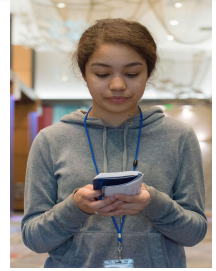
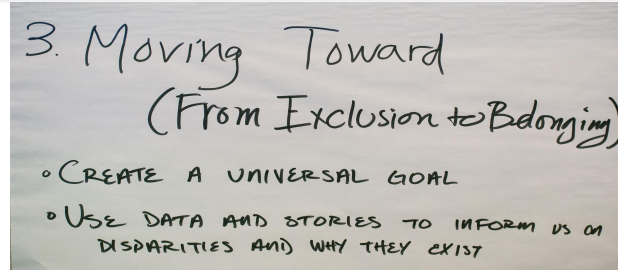


Catalyzing Change: Well-Being Measurement and Indigenous Indicators

Together We Can...



Dismantle and heal inherited legacies of exclusion and trauma, expand the **Vital Conditions** that **ALL** people need to **Thrive**, and create new legacies for ***Well-Being and Justice***

Commitments Related to Measurement...

Changing the narrative of where we've been and we're heading and adopting common metrics

All community members deserve to experience mental, social, physical, financial, and spiritual **well-being**.

Together we can create new legacies – and the conditions – that **ensure a sense of belonging for all people** who call this region home.

Inherited legacies of systemic racism have perpetuated trauma and exclusion, particularly among Indigenous populations and communities of color

We are accountable, to each other and to the well-being of future generations.

Measuring Equitable Well-Being

Experience & Perception (Individuals)



Vital Conditions (Places)



Legacies

Understanding Past & Surfacing Shared Future Legacies

Cantril's ladder: Individual Experience of Well-Being

Common Measures for Adult Well-being



1. Please imagine a ladder with steps numbered from zero at the bottom to ten at the top. The top of the ladder represents the best possible life for you and the bottom of the ladder represents the worst possible life for you.

Indicate where on the ladder you feel you personally stand right now.

0 1 2 3 4 5 6 7 8 9 10

2. On which step do you think you will stand about five years from now?

0 1 2 3 4 5 6 7 8 9 10

3. Now imagine the top of the ladder represents the best possible financial situation for you, and the bottom of the ladder represents the worst possible financial situation for you. Please indicate where on the ladder you stand right now.

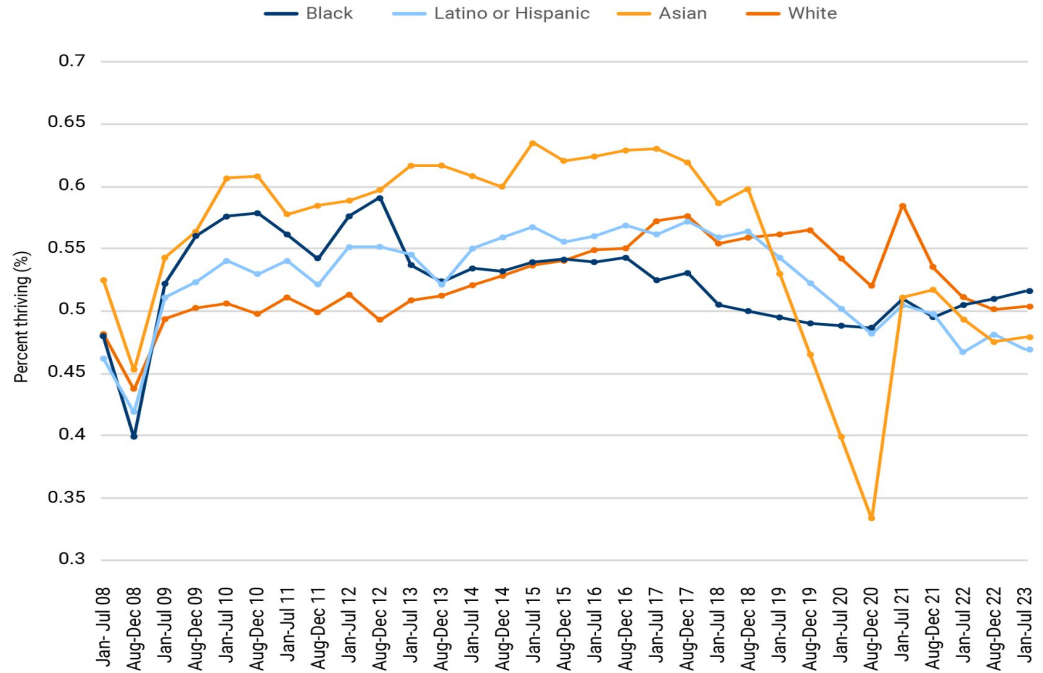
0 1 2 3 4 5 6 7 8 9 10



Trends in percent thriving by large racial and ethnic groups 2008-2023



**Thriving as a
Measurable Goal**



Vital Conditions for Well-Being and Justice



Belonging & Civic Muscle is at the center because it is both a vital condition and a practical capacity that is necessary for equitable success in every other kind of work

See: <http://thriving.us>

	THRIVING NATURAL WORLD	<i>Sustainable resources, contact with nature, freedom from hazards</i> Clean air, water, soil; healthy ecosystems able to sustainably provide necessary resources; accessible natural spaces; freedom from the extreme heat, flooding, wind, radiation, earthquakes, pathogens
	BASIC NEEDS FOR HEALTH + SAFETY	<i>Basic requirements for health and safety</i> Nutritious food, safe drinking water; fresh air; sufficient sleep; routine physical activity; safe, satisfying sexuality and reproduction; freedom from trauma, violence, addiction and crime; routine care for physical and behavioral health
	HUMANE HOUSING	<i>Humane, consistent housing</i> Adequate space per person; safe structures; affordable costs; diverse neighborhoods (without gentrification, segregation, concentrated poverty); close to work, school, food, recreation, and nature
	MEANINGFUL WORK + WEALTH	<i>Rewarding work, careers, and standards of living</i> Job training/retraining; good-paying and fulfilling jobs; family and community wealth; savings and limited debt
	LIFELONG LEARNING	<i>Continuous learning, education, and literacy</i> Continuous development of cognitive, social, emotional abilities; early childhood experiences; elementary, high school, and higher education; career and adult education
	RELIABLE TRANSPORTATION	<i>Reliable, safe, and accessible transportation</i> Close to work, school, food, leisure; safe transport; active transport; efficient energy use; few environmental hazards
	BELONGING + CIVIC MUSCLE	<i>Sense of belonging and power to shape a common world</i> Social support; civic association; freedom from stigma, discrimination, oppression; support for civil rights, human rights; civic agency; collective efficacy; vibrant arts, culture, and spiritual life ; equitable access to information; many opportunities for civic engagement (voting, volunteering, public work)

Spotlight Screen

Framework ⓘ

Vital Conditions for Well-Being

Benchmark ⓘ

State

Area ⓘ

Southern California (Los Angeles, Orange, Ventura Counties)

	Domain/Indicator	Value	Benchmark	Score
▶	Thriving Natural World			
▶	Humane Housing			
▶	Belonging and Civic Muscle			
▶	Basic Needs for Health and Safety			
▶	Meaningful Work and Wealth			
▶	Lifelong Learning			
▶	Reliable Transportation			

Using Measurement to Catalyze Change:

FROM

Narrow and Evaluative View of Past Performance

- 1) Center on more narrow concepts (i.e. health)
- 2) Preference qualitative data
- 3) Reflect dominant culture and narrative
- 4) Realm of experts
- 5) Exclusive

TO

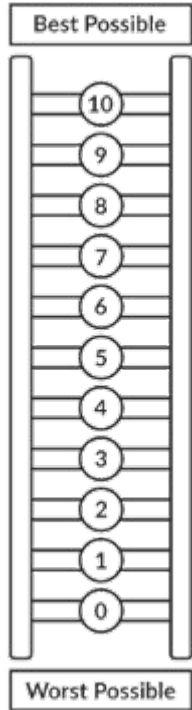
Forward Looking View to Create Desired Future

- 1) Holistic Frameworks/Views
- 2) Create opportunities for everyone to see themselves (and their roles)
- 3) Harmonize qualitative (story) and quantitative data
- 4) Reflect and honor the views of multiple cultural lenses
- 5) Shared meaning making – democratize process



All People and Places Thriving

Measuring Well-Being: Cantril's Ladder



Imagine a ladder with steps numbered from zero at the bottom, to ten at the top.

The top of the ladder represents your best possible life, while the bottom represents your worst possible life.

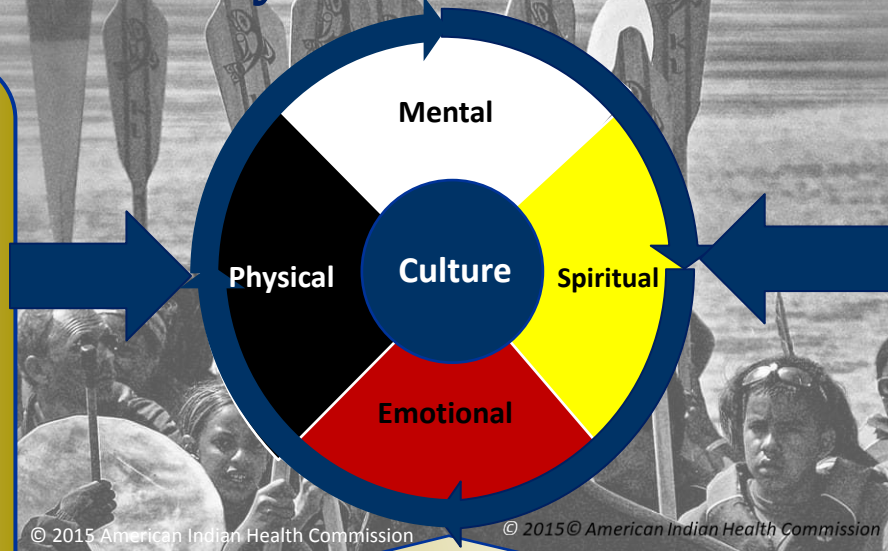
- On which step of the ladder do you feel you currently stand?
- On which step of the ladder do you feel you'll stand about five years from now?

Pulling Together for Wellness A Tribally-driven Framework



Components of the PTW framework:

- Mobilizing at the Tribal/Community Level
- Leadership and Community Engagement
- Recruit and Retain Partners
- Specific Outreach to Youth and Elders
- Engagement of Cultural Resources and Traditional Healers
- Inclusion of Cultural Consideration in the Planning Process
- Use of Storytelling – Balance of Data and Stories
- 7 Generation Strategies – Strength-based
- Integrates Trauma Informed Strategies



Tools of the PTW Framework:

- Definition, Vision and Values of the PTW Framework
- Partnership Development Inventory and Process
- Community Health Assessments, Surveys, and Environmental Scans
- Inventory of Cultural Appropriate Strategies
- Matrix: Vision, Goals, Indicators, Strategies (including PSE, EB, PB, PP)
- 21 Competence Domains (knowledge, skills, and abilities)

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Generational Clarity

HEAL

Historical and Intergenerational Trauma effect, Racism, and Inequitable Systems and Structures

Equity, Health Disparities and Social Justice (Social Determinants of Health)

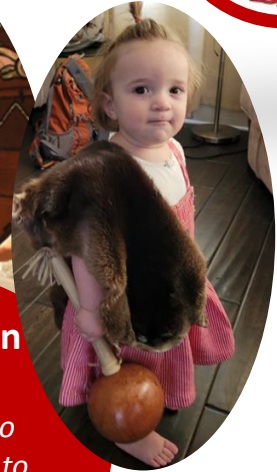
Adverse Childhood Experiences (NEAR)

Lateral Violence and Oppression, Ongoing Racism and Discrimination



**PULLING TOGETHER
FOR WELLNESS**

An Indigenous Vision for Healthy Communities



Vision & Goals
*Where we
want to be*

Indicators

*Where we are
now, and how to
know that we're
moving toward
the **Vision***

**7 Generation
Strategies**
*Looking back to
experience and to
plan **long-term
Vision***

7 Generations

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**PULLING TOGETHER
FOR WELLNESS**

An Indigenous Vision of Healthy Indian Communities



PULLING TOGETHER FOR WELLNESS

A healthy Tribal and Urban Indian community is a safe and nurturing environment, where American Indian and Alaska Native people can experience emotional, spiritual, physical, and social health.

Healthy communities provide the resources and infrastructure needed to empower people to make healthy choices and to ensure health equity.

Our Vision	Our Values
<p>Our babies are born healthy; our mothers and fathers are supported.</p> <p>Our tribal youth and adults are strong in mind, body, and spirit.</p> <p>Our elders live long healthy lives (100+).</p> <p>Our families have access to healthy nutritious food and know how to hunt, catch, gather, grow, harvest and preserve it.</p> <p>Our families play and learn together in safe and nurturing environments.</p> <p>Our people are self-sufficient and have opportunities for employment and life long learning.</p> <p>Our people have safe, affordable housing.</p> <p>Our people have self-responsibility.</p> <p>Our people are happy, kind, and have good humor.</p> <p>Our communities nurture our children and respect our elders.</p> <p>Our communities embrace traditional values about respect and honor of all people of all ages.</p> <p>Our communities have food sovereignty and access to clean toxic free plant foods and medicines.</p> <p>Our communities practice and hand down traditions from generation to generation in ceremony, language, and living.</p> <p>Our communities value ceremonial use of tobacco.</p> <p>Our communities respect and are connected to our cultural environments.</p> <p>Our environments are safe and provide all people with culturally appropriate choices to be healthy.</p> <p>Our environments are free of alcohol, commercial tobacco, and other drugs.</p> <p>Our systems, policies, and environments are trusted, empower our people, are culturally competent, and promote health equity.</p>	<p>A commitment to the following values will inform and guide the development and implementation of the Pulling Together for Wellness prevention framework:</p> <ul style="list-style-type: none"> • We acknowledge tribal sovereignty and self-identity are the highest principles. • We encourage a shared responsibility for the health of our communities. • We acknowledge the importance of culture as our way of life and as a key to health prevention. • We serve our elders and our next generation. • We help our Tribe and/or community. • We embrace a life course perspective starting with babies and moms. • We respect all people. • We acknowledge how resources are distributed show community values as in investing in vulnerable members of society. • We understand the importance of community incentives and healthy competition. • We protect and strengthen culture, traditional values, and spirituality. • We embrace the importance of rest and seasonal living. • We acknowledge the importance of ceremony and time to heal. • We embrace the seven-generation principle with the wisdom and experience of our ancestors and elders as fundamental for the protection of our future generations. • We acknowledge our stewardship and interconnected relationship with Mother Nature to serve as a voice to protect the natural environment. • We acknowledge the value of Medical and Native science. • We promote social justice and health equity.

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Supporting
Indigenous
Culturally
Grounded Values

7 Generations

Archie Black

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PULLING TOGETHER FOR WELLNESS

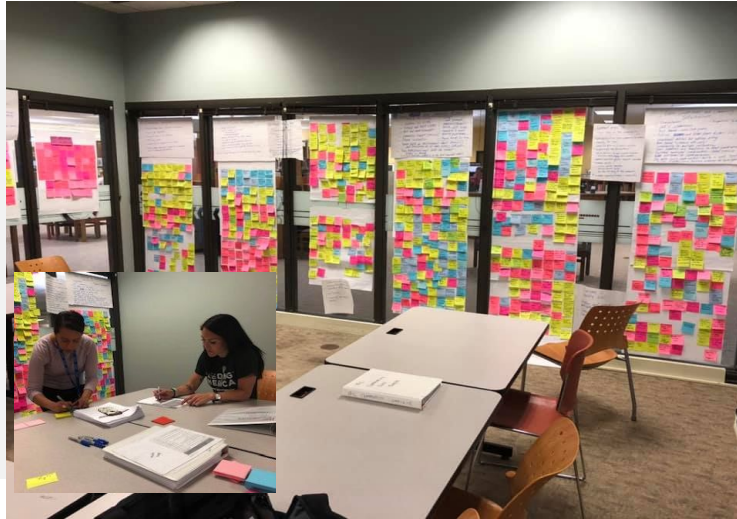


Thank you!

JANMARIE WARD

janolmstead@gmail.com

Connecting Across Differences



“Belonging is feeling part of a community, embraced for who you are and valued for what you bring.” – Kimberly

Creating Transformative Opportunities

IMAGINE FOX CITIES

Our Aim is to advance the Well-Being of Our Place and the Well-Being of Our People. To create the conditions for everyone who calls this place home the opportunity to reach their full potential. We dare to imagine, and endeavor to realize, a shared future that leads to greater flourishing—for this generation and the next.

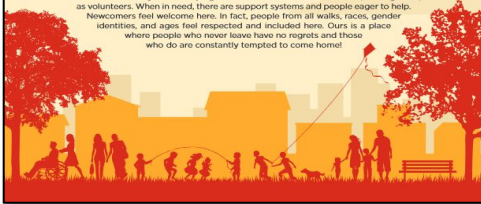
We Imagine Fox Cities as a Place...

Where kids get off to a strong start and onto a positive life pathway—a place where parents and families of all forms feel supported and equipped to fulfill their essential role. All kids in the Fox Cities have access to quality schools that foster their intellectual, emotional, and social skills. Young people who grow up here know what it is like to be raised and cared for by the village.

Where we have an economy that works for everyone—a place with a strong and diverse economic environment. Traditional industries, small businesses and entrepreneurs benefit from a strong and well-prepared workforce. They reciprocate by providing healthy work environments and livable wages—ensuring all community members can afford basic needs, including humane housing, healthy food, and insurance. Strong regional collaboration across municipalities, villages, and counties ensures a physical infrastructure and essential services to bolster sustainable economic growth.

Where shared spaces and a rich cultural environment connect us—a place where we feel a strong sense of community and deep connection. It is a hallmark of life here, why people come and stay. We have a smaller town feel with the openness and cultural amenities that rival those of larger metropolitan areas; the variety of cultural attractions reflects the diversity and diverse interests of the population. Our widely used and strongly supported trails, parks, and civic spaces bring our distinctive towns and villages together.

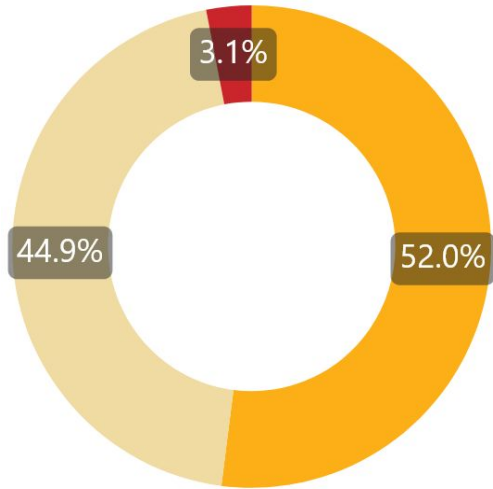
Where we all belong—a place with a visible culture of caring, generosity, and compassion. Ours is a community where helping each other is habitual—as mentors, as neighbors, as volunteers. When in need, there are support systems and people eager to help. Newcomers feel welcome here. In fact, people from all walks, races, gender identities, and ages feel respected and included here. Ours is a place where people who never leave have no regrets and those who do are constantly tempted to come home!



We Imagine Fox Cities as a Place...

- Where **kids get off to a strong start** and onto a positive life pathway
- Where we have an **economy that works for everyone**
- Where **shared spaces** and a rich **cultural environment connect us**
- Where **all belong**

We commit: To sustain what makes this place special, to foster innovation, to be inclusive, to measure what matters, to build on and align efforts, to offer gracious space and to act with the next generations in mind



Well-Being in Fox Cities



Table Questions

What did you hear from the panel that stood out or excited you?

What would you like to see measurement of well-being help us achieve as a region?

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