

HOPE for Child Maltreatment Prevention in Missouri: Using the Science of the Positive to Identify & Increase Protective Norms

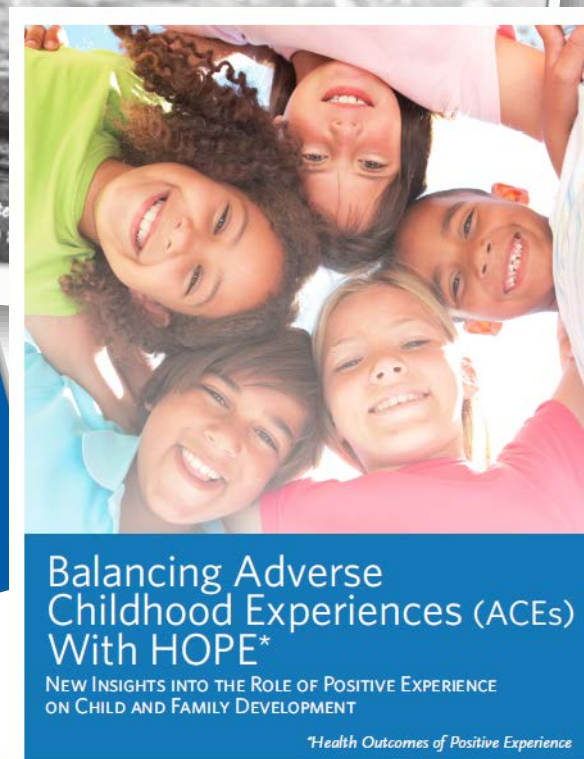
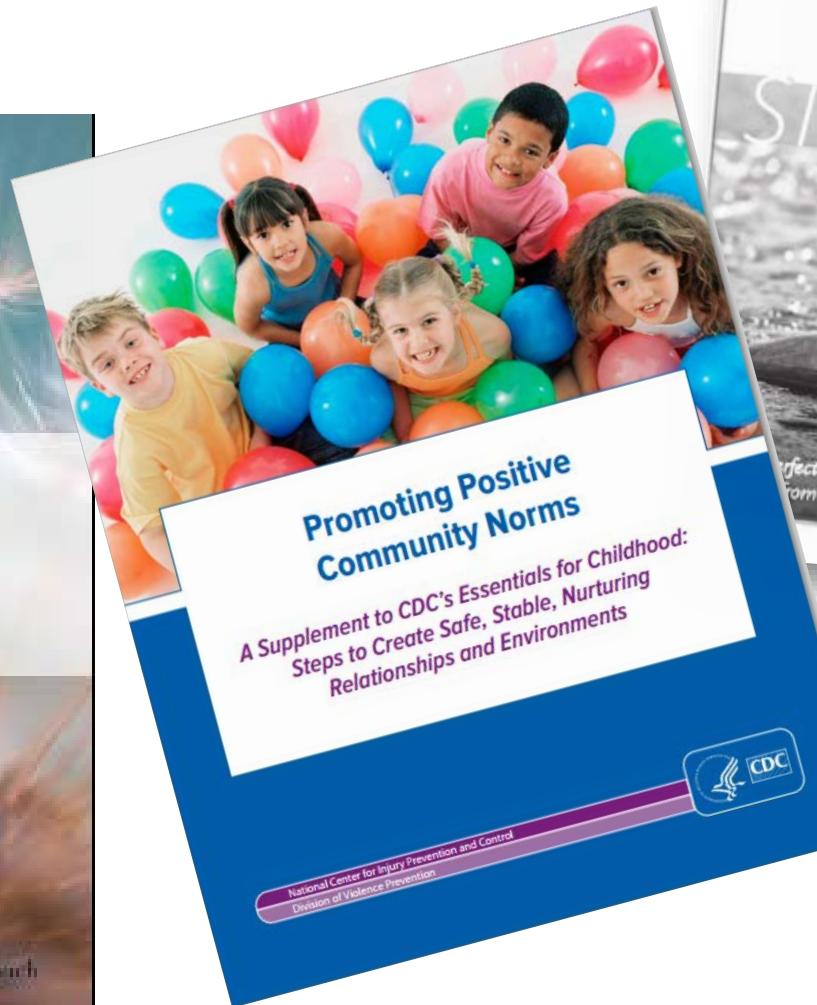
**Jennifer Jones, MSW
Jeff Linkenbach, EdD**

**Jefferson City, MO
May 2019**

Day 2 – Thursday – Nov 7, 2019

9:00 – 9:30	Welcome, Reflections from Day 1
9:30 – 10:30	Putting Science of the Positive into Action
10:30 – 10:45	---Break---
10:45 – 12:00	Focusing on Norms & Strategic Planning
12:00 – 1:00	Lunch Onsite
1:00 – 2:30	Community Spirit Messages
2:30 – 3:00	Reflections & Evaluations
3:00	End – <i>Happy Trails...Until We Meet Again!</i>

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The
MONTANA
SUMMER
institute

**Transform Community Norms & Narratives
with the Science of the Positive:**

Re-framing messages and public
dialogues for bigger impacts

Registration is open at MONTANAINSTITUTE.COM

TUESDAY-THURSDAY, JUNE 23-25, 2020 IN BIG SKY, MONTANA

The **MONTANA SUMMER** **PRE-institute**

- Positive Community Norms Intensive Seminar
- Healthy Outcomes from Positive Experiences (H.O.P.E.) Seminar
- Positive Community Norms Message Development and Social Media Lab.

Choose from **THREE** Pre-institute tracks!



MONDAY JUNE 22, 2020 IN BIG SKY, MONTANA

SESSION GUIDELINES

Based upon the Seven Core Principles of the Science of the Positive

1. **BE POSITIVE** - Speak words that encourage.
2. **BE PRESENT** - Be here now. Phones off. Stay engaged.
3. **BE PERCEPTIVE** - See, hear & experience new things.
4. **BE PURPOSEFUL** - Make meaningful connections.
5. **BE PERFECTED** - Dare to improve. Seek a growth mindset.
6. **BE PROACTIVE** - Imagine new ways of being effective.
7. **Be PASSIONATE** - Enjoy this time and share your inspiration.



science of the positive



The Seven Core Principles of the Science of the Positive

A Structured Reflection Workshop



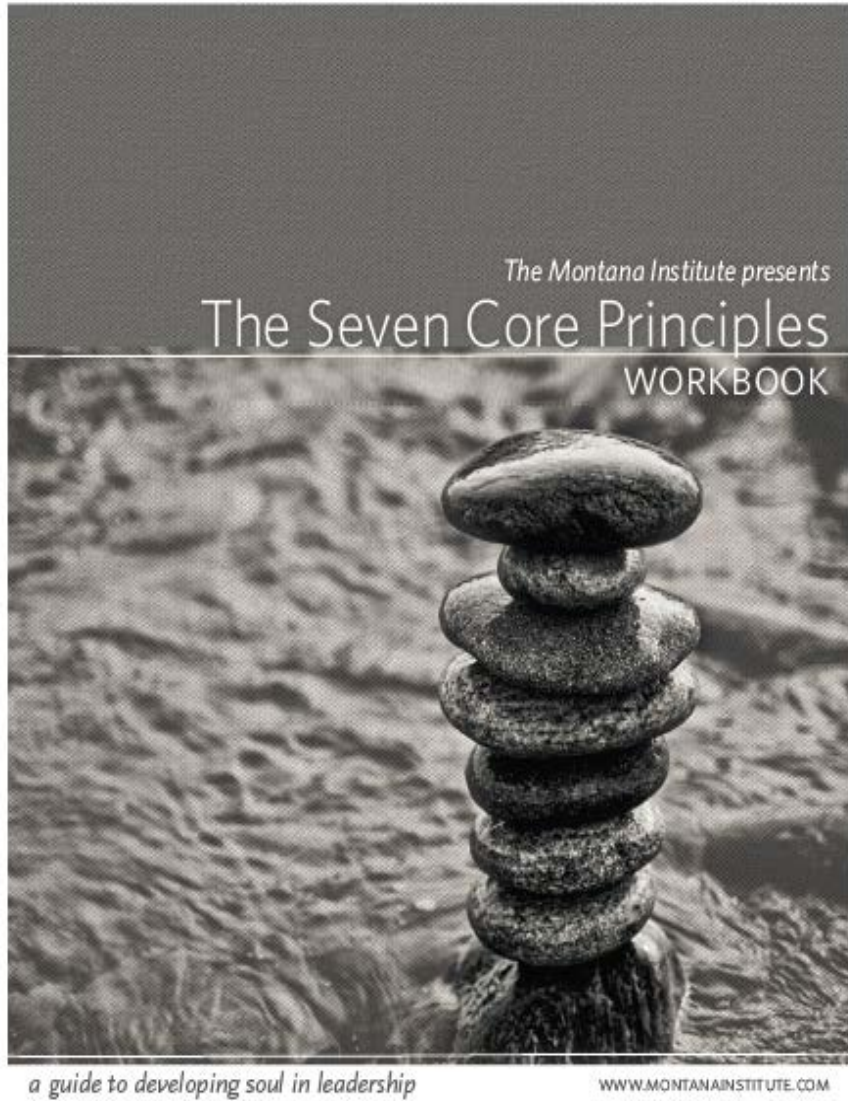
Seven Core Principles

1. Positive
2. Present
3. Perceptive
4. Purposeful
5. Perfected
6. Proactive
7. Passionate

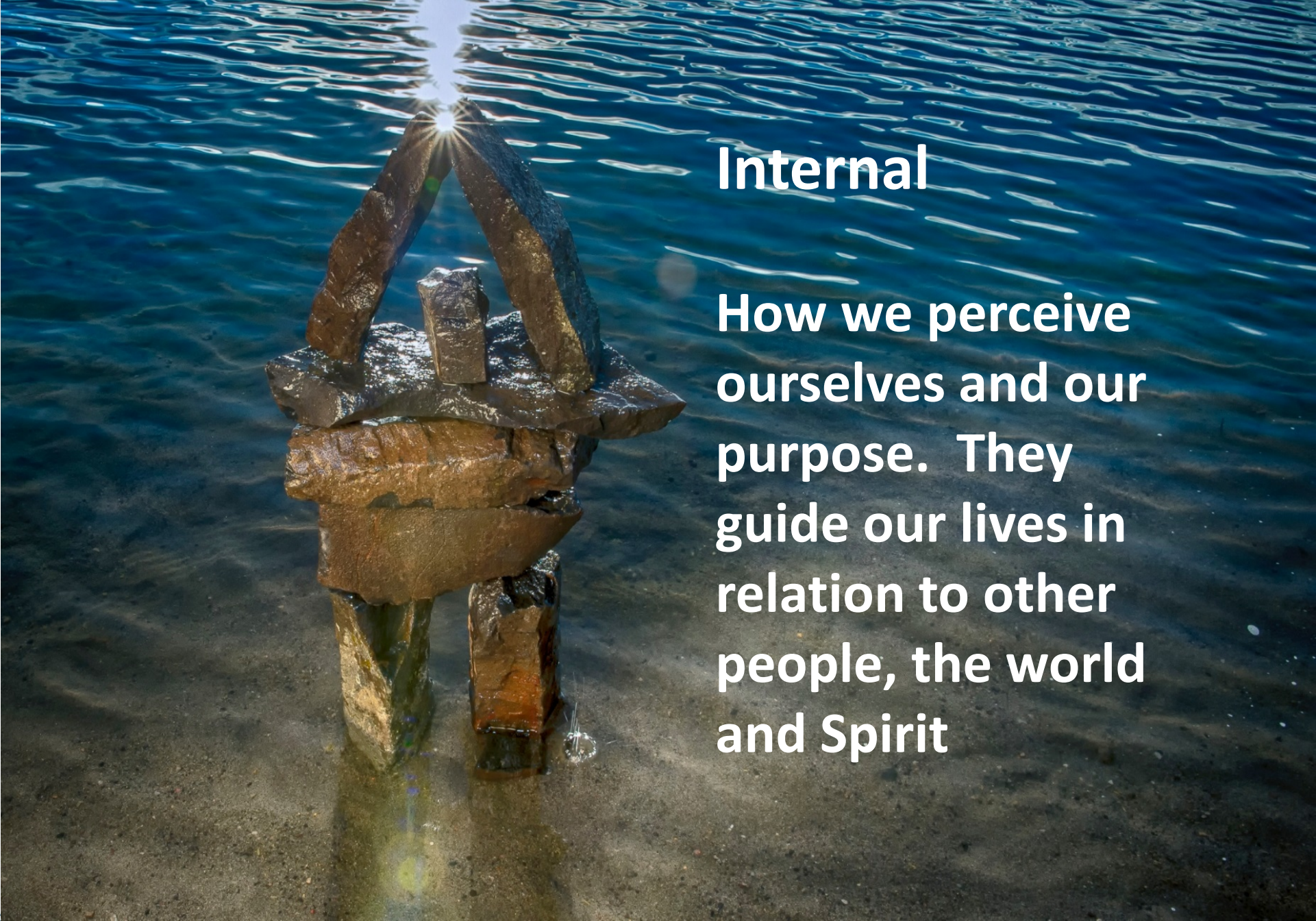


Principles...

- Shape our experience
- Train our minds
- Guide our actions
- Direct our reflections



Workshop Process



Internal

How we perceive ourselves and our purpose. They guide our lives in relation to other people, the world and Spirit



External

How we guide our interactions with other people and communities that we and our organizations serve.

Deeper Study and Contemplation

Purchase at Amazon





7 Core Principles

From Individual Reflection to Organizational Action

Be Positive: *We are FRIENDS*

Be Present: *We are together*

Be Perceptive: *We welcome the strengths of others*

Be Purposeful: *We serve and support*

Be Perfected: *We value humility*

Be Proactive: *We lead with vision*

Be Passionate: *We care about the journey*



ACT Missouri's 7 Core Principles

1. WE SERVE AS A TEAM (POSITIVE)
2. WE PAY ATTENTION (PRESENT)
3. WE SEEK THE WHOLE PICTURE (PERCEPTIVE)
4. WE PROMOTE HEALTH (PURPOSEFUL)
5. WE STRIVE TO KEEP IT REAL (PERFECTED)
6. WE LEAD BY SERVING (PROACTIVE)
7. WE CELEBRATE A HEALTHY MISSOURI (PASSIONATE)

Missouri

Network's Seven Core Principles

- We are enthusiastic about prevention. (Positive)
- We are in the now. (Present)
- We choose to perceive a deeper truth in our environments. (Perceptive)
- We unite through the spirit of prevention. (Purposeful)
- We are willing to learn and transform to be effective. (Perfected)
- We align our efforts to create solutions. (Proactive)
- We energize, motivate each other, and celebrate our successes. (Passionate)



SEVEN CORE PRINCIPLES

- BE POSITIVE
We care about our community and our people
- BE PRESENT
Our decisions today shape our future
- BE PERCEPTIVE
We listen and observe to effectively understand each other
- BE PURPOSEFUL
We look for and find the good in our community
- BE PERFECTED
We are aware of our challenges and strengths
- BE PROACTIVE
We believe in change
- BE PASSIONATE
We believe our community is worth it.

The Seven Core Principles & Your Community



Group Activity

7 Core Principles and Your Community



The Seven Core Principles & Your Community



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THE SEVEN CORE PRINCIPLES OF THE SCIENCE OF THE POSITIVE AND YOUR COMMUNITY

Core Principle 1: Be Positive

Core Principle 2: Be Present

Core Principle 3: Be Perceptive

Core Principle 4: Be Purposeful

Core Principle 5: Be Perfected

Core Principle 6: Be Proactive

Core Principle 7: Be Passionate

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Getting Started With The Science of the Positive

7 Core Principle Questions Connecting to 7 Action Steps

Linkenbach, 2017

Core Principle	Science of the Positive Action Step	Core Principle Planning Questions
1. Be Positive	Connect	How will “the Positive” be expressed?
2. Be Present	Assess	What current needs & strengths assessed?
3. Be Perceptive	Envision	What perceptions are being addressed?
4. Be Purposeful	Plan	What is the BIG purpose of the plan?
5. Be Perfected	Explore	What improvements might be needed?
6. Be Proactive	Integrate	What proactive engagements are in place?
7. Be Passionate	Evaluate	How is it inspiring and energizing?

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Focusing on Norms & Strategic Planning



Science of the Positive Café Process

❖ Four Rounds of Conversation

- ❖ One person at your table will act as a HOST and will not move between rounds
- ❖ Everyone else will move between rounds

❖ The HOST will make take notes and make sure everyone gets a chance to speak.

Science of the Positive Café Process

Round One (SPIRIT first...)

- **Think of a time when you have been inspired in your work in the last three months?**
- **Look 5-10 years ahead – what positive vision gives you hope and inspiration for children and families across our state?**

HOST: Please make sure everyone gets a chance to speak.



BIG NEXT Café Process

Frontloading... Before we Begin...

Before we begin talking...

Please take 5 minutes and write down as many positive, protective factors as you can. These can be based on science and research or what you feel is important based on your experiences.

Science of the Positive Café Process

Round Two (SCIENCE)

What science or data would you like to know in order to help us achieve our positive vision for a healthy and safe Missouri?

Are there specific areas or topics that you would like to gather more data/research on to inform our vision?

HOST: Please make sure everyone gets a chance to speak.



Science of the Positive Café Process

Round Three (ACTION)

- **Share one change you will make in the next 30 days that could have a profound positive impact on your work?**
- **What would you like to see differently in this state as a result of our efforts to build a healthy and safe Missouri?**

HOST: Please make sure everyone gets a chance to speak.



Science of the Positive Café Process

Round Four (RETURN)

Reflections

What are some of the things you heard or learned through this activity?



Reflection:

**What did you
learn from this
activity?**



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Community Spirit Messages



Science of the Positive

Cycle of Transformation



Linkenbach, 2015



Guiding Questions

Spirit

What will be the spirit of our work?

Science

How will we approach the science?

Action

What will be our actions?

Return

What returns will we seek?



Linkenbach, 2015



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Spirit

What will be the spirit of our work?

- On your own, take 5-10 minutes and generate ideas around community messages that really connect with you. If you were leading the development of a marketing campaign for a healthy and safe Missouri, what are some of the themes you think are critical to convey. Think of themes that will bring inspiration and connectivity.

Science

How will we approach the science?

- Get up and find one other person who is not from your agency and take 10 minutes to each share your ideas.
- Consolidate into 5 of the best ideas.

Action

What will be our actions?

- As a pair, find another pair and share your top 5 ideas and narrow it down to 3.
- If you were in a rock band, what would be the name of your group – write that down on a piece of paper, along with your top 3 ideas.

Return

What returns will we seek?

- Stay where you are at for reflections;
- We are going to around with the mic and all of you can share your 3 ideas.





Reflect Back

What are some of the most useful and meaningful things you learned today?

**What are some of the 'BIG'
things you have heard or
thought about over these
past 2 days?**



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