

COMMUNITY SERVICE ENGAGEMENT TIPS

Department of Psychiatry and Behavioral
Sciences

My Community Involvement: Rakofsky

- Board member, Sean Costello Memorial Fund for Bipolar Research board
- Board member, American Foundation for Suicide Prevention, Metro Atlanta Chapter
- Guest speaker: DBSA, NAMI, Skyland Trail, etc.

How I Got Involved

- SCMF: I was introduced to the President of the board
- AFSP: I received an invitation to join the board
- Guest speaker: I actively pursued speaking opportunities/received invitations to speak

Tips for Community Involvement

- Seek out organizations with missions that align with your interests, values, ideology
- Identify the skill set that you would like to bring to the organization (e.g. creativity, psychiatric knowledge, leadership, a social/professional network)
- Network, network, network!

My Community Involvement: Druss



EMORY
UNIVERSITY

Center for
Behavioral
Health Policy
Studies

Georgia
Mental Health
Consumer
Network



How I Got Involved

- Serendipity
- Necessity
- Being at Emory for 12 years

Tips for Community Involvement

- Build relationships with potential community partners
 - What are they most excited by?
 - What is coming up on the horizon?
 - What keeps them up at night?
- Be useful to your community partners and identify win-win opportunities

My Community Involvement: Collins

- Emory Community:
 - Co-Chair Senate Diversity Committee
 - Advisory Council for Community and Diversity
 - Emory SOM Urban Health Initiative Advisory Board

National:

- American Psychological Association Committee on Youth and Families

Local Community:

- Mental Health Advisor, St. Mark AME Church Health and Wellness Commission
- L.E.A.D. Mentorship Program, Delta Sigma Theta Sorority, Inc.

How I Got Involved

The Journey Begins in YOU

- My Passions

- Diversity Issues (PCORE, TCP, ACCD, Senate Diversity, Class and Labor)
- Gender (PCSW)
- Underserved (CYF, Urban Health Initiative)
- Community Empowerment (Faith based organizations, Community organizations)

Tips for Community Involvement

- Openness to systemic change
- Desire to make a difference (passions)
- Inform mentors and colleagues of areas of interest
- Awareness of Emory outside of SOM and Psychiatry
- Attending relevant Emory organizational start-ups (TCP; Urban Health Initiative)
- Caution: Over-involvement

My Community Involvement: Rosen

- I am currently working in a hybrid role in our Department and the title that I have is Director of Projects- Constituent Relations.
- I have been involved in local professional groups and in statewide organizations such as the GHA in various roles.
- I support the Department's involvement in everything from mental health fairs to community walks to Emory Friends of Psychiatry- the Department's advisory group.
- At various organizations, I am called upon to talk about Emory Psychiatry and all that we do.
- I was involved in various committees for many years in Jewish Federation of Atlanta as well as JFCS.

How I Got Involved

- I attended meetings, conferences and other events.
- I met people through my children's activities and schools who encouraged me to get involved in different activities and causes.
- I found things that affected my life and got involved because of this.
- Following up with new people is important and a great way to get involved in your community.
- Organizations always need more help and volunteering is a great way to decide if this is a group that you want to assist.

Tips for Community Involvement

- Find events and activities that resonate with you and attend them.
- Get involved in groups or activities where you believe in what they are doing.
- Volunteer in any capacity that you think might be helpful and offer your expertise in that area.
- Don't be afraid to say no to a group if you are not comfortable with their values.
- Do not be afraid to leave an organization when you no longer agree with the direction an organization/group is moving in.
- Above all, get involved in causes/groups where you feel good about what they are doing .

My Community Involvement: Howell

- TA/Consultation – local/state/regional/national
- PSA's/Media Efforts – radio spots, press releases, NCM theater ad
- Board Memberships
- Exhibits/Displays
- Materials development – website, curriculums, fact sheets/brochures, newsletter articles
- Trainings/workshops –
 - 2013-2014 = 2000 trained as of 9/30
 - 2012-2013 = 4000 trained

How I Got Involved

- Website (www.emory.edu/MSACD)
- Emory Neurodevelopmental Exposures Clinic
- Training professionals and public
- Consultation with community groups
- Prevention materials and curriculums
- National Conferences (Spray Foundation)
- Teratology Information Services (TIS):
 Mother to Baby Georgia “warmline”

Tips for Community Involvement

- Start small – parent group, local chapter, etc.
- Show up!
- Join!
- Constantly do a mini “needs assessment” in your head
- No honorarium/fee
- Be seen as cooperative, knowledgeable, accessible
- Offer TA/consultation
- Create materials that communities can use to further their efforts and yours
- Media involvement, as allowed via Emory

My Community Involvement: Byrd

- Coalition Building
 - Atlanta Area Coalition for Older Adults and Behavioral Health
 - Previous Chair
 - Current Chair, Cathy Rambach, Fuqua Center Program Manager, Workforce Development
 - Georgia Coalition for Older Adults and Behavioral Health
 - Cross education between DBHDD and DAS
 - Behavioral Health Services Coalition
 - Alzheimer's State Plan Committee
- Trainings in Evidence-Base Practices
 - Mental Health First Aid, PEARLS, IMPACT
- Sickness Prevention Achieved through Regional Collaboration (SPARCs)
 - depression screening and education
- Department of Behavioral Health, Developmental Disabilities and Fuqua Center Collaboration
 - Building capacity to care for older adults with SPMI
- ARC/ Atlanta Housing Partnership – Housing and BH Services Network
- Boards: Community Friendship, Inc, Mental Health America, Georgia Mental Health Planning and Advisory Council

How I Got Involved

- Fuqua Center for Late-Life Depression's Mission:
 - Raise community awareness regarding depression in older adults
 - Improve older adults' access to care
- Fuqua Center Advisory Council
 - Membership picked for various areas of expertise and ties to organizations
 - 20+ members
 - Forever ambassadors

Tips for Community Involvement

- Information regarding behavioral health disorders is in great demand by the general public and organizations that work with various age groups and have various purposes
 - YOUR knowledge is needed!!
 - Find a niche where access will also benefit your programs in teaching, research or clinical practice
 - Engage with organizations where you have something to learn as well
 - Fuqua Center started working with Aging Services 15 years ago when public mental health had no interest in geriatric care, now we are seen as the experts that bridge the gap between aging services and behavioral health care