

**24/7 support drop-in program/support center for  
And peer support groups people who are feeling  
socially isolated.**

**Business plan written and submitted  
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## EXECUTIVE SUMMARY

I am proposing a 24/7 centre that will offer a combination of self help, support, social opportunity, and other services to people who feel they have no choice in life but to live their lives socially isolated. Social isolation is caused by the negative effects that mainly mental health consumers have to deal with in living their day to day lives. However through research I had learned that people who feel they have no choice in life but to have to live socially isolated are not limited to Mental Health Consumers. They also range in people who developed social anxiety over their years of having no choice but to have to deal with. Over this past year I had been a writer for the Halifax Media COOP until they went on a hiatus, and at present a writer for the Nova Scotia Advocate. I had been doing research and writing articles on poverty and mental health. I had been doing this research by visiting soup kitchens and drop-in places for people living in poverty around Halifax area. I had found through my research for different articles I had been writing that there is a need for this organization to exist. I am going to provide the following points to summarize why this nonprofit organization I am proposing in this proposal need to exist.

- Some of their life situations that has encouraged them to live life being socially isolated originated from things that happened that that happened to them before moving to living in poverty.
- For some, the fact they cannot work because of their disabilities frustrated them.
- Mental Health Consumers (at-least the ones I personally talk to), who need to be on a medication where they cannot drink alcohol because of their meds tends to take this factor as an act of discouragement from wanting to be a part of society.
- There are others who tell me that they want to get out of poverty and back into society, however they do not know how to make their situations better anymore.
- They feel that there are circumstances that causes their depression and anxiety that taking the medication for those feelings is not going to solve.

So what I am proposing for this centre to do is provide programs, peer support groups, ECT for people who are experiencing any situation that causes them to feel like they are socially isolated in life. I propose this centre will work as a place in the community open 24/7 where people can drop-in and get support whatever time of the day or night then need it. I propose for this centre to provide a wide range of programming as well as social support. The next three pages of this business proposal will provide an introduction to the idea, as well as a project outline on what peer support for people who live life socially isolated will look like.

## **Project outline for social isolation peer support groups**

**I had been since January of 2016 going to counseling for the purpose of trying to find ways to improve my life in different capacities. As mentioned in the executive Summary I am also a writer who has been doing a lot of research into poverty and mental health related issues. Also I had been attending two self help support groups which got recommended to me by my counselor who I am seeing at the clinic. These self help support Groups what I have been attending during that same time frame include:**

- **Depression Support Group on Tuesday Nights.**
- **Recovery to discovery On Thursday nights.**

**Anyway, as much as I had been getting a lot out of attending these groups, I had also been finding from my experience of attending that another group which could act as a combination of both of the above groups, with a couple of different components added would be beneficial as well.**

**The name of my support group will be:**

**“People who feel they have no choice but to have to live their lives socially isolated support group”**

**The following statements are statements which will describe what the group what I am proposing. These statements also describe situations which happens in people’s lives that makes them feel they have no choice in life but to social isolate themselves. If your answer is yes to at least half or more of the following questions, then this self-help group is for you. Ask yourself the following questions, and think would you like to join the group:**

**Do you from your personal experiences:**

- **Find that you are living your day to day life facing mental health stigma?**
- **Within the population of mental health consumers you personally know, find that the words Mental Health Stigma means different things to different mental health Consumers?**
- **Find that because of your mental illness/mental disabilities your doctor has a habit of promoting psych Meds on you?**
- **If you had answered yes to the above question, do you find the psych meds actually help, or do they only make you frustrated with life?**

- Do you find that you have other issues in your life that cause you depression and anxiety that simply taking the phys Meds is not going to solve, even know taking the phys Meds probably yet help?
- If you had answered to the above question, do you find it difficult to solve the things/problems that are happening to you in your personal life to cause you those feelings in other ways?
- For hearsay you are either currently taking a Phys Med, or your doctor feels he needs to start you on one – one reality of taking a phys med is you usually cannot drink Alcohol because of your medication. Do you feel that not being able to drink alcohol because of your meds would limit you from having a social life in the community because of what your interest are?
- Would not being able to drink Alcohol because of your medication make your relationship with friends and family go downhill?
- Do you find that having a full day of just staying home and relaxing on days you do not want to; or do not feel like leaving the house is socially isolating for you?
- Do you find that you have a limited amount of friends and family in your personal life that are supportive of the fact of them knowing and understanding that you have a mental illness/mental disability/mental health issues?
- If your answer is yes to the above question of family members not understanding your mental illness/mental disabilities, do you find that your family have own opinions of why according to them your life is the way it is and you know that their opinions regarding this are not true?
- If your answer is yes to the above question, do you find that they speak to you in a capacity where they are trying to push their opinions into you in a frank manner instead of paying attention to the reality?
- OK This is a 3 part question - Thinking of current local support such as friends and family you do have here in HRM, which is where you also live - Do you #1 – find that on most of your weekends for example, have problems making plan with any of very few friends and family you do have locally within the area? #2 – Do you find you experience the feeling of social isolation and depression when you cannot make plans to be doing something social in the community with friends that you otherwise like and enjoy doing? #3 – Even knows places like Caring and Sharing social club located at 2020 Gottengin offers social support, outside of that place there is lots in the community as well. The problem is not all mental health consumers are interested in joining what is available. Also I come across those who say “they get nothing out of being a member of 2020 Gottingen”.

**The main question is: even as a mental consumer, if you had the opportunity to attend a self help social support group would you be interested?**

- **Do you find that a lot of your supportive friends who you like to do social activities in the community with, also live as far away as say for example Ontario and out West – and one problem you have in your personal life is you only get to do social activities you like doing say 2 or 3 time a year when they are back in Halifax visiting – and in addition even know you have local supportive friends, these local friends have different interest in their social activities from yours?**
- **Do you find overall that different aspects of your mental health issues/illness limit you from having a social life in the community?**

**Anyway, if you had answered yes to at least half of the above questions then this support/self help group is for you.**

**Where I got the idea for the self help group from:**

**myself am a mental health consumer who has experience with what I am asking about in the above statements. I alot of time feel socially isolated expecially when thier are weekend I cannot make plans with the few local friends I have to do live locaially here in the city. I am looking for ways to keep myself from getting feelings of depression. This is why if such a support group did exist, it would benefit me.**

**The purpose of this group would be to find and create solutions to the problems people have in life that causes them depression and angizity that taking the meds do not solve. The dream of this self help group would be, for those who curenially take Meds for their depression and angizity they experience in life, to be able to start having an acceptable quitiially of life without taking the meds.**