



Southeast (HHS Region 4)

PTTC

Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Practical Skills in Prevention Series: Nurturing a Sense of Belonging

November 1, 2023

Presented by

Colber Prosper, M.S.

CEO of Prosper & Partners

International Consulting Firm, LLC





Southeast (HHS Region 4)

PTTC

Prevention Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

Disclaimer

- This training is 100% supported SAMHSA of the U.S. Department of Health and Human Services (HHS).
- The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by SAMHSA/HHS, or the U.S. Government.

The use of affirming language inspires hope.

LANGUAGE MATTERS.

Words have power.

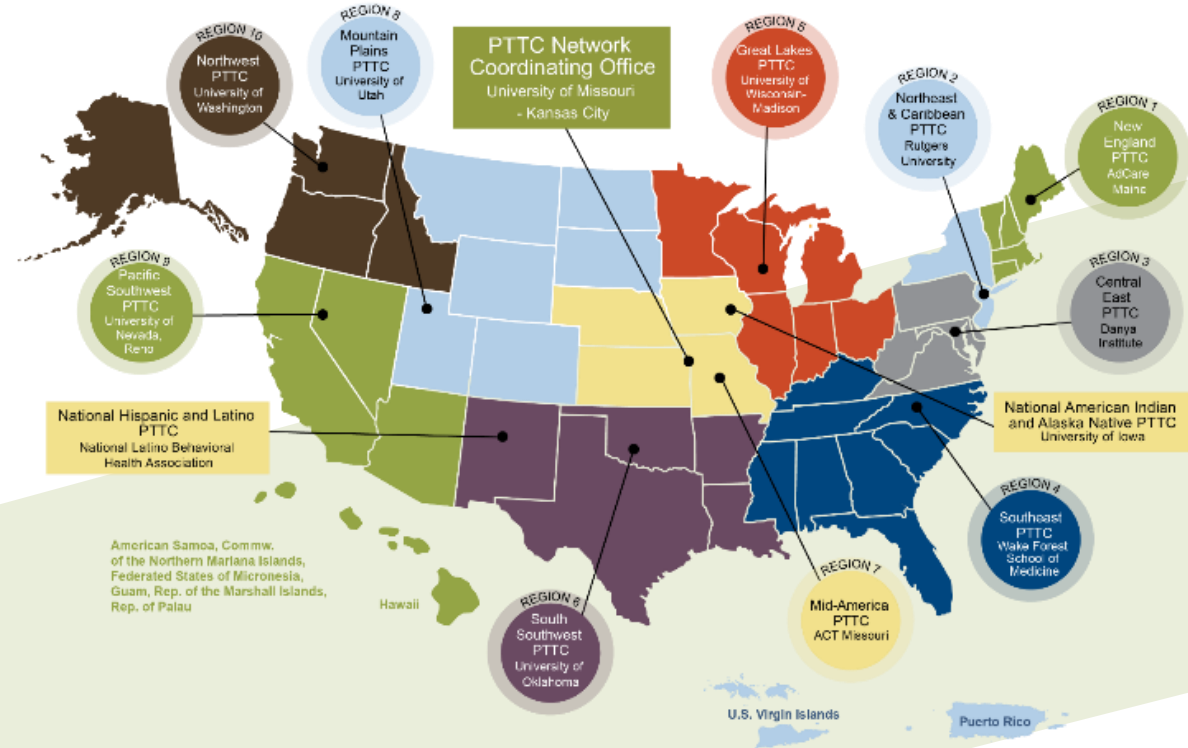
PEOPLE FIRST.

The PTTC Network uses affirming language to promote the application of evidence-based and culturally informed practices.



PTTC Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

PTTC Network



Co-Directors
Kimberly Wagoner, DrPH, MPH
and Mark Wolfson, PhD

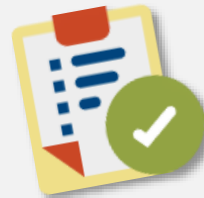


Wake Forest University
School of Medicine

Housekeeping

After the webinar:

Complete the
Evaluation Form



to gain access to

A download of the
**Certificate of
Attendance**



**Webinar
Recording**
available in 2-3
days on our
You Tube



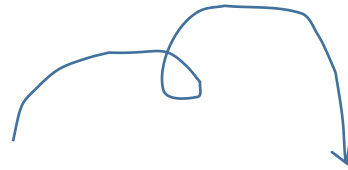
Southeast (HHS Region 4)

PTTC

Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

**Bottom of our main
webpage**

pttcnetwork.org/southeast



JOIN OUR EMAIL LIST
Stay up to date on what's happening in our region.
SUBSCRIBE

WATCH OUR YOUTUBE CHANNEL
Watch our entire webinar series and subscribe for future episodes.
WATCH

Sign up for our newsletter here!



TONS of great trainings to share/watch with your coalition members

Upcoming Events

Practical Skills in Prevention Series: Contagious Leadership! If there is such a thing?

November 8th

Empowering Prevention Professionals: A Deep Drive into Certification, Equity, and Essential Resources

December 7th

December 5th

HIV A to Z: An Interactive Training for Prevention & Treatment Providers

<https://pttcnetwork.org/centers/southeast-pttc/southeast-pttc-webinars>

Today's Presenter





PROSPER
— & —
PARTNERS

Nurturing a Sense of Belonging

Southeast - PTTC

Colber Prosper, M.S.
CEO of Prosper & Partners, LLC



COMMISSION ON
SUBSTANCE ABUSE

Building Healthier Communities



YOUTH SPOTLIGHT

Jaleyna
Lawes

NYAC MEMBER



CHANICE LEE



Prosper & Partners, LLC

Our Vision – A transformative team of do-gooders that assists professionals, organizations, and communities around the world to work better together

Our Mission – We listen to you. We then use tools from diverse disciplines to provide a strategic process and tailored trainings that achieve your goals while helping your team become more kind conscious, and prosperous.

<https://www.youtube.com/watch?v=g-U0y6STLSI>



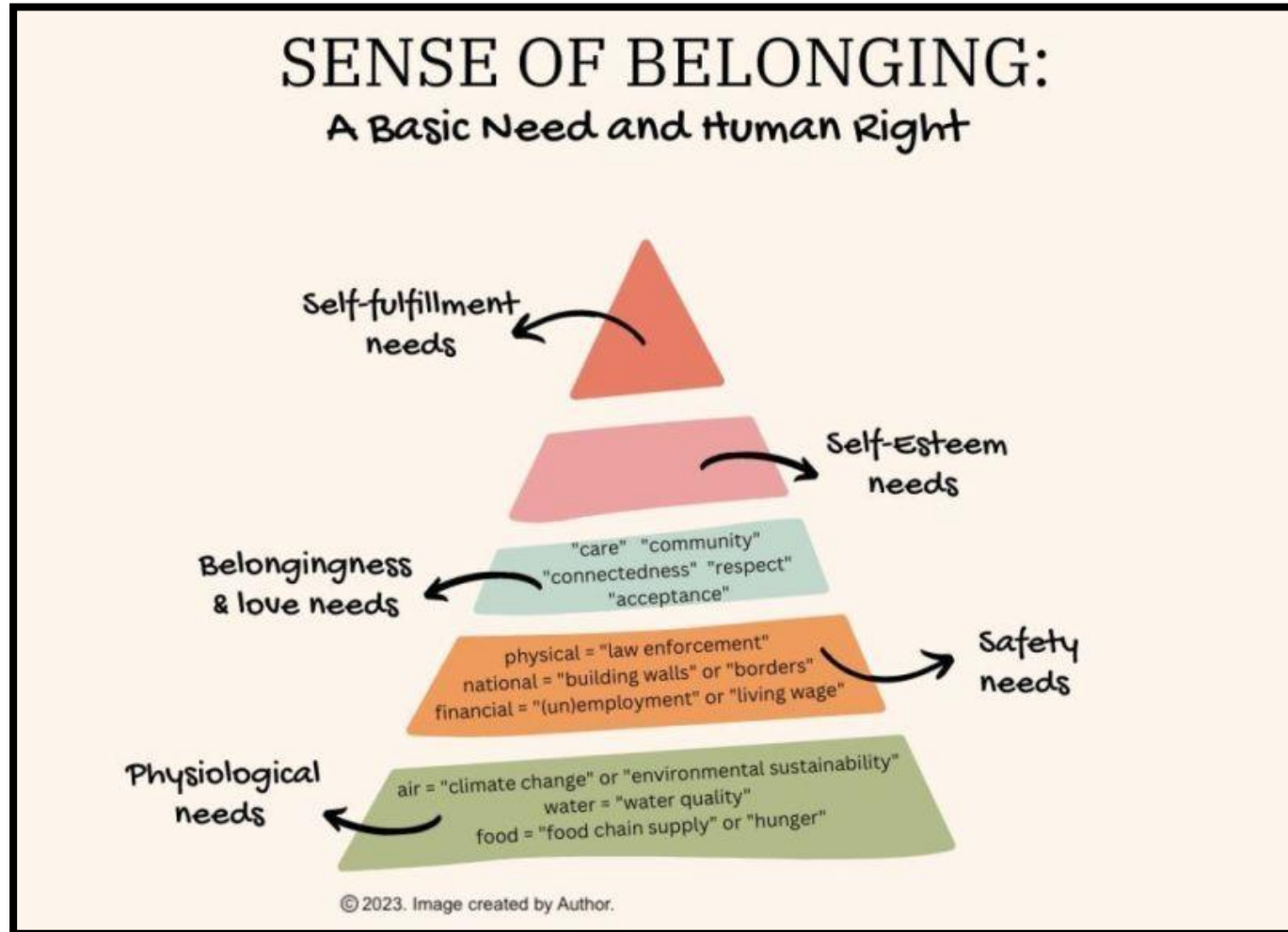
**Work Better
*Together***

Washington D.C. Metropolitan Area
202-567-7187 | prosperandpartners.com

Expectations

- Choose your engagement.
- Be honest.
- Make space and take space.
- Practice respect without judgment.
- Preserve confidentiality.
- Expect some discomfort, but practice self care when charged or triggered. (signals)
- “Ouch”

Share one word that describes belonging



How do you know
when you belong?

What does it mean to “belong”? Some definitions...

“A sense of belonging – the subjective feeling of deep connection with social groups, physical places, and individual and collective experiences – is a fundamental human need that predicts numerous mental, physical, social, economic, and behavioral outcomes.”

-Dr. Kelly-Ann Allen, 2020

“...a sense of belonging consists of both cognitive and affective elements.”

-Dr. Terrell Strayhorn, 2009

“the feeling of security and support when there is a sense of acceptance, inclusion, and identity....”

-Cornell University website, 2023

How does agency/coalition help bridge the gap to belonging?

Collectively, these studies suggest that individuals who use substances to numb the immediate pain of social exclusion may ultimately face diminishing returns; as they build a tolerance for the substance, they may also experience reduced analgesic effects for dealing with social exclusion, perhaps even heightened sensitivity. Thus, although substance use (no matter how moderate) may be a functional way of dealing with exclusion-related pain in the short-term, it could become habit-forming and lead to addiction (Wesselmann & Parris, 2021)

differentness

Who Am I?

Sex

Gender

Race

Ethnicity

National Origin and Citizenship

Sexual Orientation/Attraction

Religion/Spirituality

Socioeconomic Class

Age

Differently Abled

Tribal or Indigenous Affiliation

Body Size/ Type

Other?

Contact Theory


- ▶ Face to face interaction with members of other groups may encourage individual to develop more favorable attitudes towards those groups
- ▶ Contact must entail group of equal status along with their pursuit of common goals, existing conditions of cooperation, and the support of authorities
- ▶ Friendship is likely to be one of the most meaningful forms of contact

Contact Theory: mechanism to reduce prejudice

- ▶ Increase knowledge of the out-group
- ▶ Knowledge reduces anxiety about the contact with out-group members
- ▶ Contact increases empathy and the ability to take another's person perspective

(Kao, Joyner & Balistrei, 2019)

Worksheets


 PROSPER & PARTNERS

Exploratory Questions to Increase Contact

The racial group(s) you identify with is: _____ The "other" racial group is: _____

Knowledge of this Group	
What is the historical narrative of the other group?	
Identify 3 historical heroes of the other group. Why are they considered heroes?	
What messages are the prominent writers/artists of the other group conveying?	
What are the overall health outcomes of the other group?	
Contact with this Group	
Identify 3 notable/famous persons of the other group. What are their stories?	
What are the diverse political ideas of the other group?	
Who are the community leaders of the other group? What do they care about?	
Empathy and Perspective	
What did you find interesting about the other group in your research?	
What emotions and feelings surfaced for you during your research?	
What are some of feelings and emotions you discovered about the other group in your research?	

cp@prosperandpartners.com • 202.567.7187

 PROSPER & PARTNERS

Identifying Group Belonging

Who is the group of focus?	Identify Boundary Spanner(s) and/or Cultural Navigator(s)	Define Exclusion	Define Belonging
Persons who are differently abled physically	Local social media influencer – Brandon who is wheelchair mobile	-Lack of suitable transportation to health services -Differently abled people are not invited to public health budget hearings	-Standing county committee for differently abled people -Resource offices for families and children in K-12 schools

cp@prosperandpartners.com • 202.567.7187

Worksheets 1.



Exploratory Questions to Increase Contact

The racial group(s) you identify with is: _____ The "other" racial group is: _____

Knowledge of this Group	
What is the historical narrative of the other group?	
Identify 3 historical heroes of the other group. Why are they considered heroes?	
What messages are the prominent writers/artists of the other group conveying?	
What are the overall health outcomes of the other group?	
Contact with this Group	
Identify 3 notable/famous persons of the other group. What are their stories?	
What are the diverse political ideas of the other group?	



Game Changers

- ▶ Boundary Spanners – are in a position to explain the groups to each other, to point out areas of overlapping interest and to encourage people to question their basic paradigms and ways of working (Gratton, 2021)
- ▶ Cultural Navigators – are deeply rooted in their communities, often members of the community themselves and are uniquely positioned to bridge cultural and linguistic knowledge gaps for health departments (University of Minnesota)

Worksheets 2.

Identifying Group Belonging

Who is the group of focus?	Identify Boundary Spanner(s) and/or Cultural Navigator(s)	Define Exclusion	Define Belonging
Persons who are differently abled physically	Local social media influencer – Brandon who is wheelchair mobile	-Lack of suitable transportation to health services -Differently abled people are not invited to public health budget hearings	-Standing county committee for differently abled people -Resource offices for families and children in K-12 schools

Any questions?

Who cares ?

So what?



Colber Prosper

email – colber.prosper@gmail.com

phone – 202.567.7187

instagram – [@prospercolber](https://www.instagram.com/prospercolber)

Q&A



<https://ttc-gpra.org/P?s=323094>



Southeast (HHS Region 4)

PTTC

Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

The purpose of the Prevention Technology Transfer Center (PTTC) Network is to improve implementation and delivery of effective substance abuse prevention interventions, and provide training and technical assistance services to the substance abuse prevention field.

Address for the listserv is

<https://lp.constantcontactpages.com/su/OaIT5aj/SignUp>



Join our Email List Here

SAMHSA
Substance Abuse and Mental Health
Services Administration

CONNECT WITH US



southeast@pttcnetwork.org



Pttcnetwork.org/southeast