



DIGITAL DIALOGUE

FAMILY & COMMUNITY ENGAGEMENT



THE
fullframe
I N I T I A T I V E

*Shifting perspectives on poverty and
violence to create wellbeing and justice*



Speakers

*Join the National
Conversation
on Child Abuse
and Neglect*



PRESENTER

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MODERATOR

Nilofer Ahsan

Lead, Knowledge & Partnerships
CANTASD

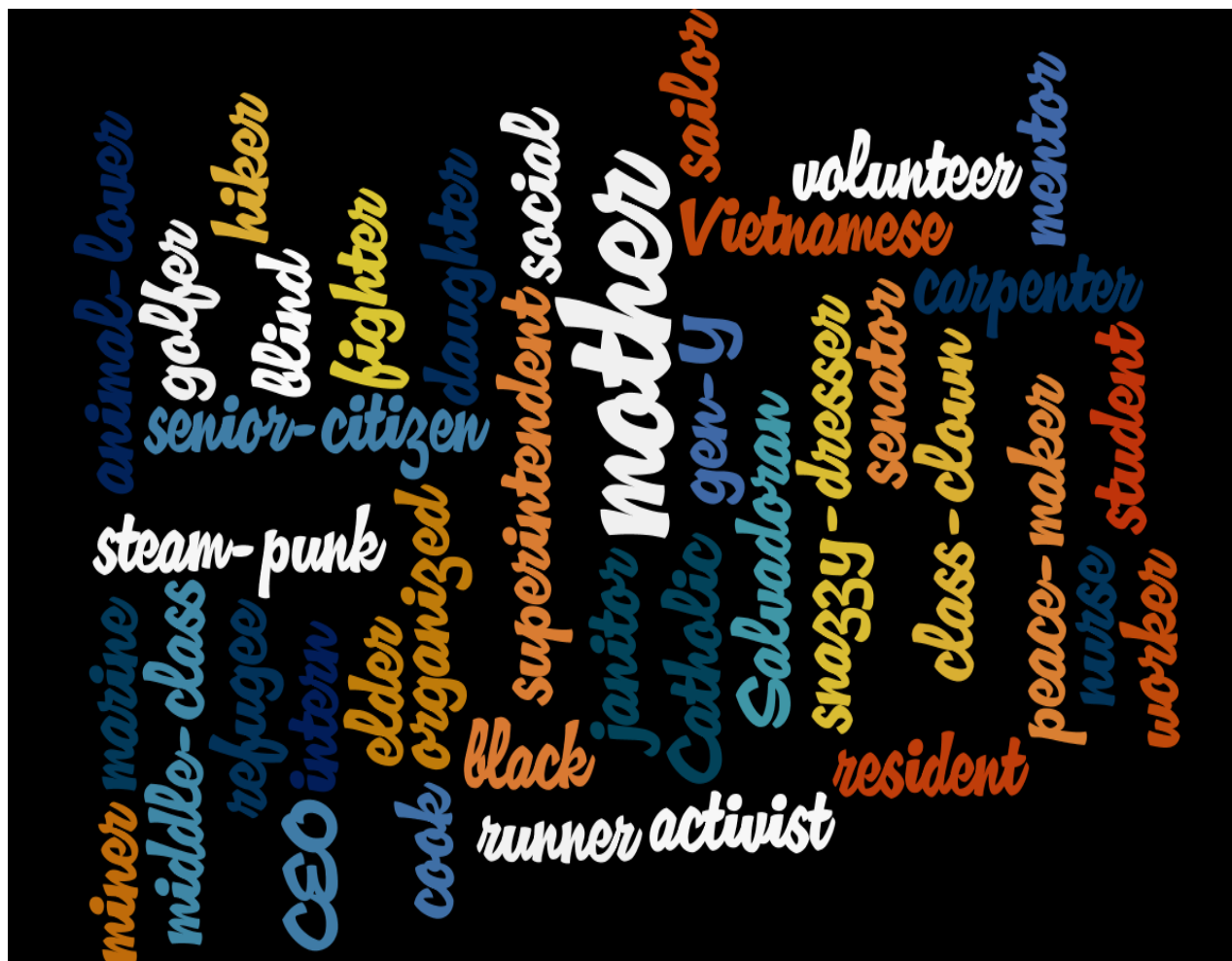
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What's in a Name?

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The Full Frame Initiative

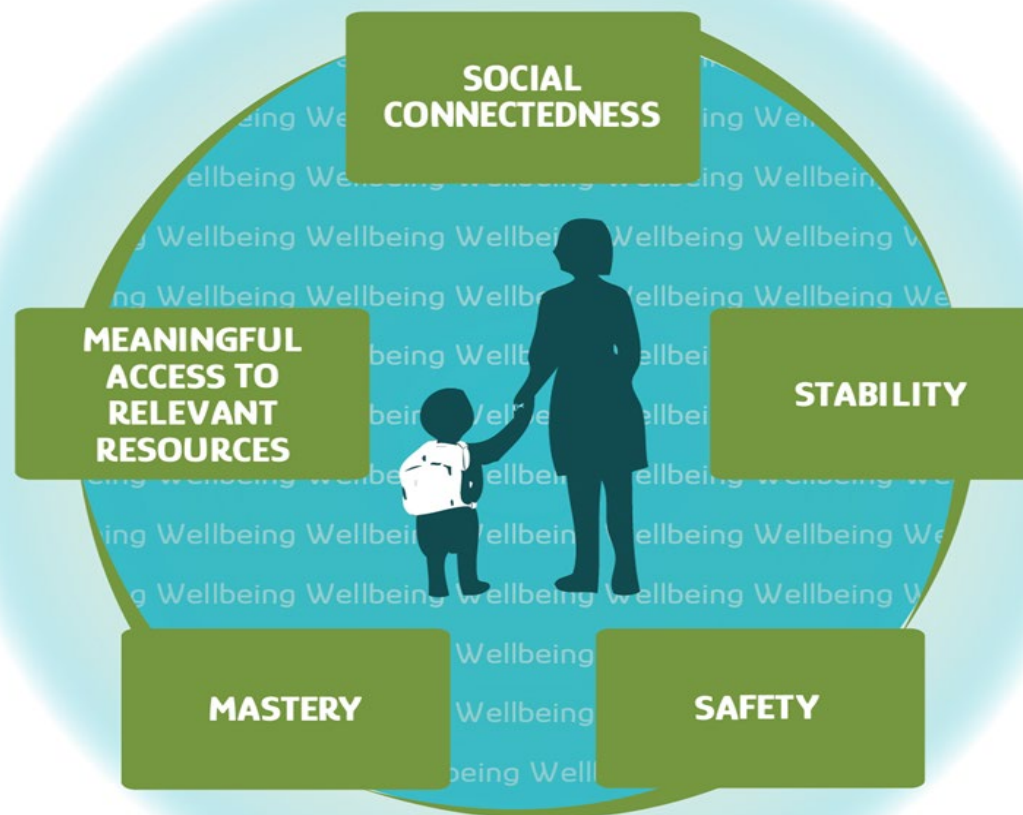
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We are a social change organization that partners with pioneering organizations, systems and communities across the country to fundamentally shift their focus from fixing problems to fostering wellbeing.

Together, we are creating possibilities for lasting change in people's lives and sparking a broader movement that replaces poverty, violence, trauma and oppression with wellbeing and justice.

Wellbeing at the Center

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A Wellbeing Orientation

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A wellbeing orientation describes the conditions that give everyone a fair shot at wellbeing: the set of needs and experiences essential, in combination and balance, to weather challenges and have health and hope.

It means being in environments—family, community, agency, system, workplace—grounded in a set of beliefs about people and communities and institutions that reflect that we are all deeply driven to meet our needs for wellbeing and that change is only worth it to us and is only durable when it doesn't deeply undermine our wellbeing.

Why Take a Wellbeing Orientation?

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- Grounds the work and the change in people, not problems
- Issue agnostic: Provides a common language across systems and between systems and communities
- Supports what we hope for, instead of just preventing what we fear
- Addresses societal drivers and artifacts of inequity
- Supports change that lasts, beyond compliance
- Inherently trauma-informed and culturally relevant; aligns with many other frameworks and helps us understand health disparities.
- Improves outcomes
- Systemic: individual, family, community
- Not about adding programs or interventions

Assumptions Matter

- People coping with significant challenges are different– even deviant
- Everyone has access to opportunity
- Change is additive
- Sustaining change is about willpower
- Issues and problems are discrete
- People with challenges are pathologies wrapped in skin, and services fix them
- Change happens at the level of the individual

- We're more alike than we're different
- Our circumstances are varied, and not accidental: There are structural forces that block or undermine progress for some people more than others
- Change brings gains and losses
- Life is messy
- There's always something that's working
- Individual change is tied to family change, which is tied to community and social change

How do we get from

problems and programs

to

people and possibilities ?

*By recognizing, legitimizing and building on
our universal drive for wellbeing*



***“When we start with
problems, we get
programs. When we
start with people, we
get possibilities.”***

- after Lupe Serrano

Stories

Five Domains of Wellbeing Snapshot: Needs and Experiences

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Social Connectedness

- Number and diversity of relationships
- Reciprocity – give and get
- Sense of belonging and value
- Growth from a diversity of relationships



Stability

- Anchors (small weekly or daily routines) that create a sense of predictability
- Buffer to small problems snowballing to big problems



Photo taken by Lindsay Morris at Camp You Are You

Safety

- Ability to be true to core identity without harm or humiliation
- Situational
- From people, places and systems

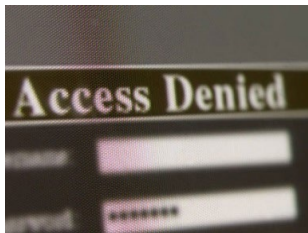
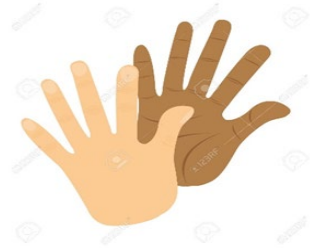


Five Domains of Wellbeing Snapshot: Needs and Experiences

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Mastery

- Potential to influence our environment, our relationships, and/or our future
- Comes through practice and perseverance
- Important to self, and recognition and value by others



Meaningful Access to Relevant Resources

- Self-determination of what needs are relevant and important
- For access to be **meaningful**, the resource needs to:
 1. Exist
 2. Be accessible without shame or significant hardship or danger



Decisions and Change Create *Tradeoffs*

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- When we're making a decision or a change, we're balancing tradeoffs: *Is it worth it to me?*
- We're much more likely to make change when the tradeoffs feel worth it. If the tradeoffs feel unsustainable, the change becomes unsustainable.
- When people make choices different from what we expect or want, they may be weighing tradeoffs differently.
- People need motivation AND sustainable tradeoffs for change to last.

In pursuit of specific short-term outcomes, systems and services can force tradeoffs that create havoc in people's lives and undermine lasting change.



CA/N Prevention and Wellbeing

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Primary = Pre-system Involvement

Secondary = System Involvement

Tertiary = Post-system Involvement

Start With Wellbeing



Resources

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- <https://fullframeinitiative.org/>
- The Full Frame Approach and the Five Domains of Well-Being
 - <https://fullframeinitiative.org/resources/about-the-full-frame-approach-and-five-domains/>
- Full Frame Initiative Overview
- Well-being Orientation and Prevention

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/FullFrameInitiative



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A photograph of a man and a young girl embracing outdoors. The man is smiling and looking down at the girl, who is kissing him on the cheek. They are both wearing white long-sleeved shirts. The background is a soft, out-of-focus green and yellow bokeh, suggesting sunlight filtering through trees. A large, semi-transparent white circle is overlaid on the left side of the image, containing the text 'Discussion' and 'Please type questions into the chat box'.

Discussion

Please type questions into the chat box