdinaction.org>

Good example of outcomes of Community Conversations [http://abcdinaction.ning.com/video/an-overview-of-richland-together-let-s-connect?xg\\_source=msg\\_mes\\_network](http://abcdinaction.ning.com/video/an-overview-of-richland-together-let-s-connect?xg_source=msg_mes_network)

**The Council on Quality Leadership (CQL)** Good example of social capital  
[https://www.youtube.com/watch?v=TP6X\\_E64g0c](https://www.youtube.com/watch?v=TP6X_E64g0c)

**Pathways to Independence Natural Supports** The goal of the Pathways to Independence Natural Supports project is to discover, support, and disseminate creative and promising approaches for supporting youth with disabilities to participate more fully and naturally in school, work, and community activities.  
<http://www.waisman.wisc.edu/naturalsupports/index.php>

## *Natural Supports in the Work Place*

**Teaching Networking Skills: Paving a Way to Jobs and Careers** (Teaching manual)

By: Allison Fleming, Colleen Condon & [Cecilia Gandolfo](#); Originally published: 8/2008

Suggested audiences: [Direct support professionals](#) & [Educators](#)

This curriculum is for trainers working with individuals with limited work experience; its goal is to help those job seekers to become engaged in career and job exploration through Networking. It is designed for professionals working with school-to-work transition-age youth, however it has broad applicability to others with limited work experience. This curriculum give students opportunities to practice and put into use networking skills such as: identifying their own network, approaching people, talking about their skills and interests, learning about what employers look for, exploring careers and job options, and exhibiting good business etiquette. Activities vary to accommodate diverse learning styles, and trainers can select lessons that fit the needs of their groups.

[http://www.communityinclusion.org/article.php?article\\_id=251](http://www.communityinclusion.org/article.php?article_id=251)

**The Building Friendships at Work Toolkit** is a downloadable PDF created through the Widening the Circle project sponsored by the Arc of Massachusetts. The guide is a helpful resource for employers, job specialists, and job coaches seeking to build relationships between employees, specifically those with disabilities and those without disabilities, in the work context. The guide includes several moving personal stories about the importance of employment and building work friendships for individuals with disabilities. The toolkit includes tangible and practical ways to promote relationship building in the work place.

In addition to these suggestions, the toolkit offers an extensive appendix section that has many other resources, assessment tools for employers, and other tips for promoting inclusion.

**Download the "Building Friendships at Work" Toolkit**

[http://employmentfirstma.org/files/FRIENDSHIPS\\_AT\\_WORK\\_TOOLKIT.pdf](http://employmentfirstma.org/files/FRIENDSHIPS_AT_WORK_TOOLKIT.pdf)

**Check out more information on the Widening the Circle Project!**

<http://thearcofmass.org/programs/widening-the-circle/>

## International Resources

YOU'RE  
WELCOME

Evidence from around the world abounds, while in the UK it is still growing. One of the places to watch over the next few years is one of our major ABCD initiatives in Gloucestershire, called '\*\*You're Welcome'. Here we are putting our assertions to the test and inviting people on the margins to the centre of a community building effort. In an exciting collaboration with the Barnwood Trust we have set out to build more welcoming and hospitable local communities across the County in the belief that it is better to focus on people's strengths, not their labels. Some think this initiative is a leap into the unknown, and yet are convinced that it is the right approach to take and are prepared to feel the fear and do it anyway. Others have too much of an investment in the status quo to move from their current position. Yet others are ready for turning but need evidence before they will come around to our way of asset based thinking. So where do we look for proof that, for example, being deaf is not a problem in itself, but that the absence of a hospitable community is? <http://www.yourewelcome.to/>  
<http://www.get2getherclub.com/>  
<http://www.mypeopleandplaces.co.uk/>



Improving lives THROUGH  
supports and services  
THAT FOSTER self-determination.

[www.dmh.mo.gov/dd](http://www.dmh.mo.gov/dd)

MISSOURI DEPARTMENT OF MENTAL HEALTH

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