


# NAVIGATING THE SYSTEM\*

## ▶ ABOUT THIS ACTIVITY

 **Time:** 30 minutes

 **Objectives:** By the end of this session, participants will be able to:

- Identify community resources.

 **Training Methods:** Small Group Activity, Large Group Discussion

 **In This Activity You Will...**

- Divide participants into groups to complete an activity (15 minutes).
- Lead a group discussion about community resources (10 minutes).
- Lead a group discussion to summarize (5 minutes).

 **Materials:**

- Newsprint (one copy for each small group)
- Markers
- Masking Tape
- Handout –What resources are in your community?
- Community Resource Books

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## Instructions

1. Introduce the activity by explaining that participants will be assigned to small groups to brainstorm answers to key questions that will define what a peer is and some roles and responsibilities.
2. Pass out worksheet- What resources are in your community?
3. Assign participants to 4 groups by counting off 1-4 until all participants are assigned to a group.
4. Assign a space in the room for each group.
5. Ask participants to go to their assigned group in the respective space.
6. Give each small group a piece of prepared newsprint that has a question written on it.
7. Ask each group to appoint a reporter and a recorder.
8. Instruct group to use the newsprint to brainstorm answers to the question.
9. Tell the group they will have about 10 minutes to do this activity.
10. Bring the entire group back together and ask each reporter to go over his or her group's work.
11. Ask open-ended questions to draw out their thoughts on how a peer might be able to support a client in navigating the system both at the agency and community levels.

\* This module comes from the Missouri People to People Training Manual, 2008.

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## ABOUT THIS ACTIVITY (CONT).



### Preparation:

- Print handout
- Prepare newsprints – put a question that each group will discuss on each one
- Obtain copies of Community Resource Books or Guides from the host organization if you do not have them for this community.

## Summary

- Ask participants if they now understand the importance of supporting clients in navigating their agency and community resources.
- Explain to participants that agency and community resources will change based on funding opportunities and restrictions and that it is key to keep up to date on these resources.

\* This module is part of the online toolkit *Building Blocks to Peer Success*. For more information, visit [http://www.hdwg.org/peer\\_center/training\\_toolkit](http://www.hdwg.org/peer_center/training_toolkit). This module comes from the Missouri People to People Training Manual, 2008.

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## SESSION HANDOUT

### WHAT RESOURCES ARE IN YOUR COMMUNITY?

Please identify the names of agencies/resources in your community. The space provided can be used to write down answers.

#### Case Management Sites

- 1.
- 2.
- 3.
- 4.
- 5.

#### Food Pantries

- 1.
- 2.
- 3.
- 4.
- 5.

#### HIV Counseling and Testing Sites

- 1.
- 2.
- 3.
- 4.
- 5.

#### Housing Agencies

- 1.
- 2.
- 3.
- 4.
- 5.

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## SESSION HANDOUT (cont.)

### WHAT RESOURCES ARE IN YOUR COMMUNITY? (CONT.)

#### Infectious Disease Doctors

- 1.
- 2.
- 3.
- 4.
- 5.

#### Pharmacies

- 1.
- 2.
- 3.
- 4.
- 5.

#### STD Testing Sites

- 1.
- 2.
- 3.
- 4.
- 5.

#### Support Groups in the Community

- 1.
- 2.
- 3.
- 4.
- 5.

#### Utility Assistance Agencies

- 1.
- 2.
- 3.
- 4.
- 5.