

Building Bridges Community Resource Guide

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INTRODUCTION

- Regulate Your is a mental health private practice that offers outpatient therapy services to children, adolescents, adults, couples and families. The practice primarily focuses on trauma-informed care, individualized treatment planning, and promoting the development of emotional regulation skills in clients. The clinical staff is prepared to address diverse client needs, such as anxiety, depression, ADHD, family stressors, and behavioral concerns.
- The intent behind this work is to put together a detailed guide of community resources that the clinicians can utilize in supporting the clients who would be the recipients of the services beyond the therapy setting. This guide intends to make the access of local state resources easier by categorizing them in a more understandable manner and making sure that every piece of information is correct, up-to-date, and suitable for the client's needs. In this way, the project, through the input of the clinicians and the review of the existing materials, wants to create a practical tool that will lead the process of care to be more continuous and create more opportunities for the clients to build relationships with community supports services available at the local and state levels, all in one guide.

OBJECTIVE

- To create a comprehensive Community Resource Guide that provides clients with accessible information about local and statewide services

RELATED LITERATURE

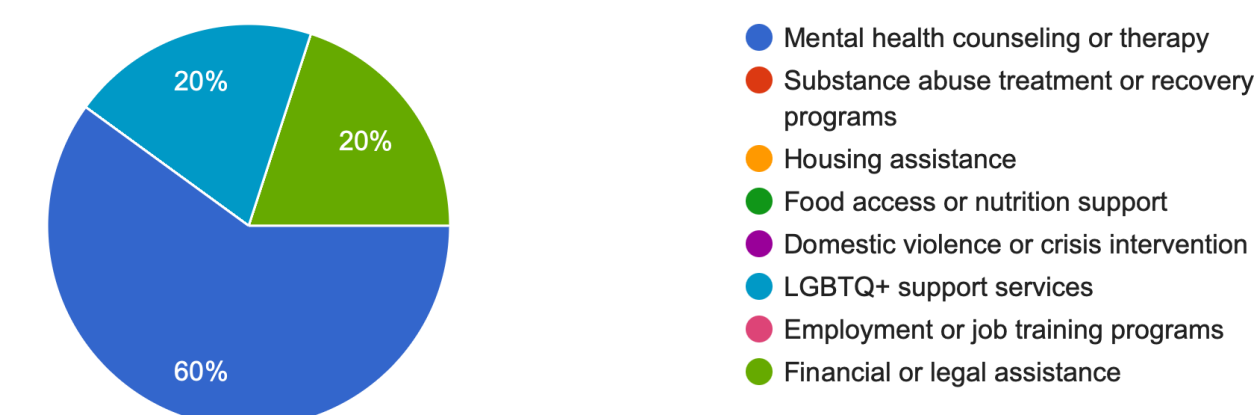
- Substance Abuse and Mental Health Services Administration (2023), gives the point that the chain of clients to community-based services is the main factor to recovery outcomes and long-term stability.
- Centers for Disease Control and Prevention (2022), stated that when social determinants of health, such as housing, education and access to care, are properly addressed, mental health and general well-being improve drastically.
- National Alliance on Mental Illness (2021), suggests that the clients who get the connection to the external support sources, like peer groups and the programs for financial aid, are more active and less likely to relapse.

MATERIALS & METHODS

- **Community Resource Guide Draft**
 - An early version of a resource guide created by a clinician was reviewed to identify which resources were outdated, which links still worked, and what categories needed expansion.
- **Clinician Survey**
 - A survey was created using Google Forms to gather input from clinicians about:
 - Which resource categories they use most
 - What resources they feel are missing
 - What would be most helpful to include for clients
 - The survey included a mix of multiple-choice, ranking, and open-response questions.
- **Survey Development Process**
 - Questions were drafted based on:
 - Trends in client needs observed during scheduling and intake
 - Resources most requested by clients
 - Supervisor recommendations about categories to include
 - The survey draft was reviewed by the site supervisor before sending it out.
- **Survey Distribution**
 - After approval, the survey link was emailed to all clinicians.
 - A brief introduction explained the purpose of the project and why their input was important.
 - Clinicians were given several days to complete the survey.
- **Data Review & Resource Verification**
 - Survey responses were reviewed to identify the most commonly requested categories.
 - Each suggested organization was checked for:
 - Updated contact information
 - Correct website links
 - Whether they were still accepting clients
 - Additional Massachusetts-based resources were added
- **Guide Organization**
 - Resources were placed into standardized categories (e.g., mental health, housing, LGBTQ+, disability support).
 - A uniform table format was used for consistency across sections.

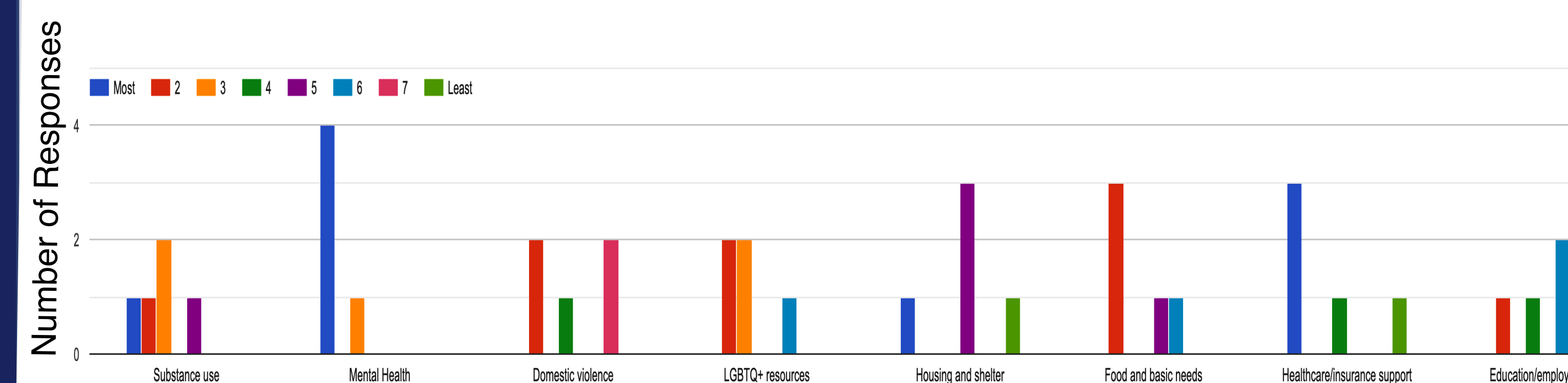
RESULTS

1. What types of community resources do your clients request most often?
5 responses



- Most Frequently Requested Client Resources
 - Mental health counseling/therapy (60% of responses).
 - Food accessor nutrition support (20% of responses)
 - LGBTQ+ support service (20% of responses)
 - Substance use, housing, DV, employment, or legal assistance (0% response)

2. Which categories of resources would be most helpful to include in the guide? (Rank the following 1-8, with 1 being highest priority)



- Highest Priority Resource Categories (Ranked)
 - Mental Health was ranked as the highest-priority
 - Substance Use, Domestic Violence, and Housing/Shelter appeared as secondary priority areas.
 - Food and Basic Needs was identified as a medium-level priority.
 - LGBTQ+ resources, Healthcare/insurance support, and Education/employment were rated as useful but lower-priority compared to mental health.

CONCLUSIONS

Survey results indicated that clinicians require resources related to mental health more than anything else. This is followed by the need for food access, LGBTQ+ support, housing, and safety services.

Taking this input, the Community Resource Guide was structured around the most significant categories and refreshed with up-to-date and accurate information. By aligning the guide with the survey-identified needs, it is essentially a handy tool for clinicians to empower clients and link them to the services they trust most.

REFERENCES

- Centers for Disease Control and Prevention. (2022). *Social Determinants of Health (SDOH)*. Centers for Disease Control and Prevention. <https://www.cdc.gov/about/priorities/why-is-addressing-sdoh-important.html>
- National Alliance on Mental Illness (NAMI). (2021). *Community support and mental health recovery*. <https://www.nami.org/>
- Substance Abuse and Mental Health Services Administration. (2023). *Connecting communities to recovery: Improving outcomes through community partnerships*. U.S. Department of Health & Human Services. <https://www.samhsa.gov/>

Link for the Community Resource Guide:

<https://docs.google.com/document/d/1dzaVvg7F1ftoDp5Oa4qdylaKEEPBNPwIVHjyXSoS4I/edit?usp=sharing>

