Wellbeing Planning

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Wellbeing Planning Webinar
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From Safety Planning to Wellbeing Planning:
A TOOLKIT FOR CHANGE

www.fullframeinitiative.org/wellbeing-planning-toolkit
WELLBEING ORIENTATION FOR UNCERTAINTY AND STRESS IN THE TIME OF COVID-19

For service providers and frontline workers to use for themselves and the people they are working with

Don't wait for things with COVID-19 to calm down to use a wellbeing orientation. Now is exactly the time when we need it the most.

1 INCREASE PREDICTABILITY
Do what you can to communicate with the people you are working with using as much clarity as you can about what things will look like moving forward—what operations will continue, be suspended, and how you might continue working together.

2 KEEP ANCHORS IN PLACE
Identify anchors—small daily/weekly routines that make you feel grounded each day (see: http://bit.ly/5DWkeyaspects). Which will be disrupted? What might help smooth things out? For example, if you usually take a yoga class, consider queuing up yoga videos on YouTube to keep that anchor constant so that they’re ready to go if you need to quarantine.

3 IDENTIFY WHAT IS MOST IMPORTANT TO YOU
What things or people are most important to you? How might a piece of this continue moving forward in the case of quarantine? What needs to be put into place now to make that possible? If you’re a service provider or frontline worker, hold space for the person you’re working with to share what’s important to them—it may be different than you think.

4 ASSESS TRADEOFFS YOU MAY EXPERIENCE AS A RESULT OF COMPLYING WITH REQUIREMENTS AND GUIDELINES

5 ADDRESS THE TRADEOFFS
For the most impactful tradeoffs, is there anything that can be added or removed that would alleviate it? Is there something that could be changed in what or how it happens? For example, rather than seeing a therapist in-person, maybe you could Skype.

6 IDENTIFY WHAT HAS WORKED IN THE PAST
Many of us have been in situations that are unpredictable and changing. What worked in the past, even just a little bit? What strategies did you use to cope? Were there things you did that made things feel more manageable? What strategies can you use in this time of uncertainty?
Objectives

1. To learn more about a Wellbeing Orientation and how it can be useful

2. To become familiar with the Wellbeing Planning Toolkit

3. To have clear, actionable steps on how to begin Wellbeing Planning in your work with survivors
CL1  Lotus - how do these look to you?
Caitlin LeMay, 3/9/2020

LY1  I would maybe leave out the FFI part because while that's sort of our goal, I worry it sounds too sales-like.
Lotus Yu, 3/12/2020

LY2  "to learn more about a wellbeing orientation and how it can be useful"
Lotus Yu, 3/12/2020
Who We Are: The Full Frame Initiative

We are a social change organization that partners with pioneering organizations, systems and communities across the country to demonstrate the power of fundamentally shifting our country's focus from short-term fixes to fostering durable 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.
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*
Defining Wellbeing

**Wellbeing:** /'welˌbēiNG/ noun, the set of needs and experiences that are universally required in combination to weather challenges and have health and hope

We all need it.
We don’t all have access to it.
Access to wellbeing improves health, hope & resilience.
It is the promise of our country.
From Safety Planning to Wellbeing Planning: A Toolkit for Change
History

Traditional safety planning has not adequately integrated the context of survivors’ lives, and have lagged in cultural & social responsiveness—we want to shift that.

From Safety Planning to Wellbeing Planning:
A TOOLKIT FOR CHANGE
The Set of Needs and Experiences That Are Essential

Breaking inter-generational cycles of poverty, violence and trauma requires we **build on assets** and **minimize tradeoffs** among the Five Domains of Wellbeing— at the individual, family, community and institutional levels.

- Hierarchical
  - Universally needed, individually experienced, differentially accessible
  - Interdependent, non-linear
  - Meaning matters
  - Assume assets
Key Concepts

- Wellbeing is the drive, not the destination.

- Wellbeing is both universal and individually experienced.

- The Five Domains of Wellbeing are all essential and equally important, overall.

- The Five Domains of Wellbeing are connected and interdependent.
Key Concepts continued

• Wellbeing is dynamic.

• We are all balancing and weighing tradeoffs in and among the Five Domains of Wellbeing, all the time.

• Change that undermines our wellbeing in service of a narrow goal may not be sustainable.
Walkthrough of the Toolkit
PART 1
Identifying Tradeoffs in Safety Plans
What are typical strategies that we suggest to survivors during safety planning?
<table>
<thead>
<tr>
<th>Domain</th>
<th>What may survivors gain in this domain?</th>
<th>Which key aspects are increased?</th>
<th>What may survivors lose in this domain?</th>
<th>Which key aspects are lost?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Social Connectedness</td>
<td>Survivors may develop new relationships as a result of new routines.</td>
<td></td>
<td>Survivors may lose connection to key people. For example, if a different bus route means a new bus driver or passengers they've developed relationships with, or if it means changing to a new therapist.</td>
<td>Going into stores or appointments at different times may mean losing connection to other “regulars” and a lost sense of belonging.</td>
</tr>
<tr>
<td>Safety</td>
<td>This may mean that other people can’t follow or predict survivors’ schedules and show up where survivors are.</td>
<td></td>
<td>This may create a false sense of safety, survivors may be less vigilant or aware when threats happen.</td>
<td></td>
</tr>
<tr>
<td>Stability</td>
<td></td>
<td>Routines and possible anchors may be disrupted.</td>
<td>There may be a loss of a sense of familiarity of place and the loss of predictability that comes from losing anchors.¹</td>
<td></td>
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<tr>
<td>Mastery</td>
<td>Survivors may experience a sense of control from learning new routes, schedules, routines, and having better knowledge of the area.</td>
<td>Survivors may lose a sense of control due to the loss of predictability.</td>
<td>Survivors may feel less control and more “helpless” in a new environment where they may not know what to do if something unexpected happens.</td>
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<tr>
<td>Meaningful Access to Relevant Resources</td>
<td>Survivors may discover new ways of gaining access to relevant resources by traveling in new areas.</td>
<td>Previous routines and social connections may have increased meaningful access (for example, if by always grocery shopping before 4 PM, a survivor gets a discount on expiring produce, but changing their routine means shopping in the morning food will cost more).</td>
<td></td>
<td></td>
</tr>
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</table>
Quotes

“[The toolkit] has given me the ability to work with the whole survivor and having them lead their care.”

“[I am] working with survivors on a deeper level.”

“[The Toolkit has] strengthened existing skills”

“The toolkit has allowed me to see different aspects of safety”
3 STEPS TO NOT LOSE YOUR COOL WITH COVID-19

1. LIST WHAT'S MOST IMPORTANT TO YOU

- People, groups you're in
  1. My cat
  2. Getting coffee
  3. Soccer league
  4. Childcare
  5. Church
- Activities you do
- Routines you have
- Things you do to keep safe
- Items

2. HOW MIGHT THESE THINGS BE AFFECTED BY COVID-19?

- Going to the coffee shop every morning
  - Omg, people with germs everywhere

3. PRESERVING WHAT'S IMPORTANT TO YOU

+ Is there anything you can add to minimize the impact?
- Is there something you can remove or take away to reduce the impact?
🔄 Is there anything you can do in its place to reduce the impact? Can you carry what's important to you forward in a new way?

Coffee shop drive thru + washable gloves = 😊
Thank You!

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