SOUL CHECK | GROUP DISCUSSION GUIDE

Seven Concrete Solutions That Could Save Lives

Companion to the printable infographic | John K. Burgess, New York Certified Peer Specialist

Hope matters. People also need practical resources and real opportunities. Use this guide in a peer group, staff conversation, or community meeting. Participation and personal sharing are voluntary.

1. Start with the person's priorities

Ask: Which condition most affects daily life right now? What support would you choose? Avoid assumptions about what someone needs.

2. Explore the seven solutions

Safe, affordable housing: What would help someone find or keep a stable home?

Accessible healthcare: What cost, scheduling, or access barrier could we help remove?

Living-wage jobs: What work does the person want, and what support would make it possible?

Quality education: What learning or training opportunity fits their goals?

Reliable transportation: Can the person actually reach work, care, food, or school?

Food security: What would make regular access to nutritious food easier?

Stronger social supports: Which relationships or practical supports would help build stability?

3. Turn one idea into an action

Chosen priority: _____
Next step and person responsible: _____
Resource or partner to contact: _____
Follow-up date and how we will reconnect: _____

4. Check what changed

Did the person receive the support they wanted? What barrier remains? Agree on the next step together; a referral alone is not the outcome.

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