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4Ms

4 Mandatories — A Community Capacity Building and Stabilization Concept Paper for the City of Philadelphia

We
Mental Health / Illness
Mentorship
Mediation
Mapping of Life

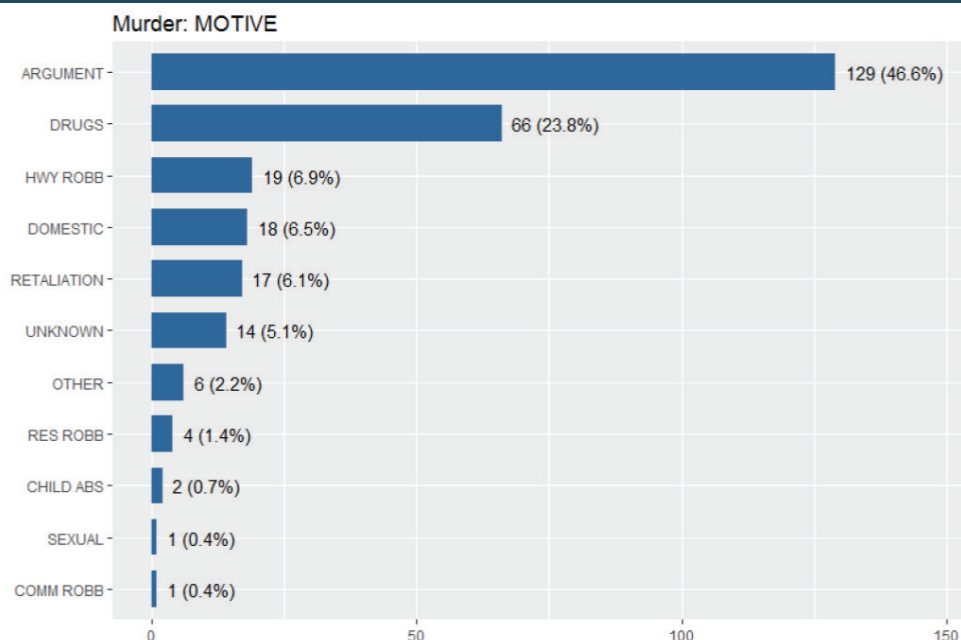
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INTRODUCTION

Philadelphia is the 5th largest city in the United States of America but disproportionately experiences higher levels of youth and gun violence. This paper endeavors, through a four-pronged effort titled 4Ms—A Community Capacity Building and Stabilization Concept Paper for the City of Philadelphia, to combat this dynamic and bring change to a city with great potential and capacity through implementing mediation, mental health/wellness, mentorship and mapping of life strategies.

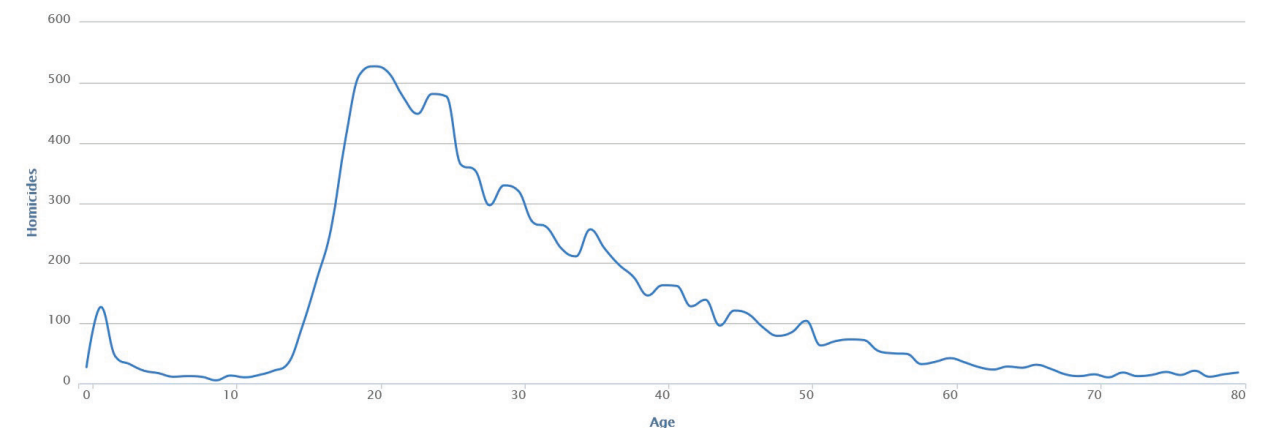
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Credit: City of Philadelphia Annual Murder and Shooting Victim Report - 2016

Homicides

Number of homicides by ages of victims (1988-2017)



Percentage of homicides by weapon/age (1988-2017)

It is believed through a full court press of the 4Ms initiatives, along with enhancing and revamping of currently employed initiatives, that Philadelphia's future will be brighter for all!

4Ms 4 Mandatories of Safety

Community
School

Work
Family

M

ediation

intervene, facilitate,
enable

*Did you
consider this?*

M

ental Health/ Wellness

stable, function, cope

Are you ok?

M

apping

plan, record,
chart

*Where are
you going?*

M

entorship

guide, tutor,
teacher

*Who has
your back?*

Four universal elements of safety must always be present to keep people, places, and things safe. These four elements of safety are the presence of mental health/wellness, mentorship, mediation, and mapping in a community. Mental health/wellness is defined as the availability of resources needed to assess the status, functioning, and comfort of individuals by stressing the importance of accepting that it is “OK to get some help.” Mentorship is the provision of a guide, tutor, or teacher who will help individuals to strategize the steps toward success by getting them to acknowledge whose shoulders they stand on and who has their back. Mediation stresses the importance of allowing for the intervention, facilitation, and positive enabling required to engender the view that there are always alternatives to consider when managing a circumstance. Lastly, mapping, another essential component of safety, signifies the role that a plan, record keeping, and charting serve in communicating where a person has gone and desires to go.

The 4Ms of Safety is an effort to remove the wiggle room that failure exploits to institute itself permanently. Mediation asks us to question whether we have considered every option. Mental wealth/wellness asks us to consider “Are we OK?” Mentorship inquires into the question, “Who has our back?” Mapping asks us to pose the question, “Where are you going?”

Safety is not constituted by any one of these activities, but it can be assured when all of them are in place and active. In other words, it is the adherence to these concurrent/simultaneous activities that ensures safety. We must be committed to a full and comprehensive effort to keep ourselves and others safe.

MEDIATION

Did you consider this?

MediationCorps will be a team of well-trained individuals from a myriad of backgrounds trained in how to diffuse a challenging situation and offer alternate solutions to conflict. MediationCorps will be equipped to assist individuals, families, and/or communities to identify strengths, needs, and current resources available to implement a plan that addresses their concerns and helps them to achieve their goals and/or avoid conflict. **MediationCorps** consultations will result in written and publicly declared documents that hold all parties accountable for the plan's success. To ensure that progress is being made and maintained, frequent intervals for check-ins are significant components of this initiative.



WE MENTAL HEALTH / ILLNESS

It's OK to get help!

Counseling on Demand (COD) – Unlimited access, 24/7/365 Urgent Counseling and Networking Centers are available for those seeking help in an emotional crisis. Within the 24/7/365 COD program, an assessment will be available through online chats, video conferencing, the phone, and/or a face-to-face visits. Through the initial assessment, a determination can be made for either short- or long-term counseling care. Urgent Counseling and Networking Centers provide a safe haven for those suffering from disorders that affect mood, thinking, and behavior, those who are feeling sad or down, suffering from confused thinking or reduced ability to concentrate, who have excessive fears or worries or extreme feelings of guilt, an inability to cope with daily problems or stress, or alcohol/ drug abuse.



MAPPING

Ready, Set, Go!

Ready, Set, Go! helps individuals to create a roadmap for success that stretches across the eight life domains that make up the whole person: education, health, environment, family/friends, financial, personal development, and recreation. It sets the stage for putting into action any ideas, dreams, or goals realized with the understanding that the world is available and waiting to teach all who yearn to learn. Seminars, webinars, and focus groups utilizing all social media and touching every media opportunity will give everyone a chance to get involved. Where are we going? It is up to us! What are we doing? The options are endless! When will we get there? As soon as we start!



MENTORSHIP

Who has your back?

The Seniors and Reentry/Returning Citizens as Community Mentors initiative for children, youth, and families will collaboratively assist citizens who are re-entering the community and seniors to provide mentorship to children, youth, families, and the general population. Care will be taken to ensure the appropriate pairing of mentors based on needs and purpose. The program will offer incentives for both mentors and mentees in the form of skills development workshops that encourage the full growth of the individual. Philly Ambassador tours of local businesses willing to provide WITSO (Walking in the Shoes of Others) will provide career exploration opportunities as well as possible permanent employment and study trips to other parts of the country and world, where program participants will have the opportunity to learn and return to Philadelphia to share what they have seen.





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