



How to be a Joiner

Finding the Social Support You Need

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Veteran Services

Homelessness prevention/stabilization, parenting programs, financial assistance, and behavioral healthcare for Veterans and their families.



Community Services

Housing and employment for Veterans, families, seniors, children, and individuals requiring case management, clinical services, and life-skills training.



Migrant Services

Direct care, migrant wellness support, case management, home study and post-release services, staffing, and holistic programming for unaccompanied migrant children and families.



Emergency Services

Disaster relief and recovery, staffing, and case management helps our community's most vulnerable individuals, including victims of hurricanes, tornadoes, public health crises, and inclement weather.



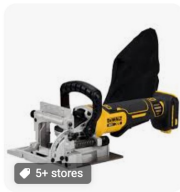
Training Objectives

1. Learn about six principles of wellness that frame a social connectedness program.
2. Understand connectedness as a basic human need.
3. Learn about how to identify your own connectedness style.

What is a Joiner



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Carpenter, Carpentry, Wood ...



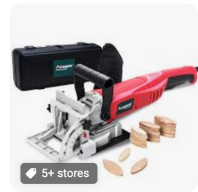
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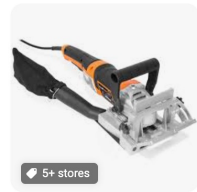
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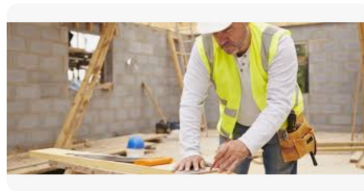
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Carpenter and Joiner ...



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Biscuit Joiner Spline Slots I ...



Wallpaper Flare
HD wallpaper: construction, learning ...



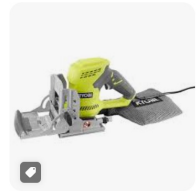
Your Career
Carpenter and Joiner | Your Career



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DeWalt DW682K Plate Join...



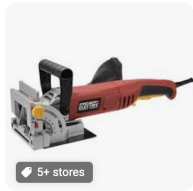
Facebook
Anthony 'AJ' Joiner



The Home Depot · In stock



Collage of Biological



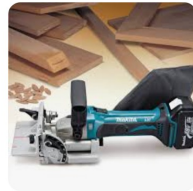
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Arizona Athletics



Tool Rev R177

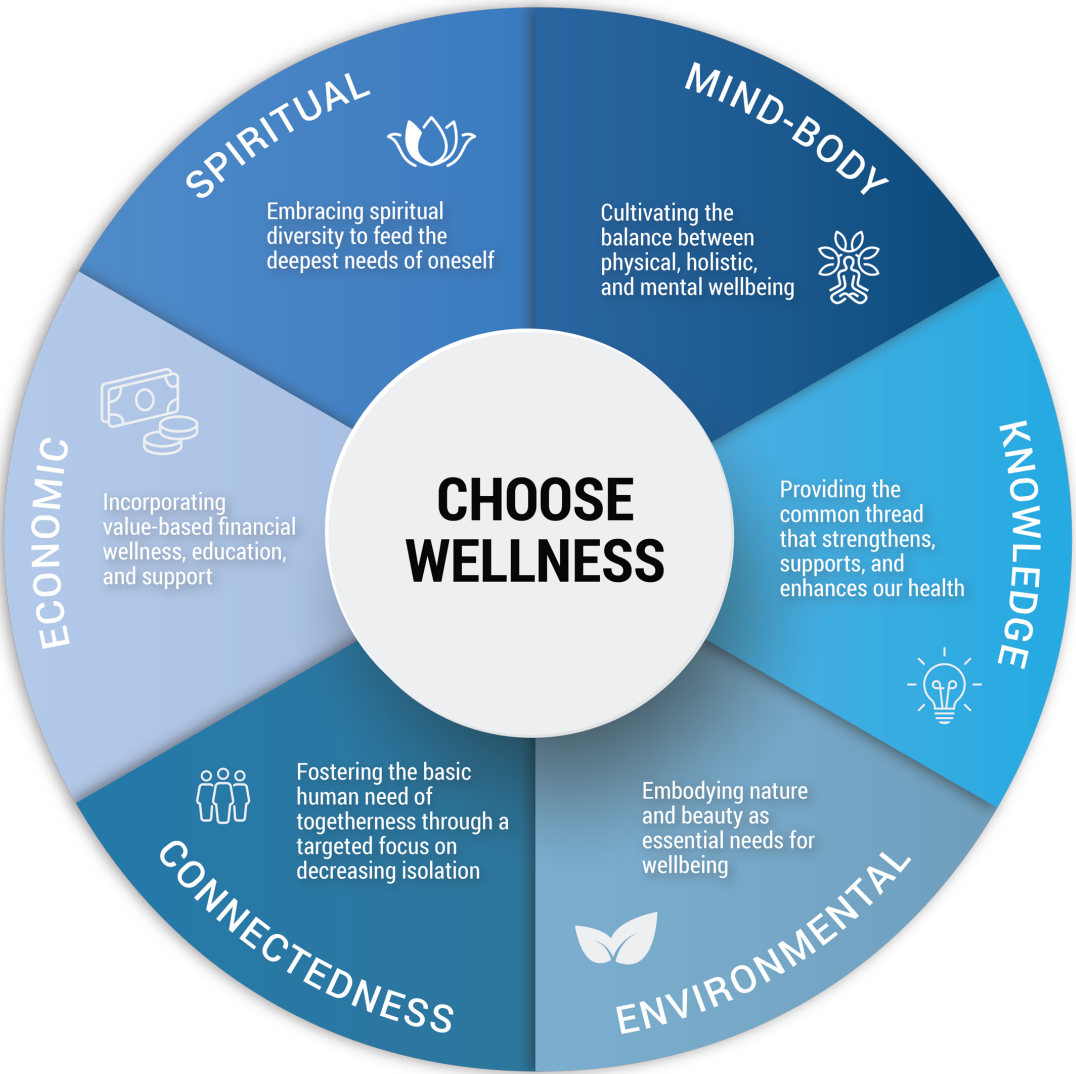


Access Training



What is a Joiner

Wellness Model





WHY

Suicide
Prevention

Stable
supportive
social group

Less likely

Mental Health

Fosters Good
Health

Supports
Recovery,
Healing &
Stabilization

Connectedness

Greatest
Need

Vital



Terms

Prevalence

Urgency

Connectedness

Definitions

- The experience of belonging to a social relationship or network.
- The concept of Social Capital
- “A type of “capital” resulting from social relationships between people, including physical health, mental health, life skills, and perceptions of wellbeing”

Research

- 2,796 workers in Shanghai surveyed and those with more social capital had better mental health overall.
- Female poultry line workers in Brazil who had higher social capital had lower stress, less depression and anxiety and better health-related behaviors.

How much social Capital Do You Have?

- Social Capital Quiz
- Measures the amount and the sources of social capital in your life, zeroing in on online vs. offline capital.
- Developed by Dmitri Williams, University of Illinois professor.
- Williams, D. (2006). "On and Off the 'Net: Scales for Social Capital in an Online Era." *Journal of Computer-Mediated Communication*, 11, 593–628.



Social Connectedness Scale

- Assesses the degree to which youth feel connected to others in their social environment.
- High reliability/validity
- Target Population: Age 14-18
- The higher score indicates more connectedness to others.

• Resource

- Lee, R. M., & Robbins S. B. (1995). Measuring belongingness: The social connectedness and the social assurance scales. *Journal of Counseling Psychology*, 42, 232-241.
- Sabitelli, R., & Anderson, S. A. (2005). Assessing Outcomes in Child and Youth Programs: A Practical Handbook, Revised Edition (62-63).

The Social Connectedness Scale

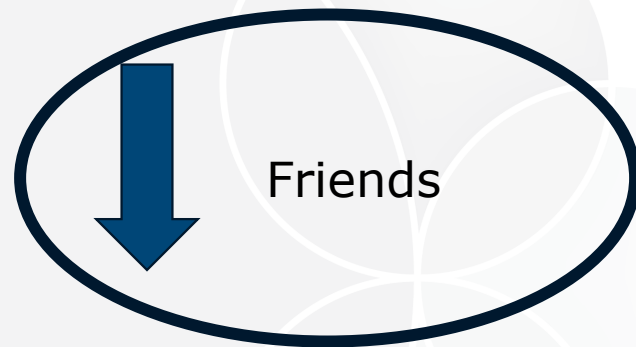
Circle the answer that shows how much you agree or disagree with each of the following statements.

1. I feel disconnected from the world around me.	Strongly Agree 1	2	3	4	5	Strongly Disagree 6
2. Even around people I know, I don't feel that I really belong.	Strongly Agree 1	2	3	4	5	Strongly Disagree 6
3. I feel so distant from people.	Strongly Agree 1	2	3	4	5	Strongly Disagree 6
4. I have no sense of togetherness with my peers.	Strongly Agree 1	2	3	4	5	Strongly Disagree 6
5. I don't feel related to anyone.	Strongly Agree 1	2	3	4	5	Strongly Disagree 6
6. I catch myself losing all sense of connectedness with society.	Strongly Agree 1	2	3	4	5	Strongly Disagree 6
7. Even among my friends, there is no sense of brother/sisterhood.	Strongly Agree 1	2	3	4	5	Strongly Disagree 6
8. I don't feel that I participate with anyone or any group.	Strongly Agree 1	2	3	4	5	Strongly Disagree 6

<https://youthrex.com/wp-content/uploads/2019/10/The-Social-Connectedness-Scale-Revised.pdf>

Loneliness

- Loneliness as a feeling of disconnection, lack of significant emotional relationships with others.
- Reactions to Loneliness: acute emotional reactions, anxiety, depression.



UCLA Loneliness Scale

- UCLA Loneliness Scale explores a persons subjective feelings of loneliness and social isolation.
- Target Population: Teens & Adults

Resource

- Russell, D. W. (1996). UCLA Loneliness Scale (Version 3): Reliability, validity, and factor structure. *Journal of personality assessment*, 66(1), 20-40.
- <https://sparqtools.org/wp-content/uploads/2018/06/UCLA-Loneliness-Scale-Version-3.pdf>
- <https://sparqtools.org/mobility-measure/ucla-loneliness-scale-version-3/>

Social Isolation

Three-Item Loneliness Scale

- Adults
- Best used as a Screener.
- Scoring: 1=Hardly Ever
2= Some of the Time
3=Often; Higher Scores indicate greater degrees of loneliness.

Source:

Hughes, M. E., Waite, L. J., Hawkley, L. C., & Cacioppo, J. T. (2004). A short scale for measuring loneliness in large surveys: Results from two population-based studies. *Research on Aging*, 26(6), 655-672

Questions

- How often do you feel that you lack companionship: Hardly Ever, Some of the time, or Often?
- How often do you feel left out: Hardly Ever, Some of the Time or Often?
- How often do you feel isolated from others: Hardly Ever, Some of the Time, or Often?

Caring Contacts

- Letters, mailers, postcards sent to a target population of clients with risk factors for suicide and other impacts to their mental health.
- Simple in concept complex in implementation
- Goals: maintain/increase rapport; Increase sense of belonging and connectedness; remind treatment options; Provide positive contact during any gaps in care.
- Supports suicide prevention and transitions in care.

A simple Act OF
Caring
Creates AN
Endless Ripple

LOVE EACH OTHER DEEPLY/REACTIVELY

Reger, M. A., Luxton, D. D., Tucker, R. P., Comtois, K. A., Keen, A. D., Landes, S. J., Matarazzo, B. B., & Thompson, C. (2017). Implementation methods for the caring contacts suicide prevention intervention. *Professional Psychology: Research and Practice*, 48(5), 369–377. <https://doi.org/10.1037/pro0000134>

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- Sabitelli, R., & Anderson, S. A. (2005). *Assessing Outcomes in Child and Youth Programs: A Practical Handbook*, Revised Edition (62-63).

Thank You

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