Thank you for joining us!
Today

- Brief CBPR Team introduction
- Logistics
  - Meeting times and location
  - Gift cards
  - Transportation
- Workshop overview
- Research overview
  - Informed consent
  - Survey
- Ground Rules for Workshops
- Introduction to Self Care
CBPR Team introduction

• CBPR= Community based participatory research. Our team has put together these workshops based on our lived experience and included resources that have helped us on our journeys.

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• Rodney Lee Lewis
• Sylvia Cole

• Clarence Deisch
• Lindy Carrow
• Richard Rowe
Workshop Overview

1. Introduction to Self Care
2. Making Better Choices
3. Managing your Health Care
4. Growing and Accessing your Support Network
5. How to Advocate for Yourself
Research Overview

• Are these workshops helpful?
  • Do they help participants build skills and confidence in accessing health care?
Informed consent

- Please, ask questions!
• Let us know if you would like help filling out the survey!
Group Expectations

• Respect
• Confidentiality
• Time

• What do these things mean to us?
• What else should we add?
Self-Care Management

What is self care?
Why are we here?

• Many African Americans who have experienced or are living with Mental Health Issues face the same expectations and challenges as others.
• We are expected to balance a personal life, family, work, and home life.
• Self care is the confidence in your ability to change. It is the key ingredient for success.
• Self-Care is necessary for your overall well-being.
Learning Outcomes

• On completion of this workshop, we hope participants will:
  • Have helpful tools, skills, and activities for their self care
  • Stay engaged on a regular basis with their health care provider
  • Improve their ability to cope with mental health issues
  • Increase their confidence in accessing needed health care service, enhancing their overall well-being
Definition of Self-Care

The individual taking responsibility for their own health and well-being. Self-Care means each of us being responsible for:

- Eating Well
- Managing our thoughts and our emotions
- Managing our environments (internal and external)
- Understanding and caring for our long term conditions
- Getting regular exercise having enough rest and relaxation
- Drinking sensibly
- Not Smoking
- Taking responsibility to look after ourselves
- Being able to socialize with others and be involved in our communities
- Financial stability

Think of wellbeing as all of the choices we make to keep our bodies, minds, and social lives in good shape.
7 Principles of Self-Care*

• Ensure people are able to make informed choices to manage their self care needs
• Communicate effectively to enable people to assess their needs, and develop and gain confidence in self care
• Support and enable people to access appropriate information to manage their self care needs
• Support and enable people to develop in self care
• Support and enable people to use technology to support self care
• Advise people how to access support networks and participate in the planning, development and evaluation of service
• Support and enable risk management and risk taking to maximize independence and choice
Create your own self-care

• A self-care plan can help you enhance your health and wellbeing, and manage your stress. Learn to identify activities and practices that support your wellbeing and help you sustain positive self-care in the long-term.
References

• *Adapted from Common Core Principles to support self-care (http://www.skillsforcare.org.uk/document-library/skills/self-care/commoncoreprinciples.pdf)