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

Landre Kingdon, LCSW August 5th, 2022







- I am a Licensed Clinical Social Worker currently **Envisioning** the Possibilities
 - 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:

 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





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-





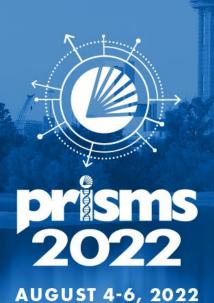
Questions (?)

Comments

Encouragement

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







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