

# We All Matter (WAM):

Virtual peer-to-peer support group for people with  
I/DD and mental health support needs

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# What is We All Matter?



## Peer-Led Virtual Support Group

- Monthly sessions for people with I/DD.
- Flexible participation; attend as often as needed.



## Lived Experience Leadership

- Facilitated by a person with I/DD and mental health lived experience.
- Supported by a mental health professional.

## Focus Areas

- Emotional support and connection
- Coping strategies and mental health topics
- Building a sense of belonging



## Key Features

- Fostering a safe -space
- Participant -led discussions guided by facilitator
- Reminder of support resources, including 988 and professional help.



# We All Matter Agenda

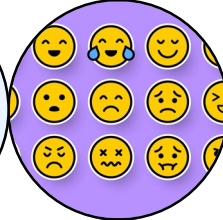
01

Welcome & Ground Rules + Disclaimer



02

Introductions + Group Check-in (How do you feel today?)



03

Group discussion



04

Affirmation, wrap-up, see you next month!



# We All Matter Topics

The group participants help determine what we talk about each month!

- Depression
- Loneliness
- Ruminating
- Managing emotions
- Making friends
- Building a support system
- Safety planning/Crisis support



# What We're Doing With Grant Funds

Provide ongoing peer-to-peer support through monthly virtual meetings.



Develop an implementation guide to help others start and sustain similar groups.



Create a resource guide with behavioral health supports in plain language.



Build evaluation tools to measure group impact on mental health and belonging.



# What We're Doing With Grant Funds

Gather qualitative feedback through in-person World Cafe session.



Ensure sustainability by documenting best practices and creating resources.



Analyze what aspects of the group make it most effective to guide future replication.



Influence best practices and advocacy efforts in the I/DD community.



# What we are Measuring:

## Belonging and Connection

- Feelings of belonging among group members and their impact on mental health.
- Measured using PROMIS Emotional Support Short Form (how supported and connected the participants feel)
- Participant feedback through World Cafe to capture qualitative perspectives on belonging

## Mental Health Symptoms

- Changes in anxiety and depression using selected items from the Glasgow Anxiety/Depression Scales
- Tracks improvements or challenges over the course of six sessions

**Participant Demographics:** Age, Gender, Number of sessions attended.

# Research Questions

How does participating in We All Matter impact group members' feelings of belonging?

How does participating in We All Matter impact group members' mental health symptoms?

What do We All Matter group members think is needed to better support people with IDD and mental health support needs in Kansas?



# Belonging (PROMIS, 2021)

**01**

I have someone who will listen to me when I need to talk.

**02**

I have someone to confide in or talk to about myself or my problems.

**03**

I have someone who makes me feel appreciated.

**04**

I have someone to talk with when I have a bad day.

**Never**

☐

1

**Rarely**

☐

2

**Sometimes**

☐

3

**Usually**

☐

4

**Always**

☐

5

# Mental Health Symptoms

Have you felt sad?

Have you felt like you were in a bad mood?




Have you enjoyed the things you have done?




Have you enjoyed being with other people and talking to other people?

Have you felt worried?

Have you felt that bad things kept happening to you?

Have you felt happy when something good happened?

Never/ No	Sometimes	Always/ A lot
0 	1 	2 

No		A lot
2 	1 	0 

(Glasgow Depression Scale)

# Timeline

Aug 2025-June 2026

June 2026-May 2027



## Startup

IRB approval, Input from stakeholders, develop measures and develop implementation guide, review/add items to resource guide

## Pilot 1

Implementation of Group; Gather Data, World Cafe

## Pilot 2

Implement adjustments based on feedback from participants and initial data

## Analysis/Sharing

World Cafe 2nd round, Disseminate implementation guide, Data analysis,

# In Person Events

After Pilot 1 and Pilot 2

Mental Health and Wellbeing Focus

Opportunity to Connect In Person

World Cafe Interviews

We All Matter qualitative feedback

Service Systems needs for MH-IDD in Kansas

# World Cafe Questions

1. What does mental health mean to you?
2. How can professionals better understand and support the mental health needs of people with I/DD?
3. What does self-advocacy mean to you?
4. How has We All Matter helped to make you feel supported in your mental health journey?
5. What are some ways we can support each other outside of the We All Matter meetings?
6. As a person with I/DD, what are some challenges you have faced when trying to get mental health support?
7. If you could create a perfect mental health support system for people with I/DD, what would it be?
8. What is one thing you have learned at We All Matter that has helped your mental health?
9. How can We All Matter help people feel more supported during a mental health crisis?
10. What do you wish crisis response teams (988, law enforcement, hospitals) knew about supporting people with I/DD?
11. How can we help others in We All Matter feel more confident about using crisis resources like 988 or safety plans?

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