

Community-Centered Celebrations

Knowledge & Experience

Instructions: Please read and complete the eight phases of a community-centered celebration. For more information about the Community-Centered Celebration, please read Chapter V (pages 77-93) of Mending Broken Hearts, by John McGee, Ph.D.

Name _____ **Today's Date** _____

Our mission is to build companionship and community. The Community-Centered Celebration is a beautiful time to gather and honor the person, and to celebrate the community that we've worked hard to build. Today, we're going to learn more about facilitating a Community-Centered Celebration (CCC).

Objectives:

- learning our role as a member during a Community-Centered Celebration
- learning the eight phases of the Community Centered Celebration

Important Notes

- The CCC gives both the individual and his caregivers an opportunity be valued. Building stronger relationships between mentors, caregivers, the individual, and other stakeholders will result in a more healthy, stable environment for the Individual, caregivers, and mentors.
- This is an opportunity to honor the caregivers and mentors for all your hard work. It's time to "blow your own horn" to show others where we've been, where we are, and where we're going.
- This CCC process is simple. Similar to a PCP, but tweaked for our Gentle Teaching mission, the CCC is not complicated.
- The CCC should flow very smoothly if we've truly been teaching and modeling for the individual and truly been present with each other and the individual. This is a time to show off the progress we've all made.
- Recall that we introduce the CCC to crewmembers during the teaching about the QoL Model.

Why do we need a CCC, when we have the PCP?

- Recall that we participate in the PCP process to determine the Personal Profile, the Vision for the Future, and the Action Plan (which becomes the ISP).
- The PCP process aims for independence, while the CCC aims for interdependence. The PCP is person-centered, but the CCC focuses on the community. Both processes talk about dreaming and creating a vision, but the CCC process allows us to truly dream pictures of the Individual feeling safe, loved, loving, and engaged in the future.
- The CCC is truly a "celebration", not just a "process" of setting goals.

INTRODUCTION TO THE CCC

Community-Centered Celebrations are an on-going process of deepening and broadening a spirit of companionship and community between a supported person and his/her circle of friends. They are a time to honor the Individual, to reflect on our journey toward companionship and community, and to dream about what is yet to come. The celebrations, which occur quarterly, require active participation from the Individual and circle of friends. During the celebration, the group reflects on the person's feelings of being safe, engaged, and valued, and his/her actions of returning valuing. This is a time to ask:

- Where do we go from here?
- How much more deeply can we support the person in his/her community?
- What are our dreams now?
- How can we support the person and the community even more?

The dreams that emerge from this dialogue reflect the needs and longings of the community and the supported person. The circle of friends enters into a collective decision-making process about what is good and just for everyone involved. The process includes up to eight phases that occur throughout the year. These phases need to involve the entire circle where each member plays a different role, but where everyone is united by a sense of companionship and community. It is important that the celebrations be flexible to account for the needs of the Individual at the time. The celebrations are the high-point, but the process is on-going and calls for a sense of deep and abiding friendship.

Please read the following eight phases and answer the questions as it relates to an individual you serve.

Phase 1 - An on-going process - making sure that the person has a circle of friends with a deep commitment to companionship. *List Friends and their role in the individual's life.*

<i>Friends In One's Life</i>	<i>Involvement with the Individual</i>

Phase 2 - Dreaming: Happening during the year's celebration - imagining the most beautiful future possible. *Create four dreams of the Individual's future in the long-term.*

Feeling Safe includes being grounded, knowing one's place in the world, feeling self-worth, having a circle of friends, accepting others, feeling comfortable with one's caregivers, and feeling supported.

Sample Pictures of Feeling Safe:

- I see Elaine running toward her favorite caregiver when she comes home from work.
- I see Elaine sitting with her housemate eating supper.
- I see Elaine smiling when she comes home from visiting her family.

<i>Collective Picture of Feeling Safe</i>

Feeling Engaged includes spending time with others, seeking out others, finding joy in others, offering to help, having opportunities for meaningful activities, taking pride in hobbies, and participating with others.

Sample Pictures of Feeling Engaged:

- I see Elaine playing cards with her housemate.
- I see Elaine and her housemate washing dishes together.
- I see Elaine working in supported work with a favorite caregiver.

<i>Collective Picture of Feeling Engaged</i>

Feeling Valued includes feeling loved by family and friends, recognizing one’s own worth, feeling connected to others, taking pride in relationships, and finding meaning in time spent with others.

Sample Pictures of Feeling Valued:

- I see Elaine with her head held high and a smile on her face.
- I see Elaine talking excitedly about an experience with a friend.
- I see Elaine showing her caregiver her newest family photo.

<i>Collective Picture of Feeling Valued</i>

Returning Valuing includes reaching out to family and friends, showing empathy toward others, offering to help others, sharing one’s possessions, demonstrating acts of kindness, and offering warmth through one’s presence, touch, eye-contact, and words.

Sample Pictures of Returning Valuing:

- I see Elaine initiating a hug with her friend.
- I see Elaine offering to help her mother set the table.
- I see Elaine thanking her caregiver for being present.

<i>Collective Picture of Returning Valuing</i>

Phase 3 Breaking down the dream: Looking at the possibilities of the dream for the coming year. *Detail the parts of the long-term dream that you envision occurring this coming year.*

<i>Dream for this Year</i>

Phase 4. Grounding in the here-and-now: Taking the year’s dream and seeing what we can do right now. *List possible barriers and ideas for how the Individual might be supported.*

Examples:

- If John always wants to eat alone, brainstorm ideas for helping John feel safe eating with others.
- If John dislikes his housemate, brainstorm ideas for helping John form relationships with peers in the community.
- If John’s caregivers are experiencing discord in how best to support him, brainstorm ideas for bringing each other back onto the same page.

<i>Current Barriers</i>	<i>Ideas for Support</i>

Phase 5. Expanding the circle of support Enrolling other individuals to help the circle of friends. *Brainstorm other people who might be able to help the individual as the community works to make the dream a reality.*

Examples:

- Neighbor who can take John to church on Sundays
- Counselor at summer camp who can facilitate activities between John and his peers
- Therapist who can teach John’s caregivers how to do some of his exercises at home

<i>Potential Support People</i>	<i>Intended Involvement with the Individual</i>

Phase 6. Strengthening the circle of friends: Making sure that the circle deepens its sense of community and dedication to the person. *Brainstorm ideas for how the community can better support the individual.*

<i>Ideas to Strengthen the Circle of Friends</i>

Phase 7. Taking the first steps toward the collective dream Describing what each member of the circle commits him/herself to in the near future. *Detail simple goals toward the dreams that can be accomplished in the next 3 months.*

<i>Friend</i>	<i>Commitment over next Three Months</i>

Phase 8. Ending the celebration and moving on! Having a way to end the celebration in a joyful way and to ensure continuity and the fulfillment of all promises. *Imagine one final concluding picture of the individual feeling safe, valued, returning valuing, and engaged.*

<i>Concluding Picture</i>