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# It Takes A Village: A Discussion on Building a Support Network and the Role of a Professional & Peer Support Team

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## Professional Disclosure

- I am a Licensed Clinical Social Worker currently licensed for the state of Missouri. I will be providing information for review and discussion today which will be cited by each reference.
- There will be no clinical recommendations provided during this session.
- I have received a speaking engagement fee from the PRISMS Board of Directors and have no relevant nonfinancial relationship to report at this time.

# How we will spend our time together:

- Discuss: Importance of a support network & the types of networks available
- Assess: Where do we have gaps in our own current networks
- Brainstorm: Additional opportunities for expansion
- Questions & Encouragement



# Importance Of Building A Support Network



## Discussion:

- Shout out some positive gains/wins from having a strong support network?

# I think of:

- Increased knowledge, experience, and opportunity





# I also think of.....

- Emotional Support
- Normalization
- Affirmation
- Connection





# Connection:

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- How would you say you rate and/or prioritize cultivating connection over completing tasks?



**And last but  
not least....**

**Fun & Celebration!**







## Types of Available Networks:

- Peer (experienced/non-experienced)
- Professional
- Community
- Spiritual
- Academic



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## Assessment/Self Reflection:

- 1.) Where are you at with your current level of support networks?
- 2.) Where do you have room to grow?



## Brainstorming:

- What keeps us from expanding our network?
  - fear of bias
  - potential expectations
  - time
- What could the cost be if we didn't expand our network?
- Potential Solutions-



Questions (?)

Comments

Encouragement

Note\* References will be provided via handout provided by speaker at time of educational session.



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