

Community Building Workshop

Friday - Sunday
June 22 - 24, 2018

Wisconsin Community Services, Inc.

414-290-0400 • www.wiscs.org

See reverse side for more information about the Workshop and how to register.

Through Chaos to Community / Healing the Wounds That Divide

"There is a yearning in the heart for peace. Because of the wounds and rejections we have received in past relationships, we are frightened by the risks. In our fear, we discount the dream of authentic Community as merely visionary. But there are rules by which people can come back together, by which the old wounds can be healed. The purpose of Community Building is to teach these rules — to make hope real again — and to make the vision actually manifest in a world which has almost forgotten the glory of what it means to be human." -M. Scott Peck, MD

What is Community Building?

Originally developed by M. Scott Peck, MD, renowned psychiatrist and bestselling author of "The Road Less Traveled," Community Building is a system of powerful principles and practices which enhances intrapersonal and interpersonal skills and creates significant and sustaining change for individuals, groups, and collaborations.

The most concentrated form of Community Building is a three-day Community Building Workshop (CBW) -- where specially trained Facilitators use a highly refined emergent group model to introduce cohorts of 15-50 people to a richer and more authentic way to communicate with each other than they are likely to have experienced in the past.

Participants learn experientially how to overcome barriers to communication in order to listen more empathically, speak more personally, work with ambiguity more creatively, manage conflict more gracefully, and transcend the differences that ordinarily divide interests, create competing agendas and separate people (even on the same team) one from another.

Community Building is an intensely personal and highly relevant experience which has been described by experts as "Trauma

Informed Care in action," the "missing link in Motivational Interviewing" and "Restorative Justice on steroids." Others simply call it transformative.

What are the Benefits of Community Building?

The individual experience of Community is deeply connecting by design -- which for many participants is also an experience of personal healing and wholeness. When this experience is shared by members of a team, it dramatically improves group properties which leads to more effectual learning and working environments with higher levels of individual participation and better outcomes. And when it is applied between groups with a common purpose, the principles and practices of Community Building create uniquely collegial, productive and lasting collaborations.

Who Should attend a Community Building Workshop?

Mental Health Professional and members of other helping professions who are working to impact the public health, safety and welfare of Milwaukee - and are struggling with one or more of the following:

- Clients who have a hard time trusting others
- How to get program outcomes to the next level
- Cultural mistrust, lack of civility, conflict or division
- Staff burnout or high turnover
- Staff exposure to client trauma
- Dysfunctional teams or work groups
- Disengaged or unmotivated program participants

How do I Learn More?

Since the principles of Community Building are typically taught experientially, the best way to learn about them is to attend a three-day Community Building Workshop.

What is Community Building Milwaukee?

Since its inception in the early 1980's, the benefits of Community Building have been experienced, by and large, one person at a time, one team at a time, or one organization at a time. However, the most robust application of Community Building is one network at a time. Community Building Milwaukee is the largest Community Building project ever attempted and involves more than 35 stakeholder organizations which have committed to both integrate Community Building principles and practices into their existing programs and to participate in a Community-Centered Collaboration around a common purpose.

The overarching purpose of Community Building Milwaukee is to encourage people to connect in authentic Community so that they and the collaborations they share might transcend their differences and thrive both individually and in their work together. This is achieved by:

- Offering, promoting and advancing Community Building principles and practices with a special emphasis on Community Building Workshops.
- Empowering stakeholder organizations to incorporate Community Building Workshops and other aligned practices into their existing programs and services.
- Assisting stakeholder organizations to design new programs and services around Community Building principles and practices.
- Training Community Building Facilitators and offering follow up opportunities for participants to develop a personal Community Building practice.
- Recruiting, managing, supporting and sustaining a network of Community Building Facilitators and Trained Trainers to continue to promote Community Building principles and practice with fidelity to the CBI model.
- Educating the larger community and championing Community Building by spreading the vision of the Initiative.

What are the Applications?

Community Building doesn't make a bad program good; but it can make a good program great. When incorporated into new and existing program it can dramatically improve outcomes. Some applications include:

- Improved employment opportunities for former offenders
- Built high functioning cohorts among graduate students
- Renewed trust and civility among city-wide collaboration partners
- Boosted outcomes in a literacy program
- Prepared residents for a modified therapeutic community
- Assisted mothers to regain custody of their children
- Resolved staff conflict in a healthcare agency
- Enhanced domestic abuse services
- Helped youth transition from juvenile detention to home



Accelerating Change Through the Spirit of Community

What's Our Vision for Milwaukee?

The overarching purpose of Community Building Milwaukee is to encourage people to connect in authentic Community so that they and the collaborations they share might transcend their differences in order to thrive individually and together in the work they share. The goal of the CBM initiative is to incorporate a powerful change process called Community Building into social service, criminal justice and faith-based community programs. CBM will not replace existing programs and services. Community Building enhances outcomes and impacts in a broad range of already existing programs and services. The long-term goal of the CBM initiative is to dramatically reduce crime, violence and poverty—and put our community on a better path for the future.

How Can I Get Involved?

The first thing to do is to attend a three-day Community Building Workshop to experience the process of Community Building, a deeper and more authentic way of interpersonal communication, and to experience Community. Following this experience, individuals can more easily build trusting, collaborative relationships in their personal and professional lives. Some people may be moved to become a trained facilitator of Community Building Workshops. CBM anticipates having additional Community Building Facilitator training. There are many different ways that organizations and individuals can become involved in CBM.

What Do People Have to Say?



Dawn Barnett and her husband run Running Rebels, a \$4.5 million grassroots organization which provides highly effective programs for youth growing up in extremely challenging circumstances.

"Community Building has completely changed the culture of our organization on every level. We now have a common language to use when communicating. Interruptions and assumptions have been replaced by deep listening and empathy. Our team has become

more honest and expressive with one another, allowing for increased productivity and an improved morale. Employees have stated that Community Building has changed their lives; I know it has definitely changed mine. We are committed to offering the CBW experience to all of our employees and embedding the CBW principals into our operational structure."

Community Building Institute

Headquartered in Knoxville, Tennessee, Community Building Institute offers Community Building Workshops, Skills Seminars, Leadership Development Courses, Facilitator Training, Executive Coaching, Program Design and a variety of customized planning, alignment and technical assistance services worldwide.

For more information about the Community Building Institute:
865-224-7130
www.CommunityBuilding.com

About the Workshop

Dates: Friday to Sunday, June 22 to 24, 2018

Time: Friday and Saturday - 9:00 am to 5:00 pm
(Breakfast and lunch will be served)
Sunday - 9:00 am to 1:00 pm (Breakfast will be served)

Location: YWCA
1915 N. Dr. Martin Luther King, Jr. Drive, Milwaukee

Parking: Available in the YWCA's parking lots and on the street

Cost: Free (Workshop valued at \$750)

How to Register: Contact James Bartos (phone number and e-mail address listed below)

Workshop Facilitators: The Workshop will be facilitated by a team of Senior Facilitators from Community Building Institute and local Facilitators who have been trained and certified through Community Building Milwaukee.

History of Community Building Milwaukee

Community Building Milwaukee was set in motion in 2005 when a group of seasoned social sector leaders began to search for new strategies that would address what they considered to be unacceptably high levels of violence in some of Milwaukee's most distressed neighborhoods. After reading Dr. Robert E. Roberts's *My Soul Said To Me*, which recounts his remarkable journey building Community with former offenders in Louisiana, they invited the author to Milwaukee to learn more about his work and to eventually lead two Community Building Workshops.

These initial Workshops were described by participants as both personally healing and collectively transformative. They were so impactful, in fact, that many participants became deeply committed to doing what they could to make Community Building Workshops more widely available in Milwaukee -- especially to those who suffer under the heavy burdens of poverty and racial disparity.

Dr. Roberts returned to Milwaukee several times during the next five years to lead additional Workshops and to explore opportunities for Community Building projects. However, with many organizations struggling to survive the recession, funding was largely unavailable for new projects.

While Community Building enthusiasts continued to look for funding opportunities in Milwaukee, some also began to use what they had learned about the method in an unfunded enhancement to a Transitional Jobs Program under the Department of Children and Families. Their results got the attention of Secretary Eloise Anderson, who was so impressed that she included support for a citywide Community Building project in the Governor's Biennial Budget for 2013 and again in 2015 and 2017.

The project is being led by Wisconsin Community Services and their technical experts at the Knoxville-based Community Building Institute.

For more information about Community Building Milwaukee (CBM), please contact:

James Bartos at WCS
(414) 290-0472
jbartos@wiscs.org

Kimberly Miller at WCS
(414) 290-0479
kimiller@wiscs.org

Continuing Education

Continuing Education credit for this program at the beginning level is awarded by Commonwealth Educational Seminars (CES) for the following professions: Social Workers, Licensed Professional Counselors/Licensed Mental Health Counselors, Psychologists.

Additional Information

For detailed information about Continuing Education credit, please follow this link to the WCS Community Building Milwaukee website:
http://www.wiscs.org/programs/comm/c/continuing_education/index.php.

You may also find information in regards to the program's grievance policy and accommodations for the differently abled on the WCS Community Building Milwaukee website:
http://www.wiscs.org/programs/comm/c/continuing_education/index.php.

