

Tearing Down the Walls of Social Isolation and Loneliness in Our Communities

Speakers:

- Stephanie Anderson, DNP, RN, Executive Director, C-TAC Innovations
- Cassandra D. Harris-Gray, LCADC, LMFT, BIP, Chief Executive Officer & Clinical Director, Creative Spirits Behavioral Health
- Sallie Carney, Caregiver, Louisville, KY
- Jillian Racoosin, MPH, Executive Director, Foundation for Social Connection
- Camilia Ronderos Bernal, Executive Director, Keralty Compassionate Communities



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Terms and Definitions

Social Isolation refers to having *objectively* few social relationships, social roles, group memberships, and infrequent social interaction.

VS.

Loneliness is a *subjective* unpleasant or distressing feeling of a lack of connection to other people, along with a desire for more, or more satisfying, social relationships



Who is in your social network?

- How have you built the relationships in your social network? How do the relationships across your map benefit your life?
- What does a bare social network map look and feel like? Why might it look this way?
- How can we build rich and meaningful social networks for everyone?
- Whose map might I be on?