



Increasing Impact

through Systems Thinking & Collaboration

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Session 1

Workshop Series Overview

September 7

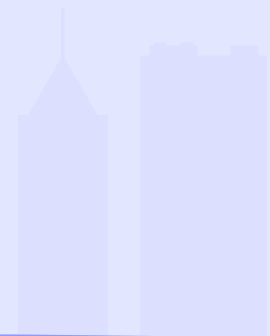
- Introduction to Systems Thinking
- Exploring root causes
- Looking at context
- Collaborations

October 12

- The power of stories
- Inference and mental models

November 9

- Mapping systems
- Taking action



Intentions for Today



- Identify root causes and their impact on individuals' health, safety, and behaviors.
- Explain how individuals and their environment interact within a social system.
- Identify 3 habits of a systems thinker.
- Define cross-sector collaboration and its role in systems change.

Interactive & Relevant



Proposed Group Agreements



- No one knows everything - together we know a lot
- What's said here stays here - what's learned here leaves here
- Take space - make space
- Mistakes happen. Own them, apologize, and move on
- Grace for yourself and others in the space
- This is complex. Expect and accept that there won't be simple solutions
- Respect each other



Breakout Rooms: Introductions

- Your name and pronouns if you'd like
- The type of work you do
- What interested you in this workshop? What are you hoping to get out of it?



What is Systems Thinking?

“...the art of systems thinking lies in seeing through complexity to the underlying structures generating change. Systems thinking does not mean ignoring complexity. Rather, it means organizing complexity into a coherent story that illuminates the causes of problems and how they can be remedied in enduring ways.”

~Senge

A decorative blue landscape graphic is located at the bottom of the slide. It consists of a solid blue horizontal band. Above this band, there are several stylized, rounded shapes in a lighter shade of blue, representing hills or bushes. Small, dark blue, V-shaped marks are scattered across the blue band, resembling grass or small plants.

What is Systems Thinking?



Inquiry

Seeing connections



Seeking different perspectives

Understanding the pieces within the whole



What is Your Why?

Why do you do what you do?

Answers are anonymous.

Scan the QR code

OR

Go to www.menti.com

Enter code: 7886 1189



Getting Curious: the What & Why

Example Problem:

Despite high rates of resilience, youth of color have increased rates of suicide

Ask WHAT and WHY until you understand the problem's dynamics.

What is going on?

Why does this problem occur?

What is working?

What can we expand?

A decorative blue wavy line runs across the bottom of the slide, with several small, stylized blue shapes resembling hills or clouds scattered along it.

Getting Curious: the What & Why

Protective Factors

Why are most youth of color resilient to depression and suicidal ideation?

What family and community supports promote resilience among youth of color?

What are trusted mental health supports for youth of color?

What cultural factors promote resilience to depression and suicidal ideation?

What organizations for mental health support and treatment are accessible to youth of color?

Risk Factors

Why are we seeing disparities in suicide among youth of color?

Why the increase in depression and suicidal ideation among youth of color?

Why are youth of color not seeking mental health support?

Why are youth of color experiencing a lack of access to support/treatment?

Why are there so few options for mental health support and treatment for youth of color?

Nothing
about us
Without
us
is for
us.

Based on slogan popularized by South African
disability rights and youth activists.

Art © Ricardo Levins Morales Art Studio

Reflection Instructions



What is a problem you are aware of in your community or work?

Practice using the Whats and the Whys to explore some of the root causes to this problem or asset.

You'll be taking these into a breakout room next.



Breakout Rooms: The Whys

- Pick a timekeeper ~ 3 min. per person
- 1 person shares their problem and the whats and whys they came up with
- Others ask questions, share reflections

- Timekeeper calls “time” after 3 minutes
- Next person shares
- Group asks questions, shares reflections



Breakout Room: Tips

When giving and receiving feedback on your “whats” and “whys”:

- Listen without being defensive.
- Share ideas and suggestions without “punching holes”

No one knows everything - together we know a lot!



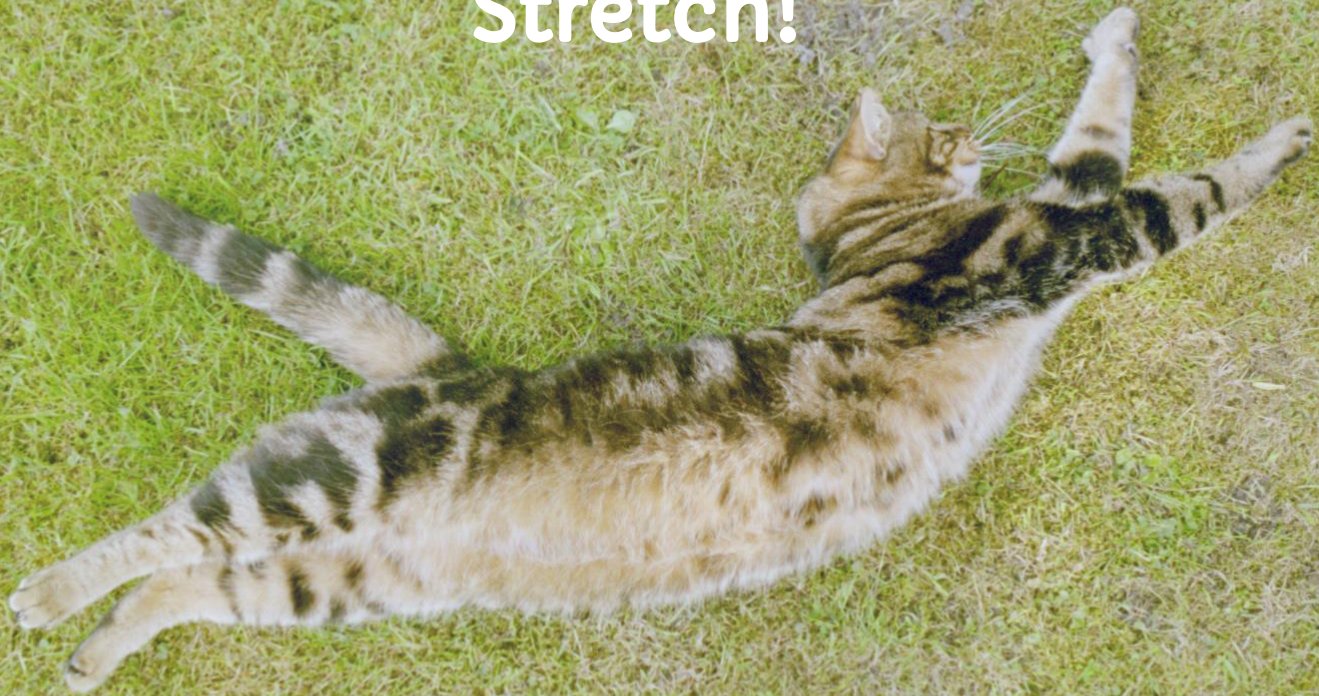
Breakout Rooms: The Whats and Whys

- Pick a timekeeper ~ 3 min. per person
- 1 person shares their problem and the whats and whys they came up with
- Others ask questions, share reflections

- Timekeeper calls “time” after 3 minutes
- Next person shares
- Group asks questions, shares reflections



Stretch!



Getting Curious: the What & Why

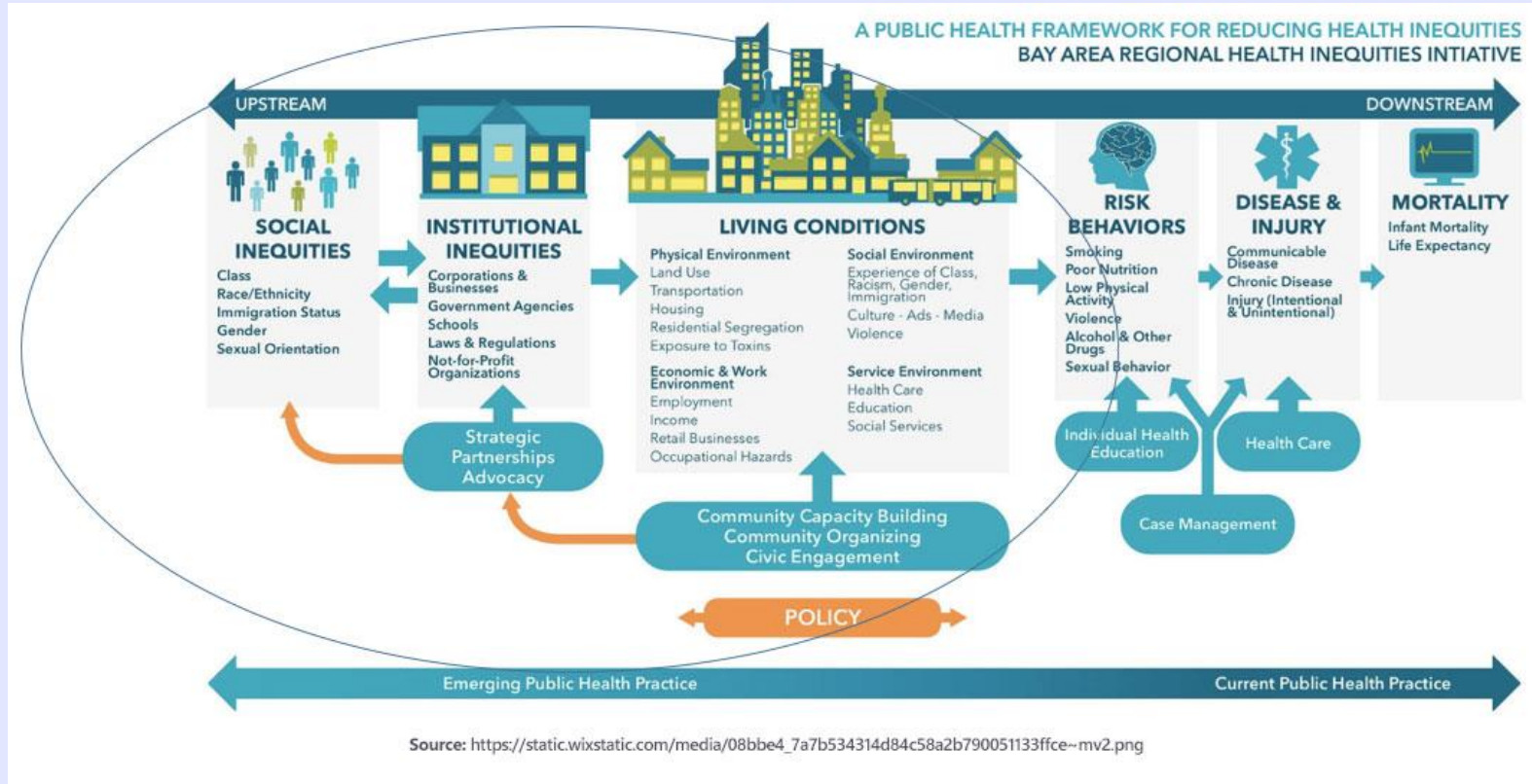
- What systems are impacting our health?
 - Social, economic, environmental, etc.
- Why is health impacted differently by different factors?
 - In our families, homes, schools, organizations, communities?
- What is your role in prevention?



The Frog or the Pond?



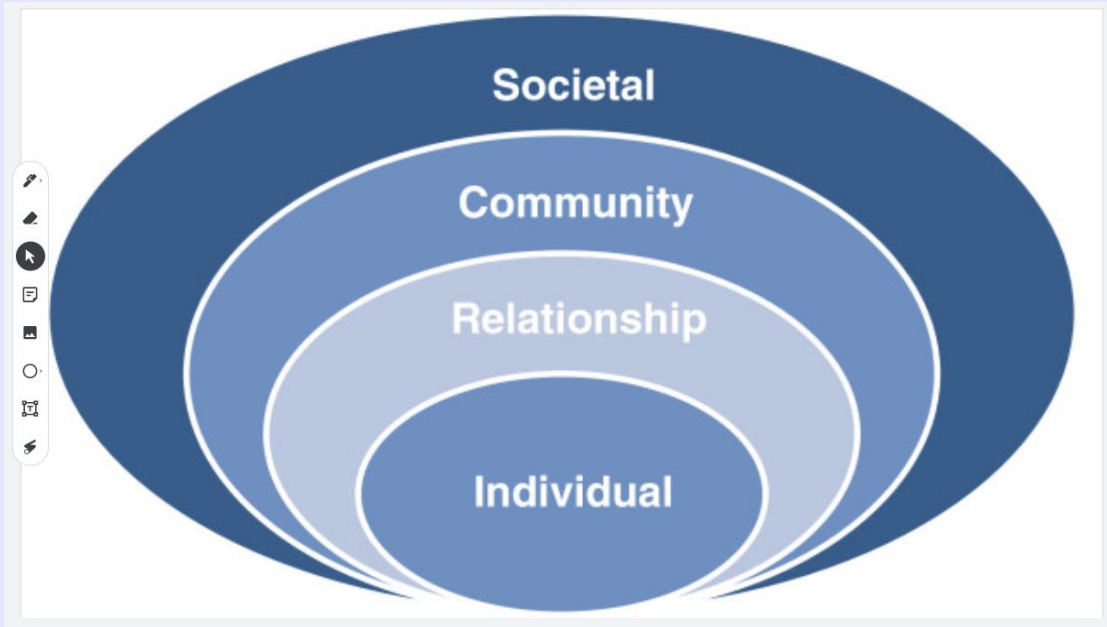
BARHII Model



Socio Ecological Model



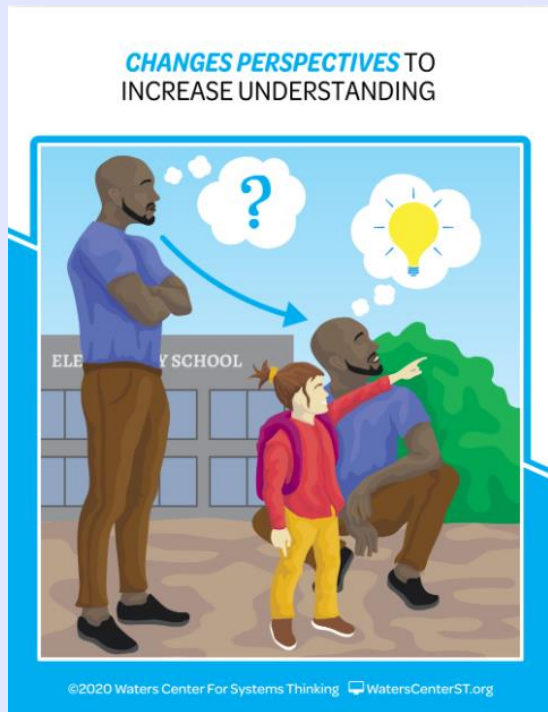
Let's Try It!



Breathe!



Habits of a Systems Thinker



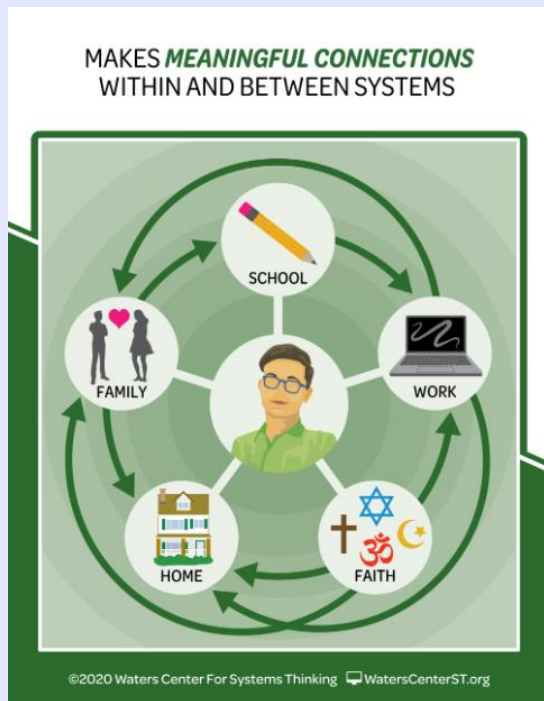
- How do different points of view influence the way I understand the system?
- Who could help me gain new perspectives on an issue?

Habits of a Systems Thinker



- What does the forest (as well as the tree) look like?

Habits of a Systems Thinker



- How does what's happening in multiple different systems affect an individual?

Who are the Systems in Your Neighborhood?

Business

Educational

Financial

Healthcare

Housing



Judicial

Legislative

Public Health

Public Safety

Recreational

Social Service

Transportation

Breakout Rooms: How Do Different Systems Impact Violence & Violence Prevention?



Example: Family/household financial security helps prevent child abuse and neglect, youth and community violence, and intimate partner violence.

Which systems/sectors influence the financial security of families/households?

- | | | |
|---|---|---|
| <input checked="" type="checkbox"/> Business | <input type="checkbox"/> Judicial | <input type="checkbox"/> Social Service |
| <input checked="" type="checkbox"/> Educational | <input checked="" type="checkbox"/> Legislative | <input type="checkbox"/> Transportation |
| <input checked="" type="checkbox"/> Financial | <input type="checkbox"/> Public Health | <input type="checkbox"/> Other: _____ |
| <input checked="" type="checkbox"/> Healthcare | <input type="checkbox"/> Public Safety | |
| <input checked="" type="checkbox"/> Housing | <input type="checkbox"/> Recreational, Parks | |

Notes:

The business sector and other employers impact the availability and wages of jobs.

The amount and quality of education an individual has impacts their earnings.

Financial: The ability to access traditional bank accounts allows individuals to avoid predatory lenders.

Healthcare costs are a big contributor to debt.

The affordability of housing greatly impacts the financial security of families. Owning a home builds generational wealth.

Legislative bodies set minimum wages, limitations on predatory lending practices, create affordable housing incentives, establish tax credits, and many more policies that impact financial security.



Breakout Rooms: How Do Different Systems Impact Violence & Violence Prevention?



- Click on the link for your breakout room
- Complete the “Your Turn” section
- Discuss questions on page 2
- Pick someone to share back



Cross-Sector Collaboration

“...[when] various community organizations come together to collectively focus their expertise and resources on a complex issue of importance to a community they serve.”

~ American Public Health Association



Cross-Sector Collaboration

“Nonprofits are solution seekers of the most noble kind, but with a narrow scope and limited resources, most often they can only tackle a small piece of the problem. Cross-sector collaboration seeks to bring together organizations from different sectors – nonprofit, government, philanthropic, and business – to bring about sustainable change on the largest scale possible.”

~Nonprofit Megaphone

A decorative blue landscape graphic at the bottom of the slide. It features a solid blue ground area with several stylized, rounded blue hills and small, simple blue plants or bushes scattered across the scene.

Cross-Sector Collaboration

- Reach a wider audience
- Learn more about your community
- Work more efficiently
- Move more quickly toward systemic change

Source: Nonprofit Megaphone



A stylized illustration of a city skyline and landscape. The skyline on the left features several buildings in shades of blue and purple, with white rectangular windows. The foreground is a solid blue field with small, dark blue bushes and plants scattered across it. The background is a light blue gradient.

Wrap Up