

# COMMUNITY BUILDING SKILLS TRAINING ONLINE 2021

Wednesday, November 17 to Friday, November 19  
Friday, December 3 to Sunday, December 5

*"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*

## ONLINE COMMUNITY BUILDING SKILLS TRAINING

The Online Community Building Skills Training (CBST) is designed and intended for members of the helping professions, including mental health professionals, psychologists, social workers, licensed professional counselors, teachers, youth development professionals, police officers, correction officers, pastors, etc. The CBST covers clinical intervention but not assessment topics. Through didactic and experiential methods, the CBST teaches evidence-based or evidence-informed group psychotherapy models, trauma counseling techniques, motivational enhancement skills, and vicarious trauma prevention strategies.



The CBST model is designed to enhance personal development and can potentially strengthen one's clinical practice in myriad ways.

During the CBST, mental health professionals and members of other helping professions also deepen self-acceptance and acceptance of others with the help of seasoned Community Building skills trainers/facilitators. Acceptance forms the basis of effective communication within the Community Building process, and also informs critical factors in the professional helping process. As such, self-acceptance along with effective communication skills learned in the Community Building process generalize beyond the skills training, enriching professional efficacy and satisfaction for mental health professionals and other helping professionals.

The overarching goal of the training is to promote community within the group and to facilitate effective communication and community building skills along with acceptance of others by and among participating mental health professionals and other members of the helping professions attending the training.

## WHO SHOULD ATTEND AN ONLINE COMMUNITY BUILDING SKILLS TRAINING?

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 and compassion fatigue
- 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 experience them in the current environment is to attend an online three-day Community Building Skills Training.

## 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 (CBM) 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 and online Trainings.
- Empowering stakeholder organizations to incorporate Community Building Workshops, Trainings, 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

## WHAT'S OUR VISION FOR MILWAUKEE?

The overarching purpose of Community Building Milwaukee (CBM) 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 Online Community Building Skills Training 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 trainings. There are many different ways that organizations and individuals can become involved in CBM.



## WHAT DO PEOPLE HAVE TO SAY?

*"I want to thank you for allowing me to participate in the community building training that took place this weekend past. I couldn't believe how authentic the online experience was. I learned a lot from the experience and deepened my compassion, tolerance and insight as always. The group was a gift, as are you all!"* Dr. James "Dimitri" Topitzes, Professor at University of Wisconsin-Milwaukee

*"I have attended many silent retreats and went through the Mindfulness-Based Stress Reduction (MBSR) course as a participant, the MBSR facilitator training/internship, and led an 8-week MBSR course. I believe that what I experienced in the Community Building weekend was more profound than any of my retreats or meditation courses. I am deeply humbled and grateful for my experience."* Jenny Lee, Behavioral Health Therapist at UW Health Addiction Services

*"This workshop was different than anything else I have ever experienced – in a very good way. Honestly this has challenged me to stop and think about others, their space, pacing myself, and really feeling emotionally connected with myself and others. All you facilitators are amazing!"* Jackie Smith, Executive Director of the Housing Action Coalition of Waukesha County, Inc.

## COMMUNITY BUILDING INTERNATIONAL

Headquartered in Knoxville, Tennessee, Community Building International (CBI) 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 Community Building International: 865-224-7130, [www.CommunityBuilding.com](http://www.CommunityBuilding.com).

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**Dates and Times:** Wednesday, November 17 to Friday, November 19  
9:00 am to 4:30 pm  
Friday, December 3 to Sunday, December 5  
9:00 am to 4:30 pm

**Cost:** Free (Training valued at \$399)

**How to Register:** Contact Ken Ryback (information below) or visit [wiscs.org/programs/comm/c/](http://wiscs.org/programs/comm/c/)

**Workshop Facilitators:** The Online Skills Training will be facilitated by a team of Senior Facilitators from CBI and Senior Facilitators who have been trained through CBM and certified through CBI.



## HISTORY OF COMMUNITY BUILDING MILWAUKEE

Community Building Milwaukee (CBM) 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, 2017, 2019, and 2021.

The project is being led by Wisconsin Community Services, Inc. (WCS) and their technical experts at the Knoxville-based Community Building International.

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

Kenneth Ryback at WCS - (414) 234-6246 or [kryback@wiscs.org](mailto:kryback@wiscs.org)

Community Building Milwaukee is a program of Wisconsin Community Services, Inc. (WCS). • 414-290-0400 • [www.wiscs.org](http://www.wiscs.org)



**ACCELERATING CHANGE THROUGH THE SPIRIT OF COMMUNITY**