

A Symposium Hosted by the Illinois Coalition Against Sexual Assault, March 27-28, 2024, Springfiled, Illinois Facilitated by Aggie Rieger and Nicole Allen

### Welcome!



### It's good to be with you.

### Nicole (she/her)



Individual

CASA

Illinois Coalition

Against Sexual Assault

Relationship

Societal





Hope Holland



Allyson Blackburn With Gratitude to the Action Research and Collaboration Team

Aggie Riege







Division of Community Psychology of I American Psychological Associati

VANDERBILT UNIVERSITY

Peabody College

Human and Organizational Development (B.S.)

Vanderbilt's largest undergraduate major is administered in conjunction with the Department of Leadership, Policy, and Organizations.



### Aggie she/her





Join a healthy relationships education camp with





### Purposes, Promises



### Plan for ICASA, informed by you



Connections, education, inspiration for + between us all



### Prevention is... Special Misunderstood Exciting Essential



#### Prevention is... Special Misunderstood Exciting Let's celebrate Essential prevention together!



#### We want you to be

Included

Engaged

Playful

Curious

Critical

Yourself

CDC resources STOP SV technical package

#### Liberating structures

https://www.liberatingstructures.com/

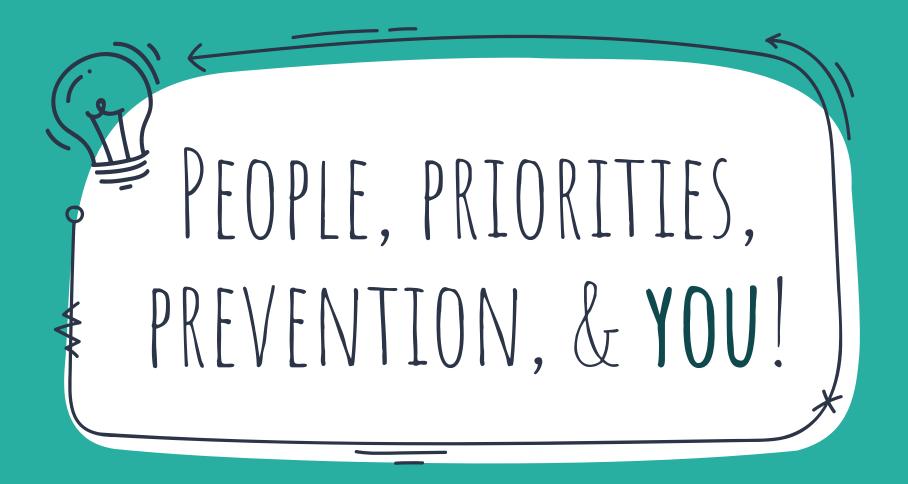
CREDITS: This presentation template was created by **Slidesgo**, including icons by **Flaticon**, and infographics & images by **Freepik** 

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#### Check Out Liberating Structures Here



https://www.liberatingstructures.com/



### PURPOSES

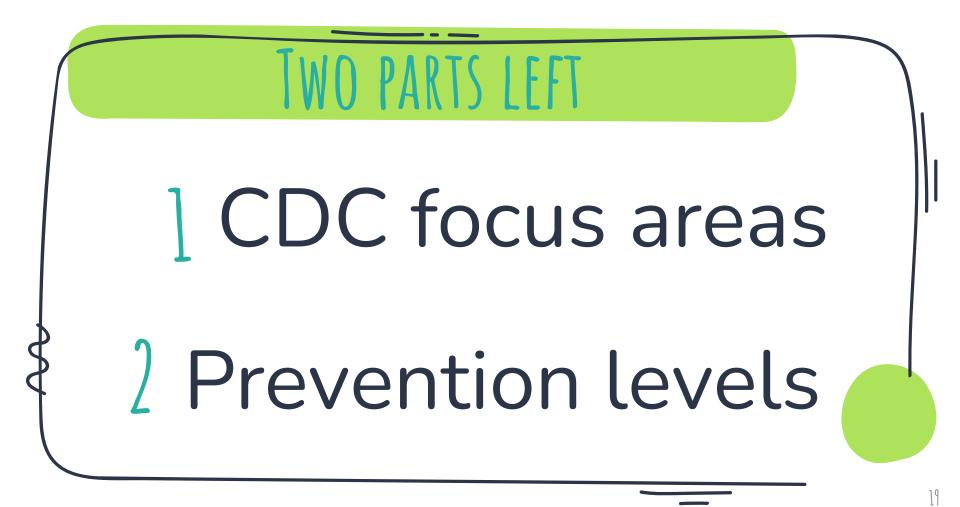
- Say hello!
- Get some exposure to the excellent work people/organizations are already doing
- Create a foundation of shared language
- Leave this session knowing that you can contribute to conversations about prevention + that you belong here





# Preventer People bingo!

- Find people to sign squares
- Try to sign no more than 2 squares on any card
- Yell "Bingo!" when you get it + you might be asked to share
- Anyone who gets all squares signed will be entered for a prize



### CDC FOCUS AREAS

Important ideas about prevention

## L. GENERAL OVERVIEW 2. GROUP ASSIGNMENTS 3 VIGNETTE ACTIVITY

#### STRENGTHEN ECONOMIC SUPPORTS

- X Employment, stable housing, financial stability, and food security are important protective factors
- X Improving financial stability = reducing risk factors associated with victimization

#### CREATE PROTECTIVE ENVIRONMENTS

X Change community characteristics
 X Community structures, social norms, environment, policies
 X Context of people's lives
 X Beyond any one individual

#### PROMOTE SOCIAL NORMS THAT PROTECT AGAINST VIOLENCE

 X Group-level beliefs and expectations of members' behavior
 X Acceptance of violence, restrictive gender norms

#### STRENGTHEN ECONOMIC SUPPORTS

- Shelley Vaughan (PCASA)
- Nabilah Talib (YWCA Metropolitan Chicago)
- Mary Ratliff (ICJIA)
- Aster Gilbert (Center on Halstead)
- Tom Hughes (Illinois Public Health Association)
- Joshua Gavel (Uniting Pride)
- Karina Gil (Chicago CACs)

Tina Bleakley (Mutual Ground)
Matthew Warner (Eastern Illinois University)
Melissa Engel (Safe Journeys)
Ariana Speagle (ILCADV)
Heather Dougherty (IDPH)

### CREATE PROTECTIVE ENVIRONMENTS

- Teresa Tudor (Illinois Department of Human Services)
- Julia Strehlow (ISBE)
- Ryan Nottingham (IL Department of Corrections)
- Kim Mangiaracino (CACs)
- Stacey Stottler (Family Guidance Centers, Inc.)

Julio Flores (Public Health Institute of Metropolitan Chicago)

Vickie Sides (UChicago; EOP/CARES Center)

Jennifer Samartano (Prevent Child Abuse Illinois)

Laura Daily (Chicago CAC)

Megan O'Donnell (Life Span)

Teresa Parks (IGAC)

#### PROMOTE SOCIAL NORMS THAT PROTECT AGAINST VIOLENCE

- Lisa Gilmore (Illinois Accountability Initiative)
- Maritza Carvajal (NWCASA)
- Itedal Shalabi (Arab American Family Services)
- Linda Sandman (Blue Tower Solutions)
- Genesis Vasquez (MLEA)
- Conny Moody (Illinois Public Health Association)

- Margaret Fink (University of Illinois Chicago Disability Cultural Center) Sam McCarthy (CAASE) Jae Jin (UIC Institute on Disability & Human
- Development)
- Jennifer Martin (IDPH)
- Michael Roy (Resilience)



1. Read the strategy vignette together

2. Each identify and share **one** thing about this focus area that you're excited about, one barrier that could stall this focus area, and **one** way this focus area already connects to your work

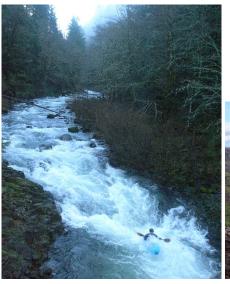
### PREVENTION LEVELS

**Conceptualizing prevention** 







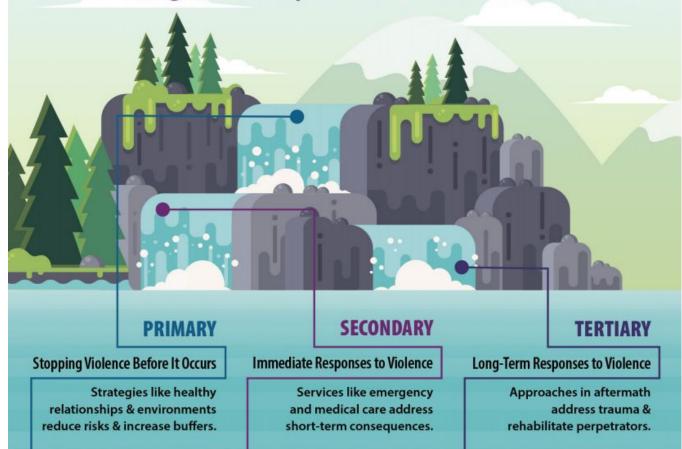




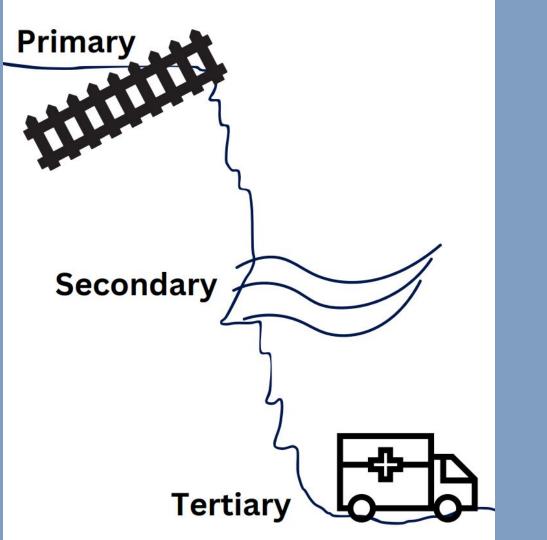




Preventing Violence Happens at Three Levels Our goal is to stop violence before it occurs.



(CDC, 2019)





- Get together with your small group
   Label your worksheet with different ideas for prevention activities, within your focus
  - area, at each level on yourown worksheet, write whatyou are most excited about
- 3. Large group sharing

We'll collect your worksheets!



# LUNCH!

### See you at 1:30pm

Ambitious After Lunch Goals! (aka Purpose)

To continue to make connections

between people, ideas and actions

To create **collective knowledge** 

To take up complexity to create an informed agenda for change

## To Begin, Let's Draw How to Make Toast!

Draw a **picture** of how to make toast. That is, darkened crispy bread.

Use no words in your diagram.

Try to illustrate the important actions to someone who has never made toast before.

An Exercise Created by Tom Wujec

See DrawToast.com



Got a wicked problem? First, tell me how you make toast

## **Draw Toast**

- 1. Share your images at your table. Silently. Pass them around.
- 2. Reflect on these questions:
  - a. How are the illustrations similar?
  - b. In what ways do they differ?
  - c. Which are clearer?
  - d. Which contain surprises?
  - e. Which would actually do the best at explaining how to make toast?

## **Toast Takeaways**

We naturally create "nodes" (or components) and connectors to explain how things work

We have different standpoints in our approach

We know how to breakdown complex systems into component parts

Even seemingly simple systems can include many layers

## A Quick Note about Careholders

Careholders (verus Stakeholders)



- To move away from the use of "stake" which recalls driving a stake to claim land
- To move toward
  - Investment (Anne Heberger Marion says "beyond detached objectivity")
  - Care ethic

https://interactioninstitute.org/from-stakeholders-to-care-holders/

## Possibility

In Curtis Martin's reflection on careholders, he quotes Wendell Berry:

"For humans to have a responsible relationship to the world, they must imagine their places in it...By imagination we see it illuminated in its own unique character and by our love for it."

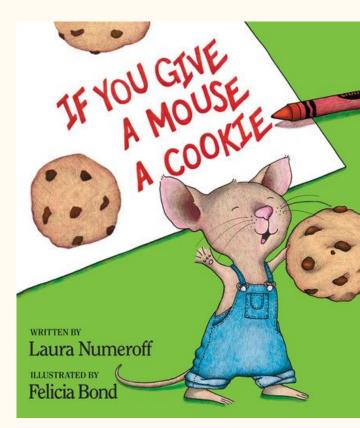
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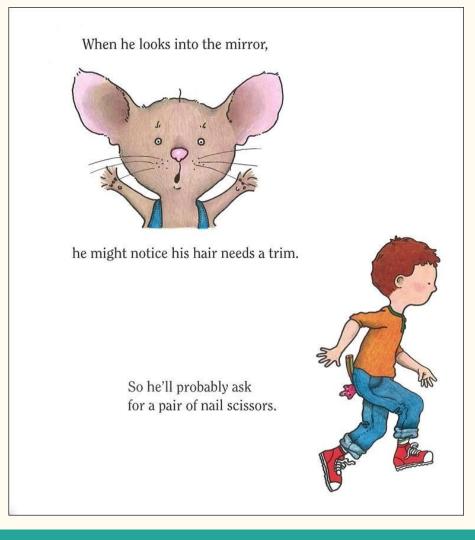
## Systems Thinking

# Moves us from thinking about component parts

"If only we had more resources to implement this program."

to connected, interdependent parts to inform action





## Systems Thinking

When have more resources to implement this program for men and boys, we will need **more staff** or to **redirect current staff** to prevention efforts.

This new prevention work with men and boys might end up **under-resourcing direct intervention** efforts, which our agency has historically valued most.

The park district might still resist intervention with more than one session (dose). We would need access to diverse settings where we could engage key men who are natural leaders. All of this might require even more resources!

We could **engage men and boys**, but we have to **build our capacity** to do strong participatory work, which would probably require **training and technical support**...



Systems thinking is the ability to see the world for its dynamic, interconnected, interdependent, and constantly changing set of relationships that make up a complex whole.

https://www.unschools.co/journal-blog/2019/8/11/week-14-systems-thinking-101

Slide Credit: Kristen Tompkins, Human and Organizational Development Capstone Course, Vanderbilt University.

## Systems Thinking

- This gets complicated very quickly.
- So, let's deconstruct.
- We start with components...

What are the components of a system?

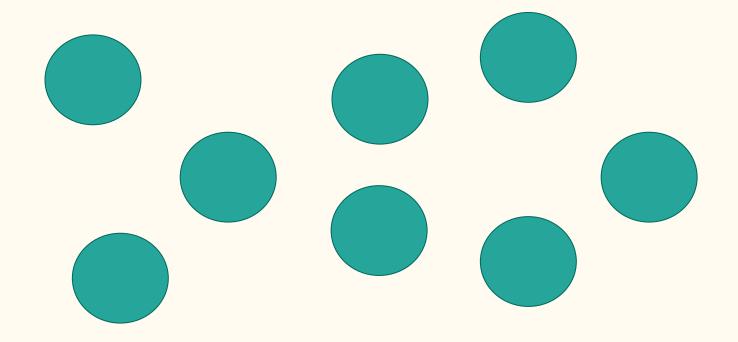
Let's build this together.

- Think back to the Cliff Fall Activity

What comprises the system that shapes/constrains/facilitates enacting primary prevention?

Think in general categories first...

#### Sets (independent parts or components)



#### What are the components of a system?

Programs

Policies

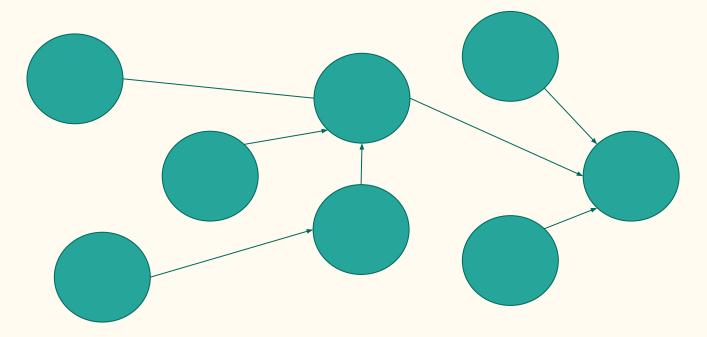
Institutions

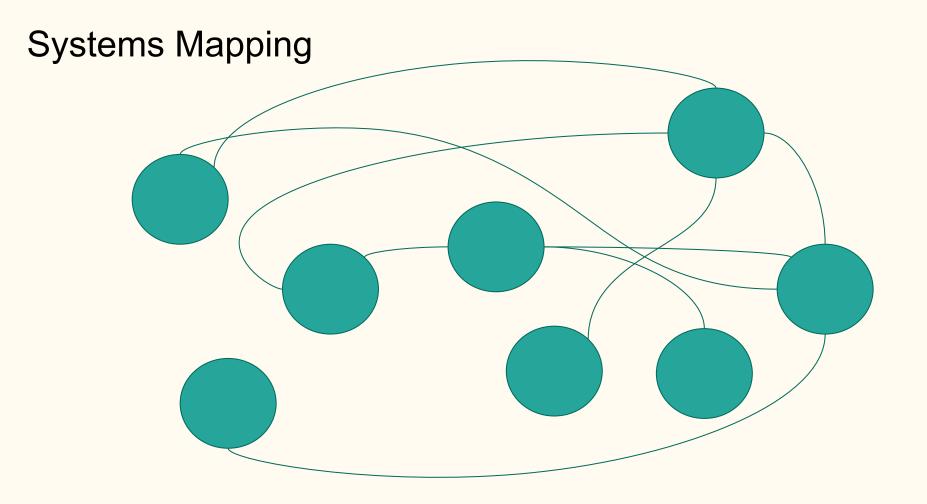
Resources

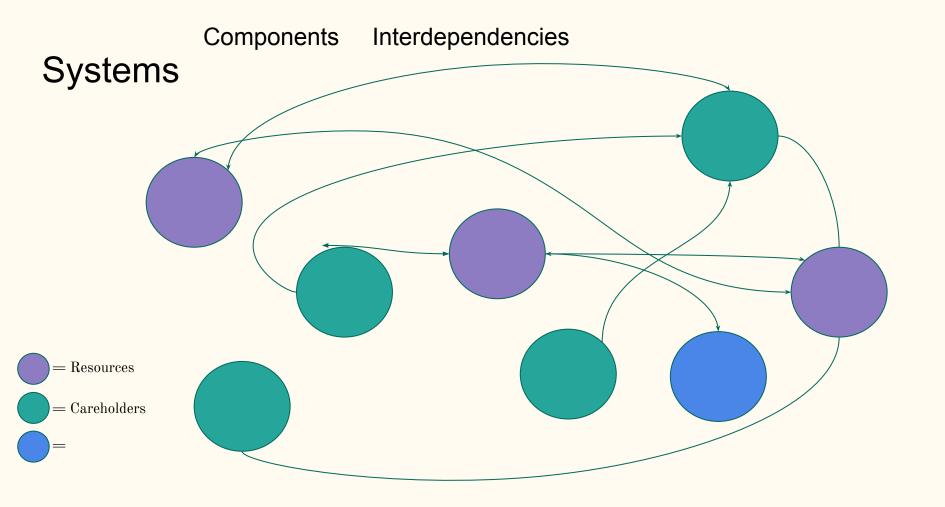
Careholders

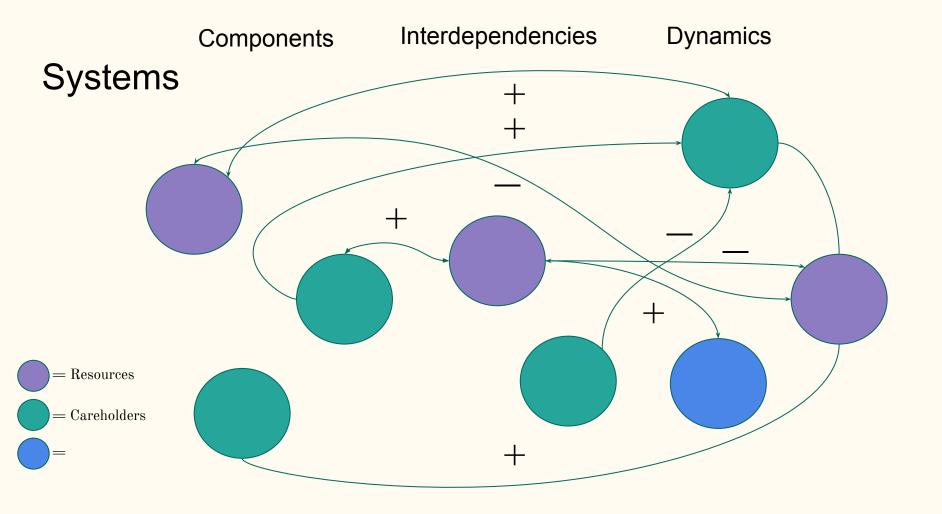
Cultural/Social Norms

# Linear Relationships (like Theory of Change Logic Models)









# Why Systems Thinking?

То...

- "change the system"
- "increase coordination"
- "reduce duplication"
- "overcome territoriality"
- "consolidate resources"

We must get specific! Where? In What Ways? How?

"we posit that most systems change efforts have not fully attended to the dynamics and properties of the contexts they are attempting to shift. Simply put, systems change efforts are intended to change systems; yet, many systems change efforts ignore the systemic nature of the contexts they target and the complexity of the change process" (Foster-Fishman, Nowell, & Yang, 2007, p. 198).

From;

Foster-Fishman, P.G., Nowell, B., & Yang, H. (2007). Putting the system back into systems change: A framework for understanding and changing organizational and community systems. *American Journal of Community Psychology*, *39*,197-215.

Slide Credit: Jyoti Gupta, Human and Organizational Development Capstone Course, Vanderbilt University.

# Why Systems Thinking

Enlivens what we mean when we say **systemic barriers/supports** Reveals **deeper mental models** regarding what sustains systems

Makes points of intervention, coordination, duplication clearer

#### **Identifies gaps**

- What components are missing?
  - Resources, people, programs, processes

# Let's Take a Systems Thinking Approach Together

Visual Display

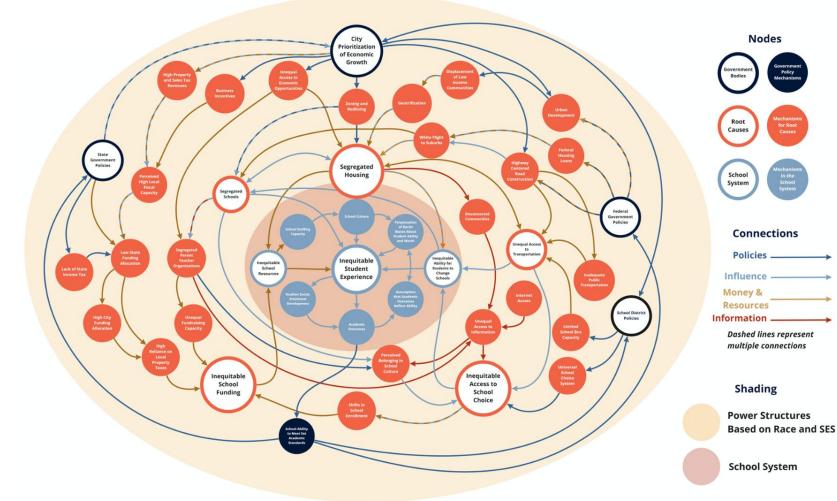
- Making the implicit, explicit

Use Images

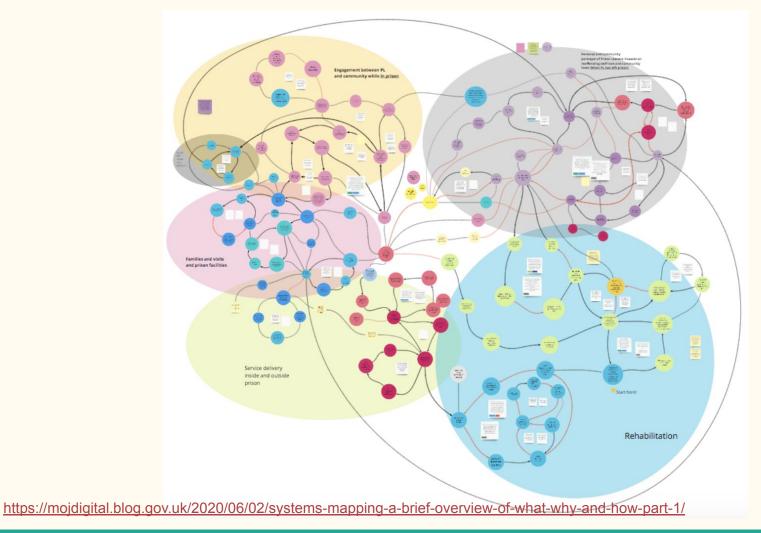
- Be creative!

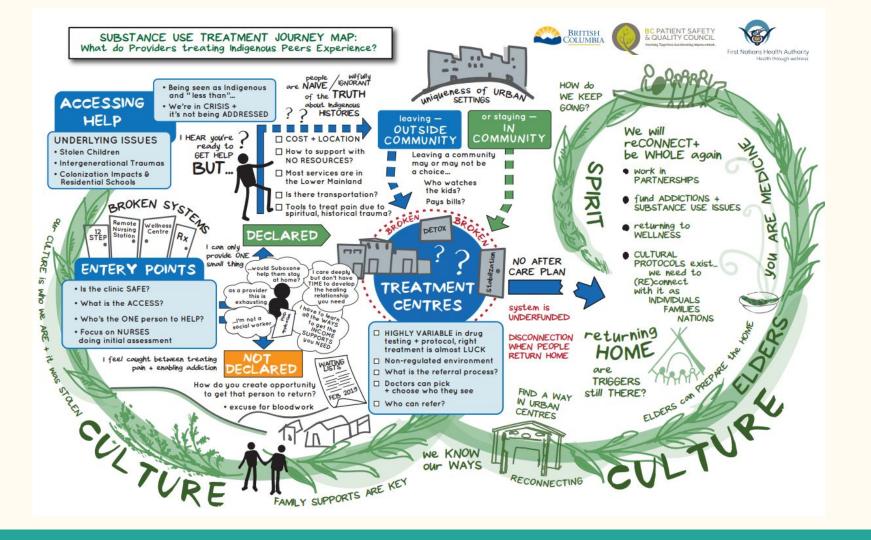
Group Model Building

- Diverse Standpoints
- Collective Knowledge
- Shared Ownership



Slide Credit: Kristen Tompkins, Human and Organizational Development Capstone Course, Vanderbilt University.







# Systems Thinking

**Our Model Building Process** 

- 1. Form a Question
- 2. Give Your Group a Name & Assign Roles
- 3. Identify the Component Parts of Your System
- 4. Begin to Build a System that Answers the Question

## 1. Form a Question to Guide Mapping

#### **Question to Guide Mapping: Group 1**

Economic supports is one approach to primary prevention of sexual violence. What factors (careholders, resources, dynamics - constraining and facilitating) shape the implementation of economic supports?

### Question to Guide Mapping: Group 2

Creating protective envrionments is one approach to primary prevention of sexual violence. What factors (careholders, resources, dynamics constraining and facilitating) shape the implementation of building protective environments?

### Question to Guide Mapping: Group 3

Changing social and cultural norms is one approach to primary prevention of sexual violence. What factors (careholders, resources, dynamics constraining and facilitating) shape the implementation of efforts to shift group level norms?

2. Give Your Group a Name & Assign Roles

You can just be Group 1, 2 or 3, but if you are moved, give your group/team a name

## 2. Give Your Group a Name & Assign Roles

Support Facilitator

**Process Watcher** 

- Is everyone participating?
- Does anyone need support?

Time Keeper

- Allowing for a deep process, but also attending to time and tasks

## 3. Identify Component Parts of the System

Do this in silence or with minimal talking (just as needed)

Use images/symbols as much as possible.

It is okay if you come up with similar or the same components (you can group them together and remove duplication as you go)

As you develop components put them up on the wall

4. Begin to Build a System that Answers the Question

Move components around

Group components

Identify relationships between components Imagine dynamics in the relationships

IF you are ready, add some arrows

I Like, I Wish, I Wonder, What if...

Take a tour of the maps!

#### For each map, ON POST-ITS make notes.

#### Post where indicated!

You can also make notes for yourself on the handout.

https://toolbox.hyperisland.com/i-like-i-wish-i-wonder

https://public-media.interaction-design.org/pdf/I-Like-I-Wish-What-If.pdf

#### **Notice and Reflect**

#### What do you notice about this process so far?

#### What are you excited about? Insights? Observations?

What questions do you have?



Image Creator and Copyright: Joshua Cripps

"It is a very hard thing to turn off once you learn how to think in systems. Map the System has influenced everything that I do. I never look at something in an isolated way anymore and I always try to understand why something might be the way that it is."

Roisin Dillon, 2018 Map the System finalist

Source: https://mapthesystem.sbs.ox.ac.uk/overview

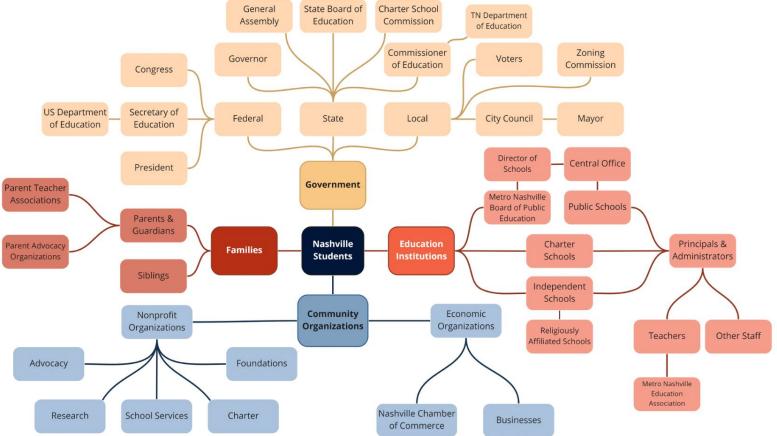
Slide Credit: Kristen Tompkins, Human and Organizational Development Capstone Course, Vanderbilt University.

Mapping Careholders

# In your maps you likely have careholders as a critical component of your systems

Ultimately they can be organized, too

### Careholder Map



Slide Credit: Kristen Tompkins, Human and Organizational Development Capstone Course, Vanderbilt University.

#### Mapping Careholders

Which careholders did your group identify so far?

How do these careholders group together?

Which careholders have ties to each other?

Which careholder relationships could be strengthened?

Who is missing?

Who could be more fully engaged?

What else do you observe about the network of careholders?

#### 1-2-4 All

Take five minutes to work on these questions alone

Take three minutes to share with a partner and

Take two minutes to share with another set of partners

Have one spokesperson share to everyone in the large group

#### Please give us some feedback!

# Welcome

to

Day 2!

### Good morning & Gratitude

Be sure to check out!

# Appreciative interviews

#### Interview a partner!

### ~5 minutes per person

- What got you interested in sexual violence prevention?
   What about prevention makes you feel hopeful?
- What are you most proud of, regarding yourself or your work?
   Express gratitude for them sharing!

#### Interview a partner!

### Listen for...

- Points of connection
- Reasons to hope
- Reminders of why prevention can be so important, exciting, or refreshing

### Now, partner up!

### ~5 minutes per person

- What got you interested in sexual violence prevention?
   What about prevention makes you feel hopeful?
- What are you most proud of, regarding yourself or your work?
   Express gratitude for them sharing!



### Birds of a Feather: A Bird's Eye View of Prevention & Your Roles In It

# Ongoing careholder's map



# Ongoing careholder's map

- 1. Summary of careholder's map
- 2. Doodle, draw, make notes on your dotted paper!
- 3. Ask: Who is missing?



# **Principles** of effective prevention



Nation, M., Crusto, C., Wandersman, A., Kumpfer, K. L., Seybolt, D., Morrissey-Kane, E., & Davino, K. (2003). What works in prevention. Principles of effective prevention programs. *The American Psychologist, 58*(6-7), 449–456. doi:10.1037/0003-066x.58.6-7.449

# Activity purposes

- 1. Identify broad evidence-based principles of effective prevention
- 2. Identify at least two attendees who address or aspire to address prevention principles
- 3. Nominate "top principles" that you would like ICASA to keep in mind when planning sexual violence prevention activities

### Find a partner!

Identify one principle that that your organization is implementing and one that is more challenging for your organization

# **Ranking activity**

- Get into groups of about
   5, ideally with people
   you haven't worked with
   yet
- 2. Assign one person to be the note-taker

Please take your handouts with you!

# **Ranking activity**

- Get into groups of about 5, ideally with people you haven't worked with yet
- 2. Assign one person to be the note-taker
- 3. Using the Principles of Effective Prevention handout, work with your group to, together, <u>rank</u> the principles, in order of importance, or what you hope ICASA keeps in mind when planning sexual violence prevention
- 4. Optional: feel free to add 2-3 other principles that you've thought of!

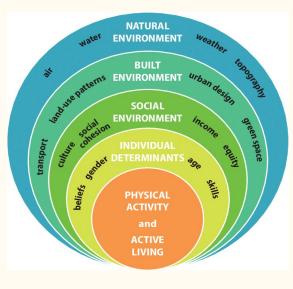
### Social ecological model

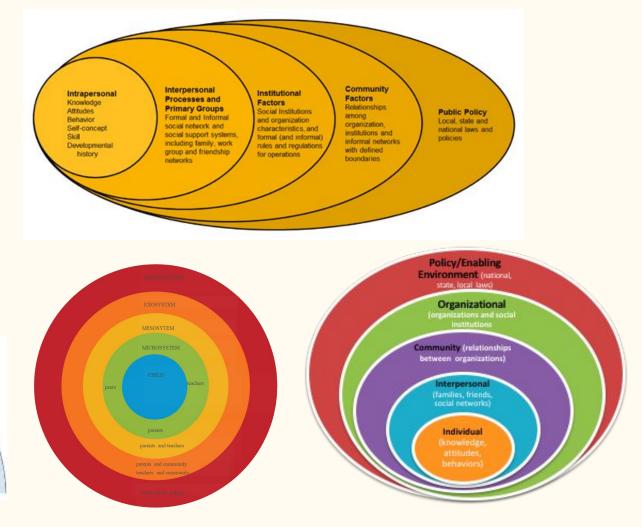




# Activity purposes

- Describe the social ecological model, as applied to understanding both interventions + barriers/facilitation to intervention implementation
- 2. Practice applying effective principle + SEM language in a conversation about prevention implementation
- 3. Share information on barriers/facilitators with ICASA







**CDC's** social ecological model

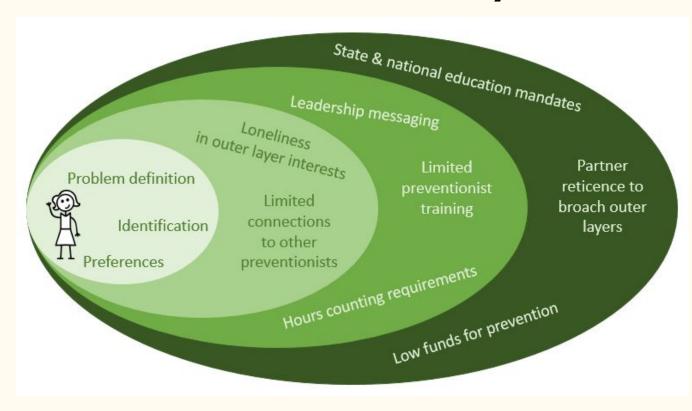
Individual-level: target changes in a given person; individual attitude change, skill-building, & awareness.

Individual Relationship Community Society

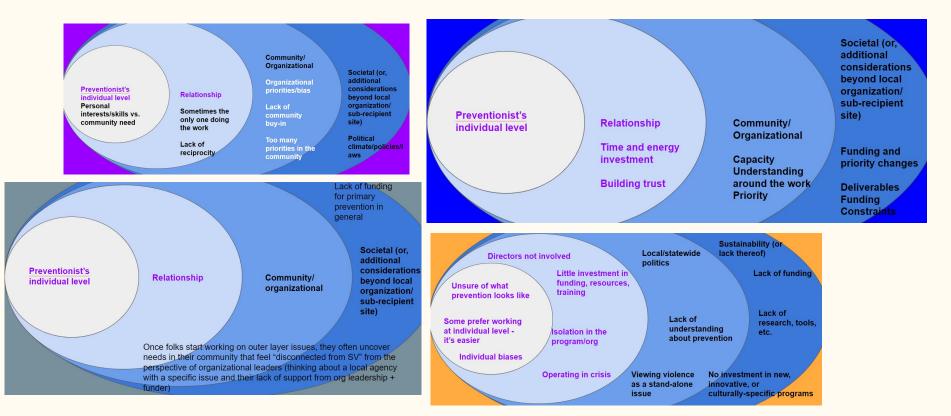
**Relationship-level:** target changes in relationships; parent-child communication, identifying social supports, fostering healthy interactions

> "Outer-layer" efforts target changes in communities, organizations, institutions, and society; shifting norms, climate, practices, and policies.

### What helps determine if/when preventionists "move to the outer layer"?



### What helps determine if/when preventionists "move to the outer layer"?



### Your turn! We'll collect your worksheets



In groups with 3-4 members of your modeling team, think of a prevention activity (relevant to your model) that includes some principles of effective prevention.

Write a brief description of the activity on the page.

Identify barriers/facilitators at each SEM level for implementing this activity.

### Thank you!

### Thank you!

### And now...

### Thank you!

### And now...

### A break!

Take a stroll!

#### Grab a refreshment

Do a "gallery walk"

### Make a friend?





#### Getting Below the Surface with the Iceberg

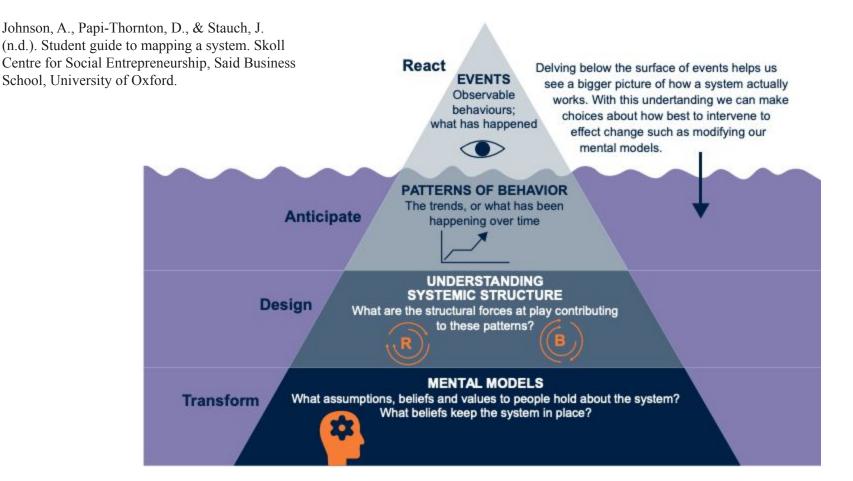
Begin with what we see.

Then ask:

What patterns of behavior are related to those observations? What are the structures and forces that contribute to these patterns? What "mental models" (assumptions, beliefs, values) hold the

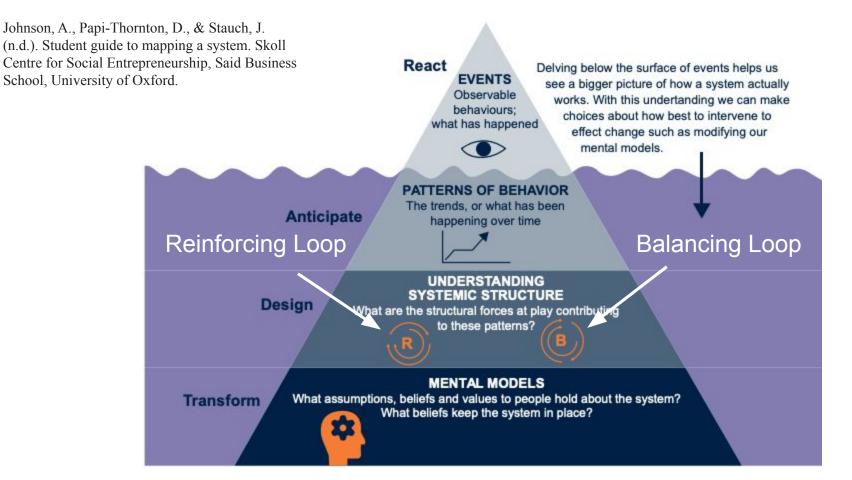
system in place?

Model from:



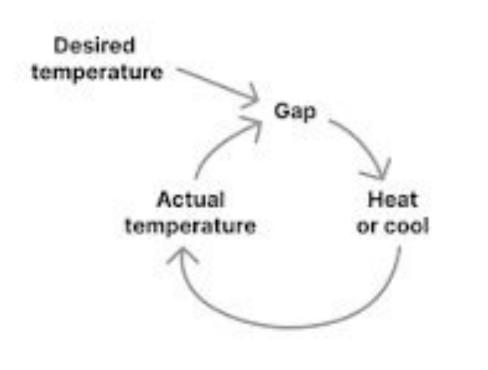
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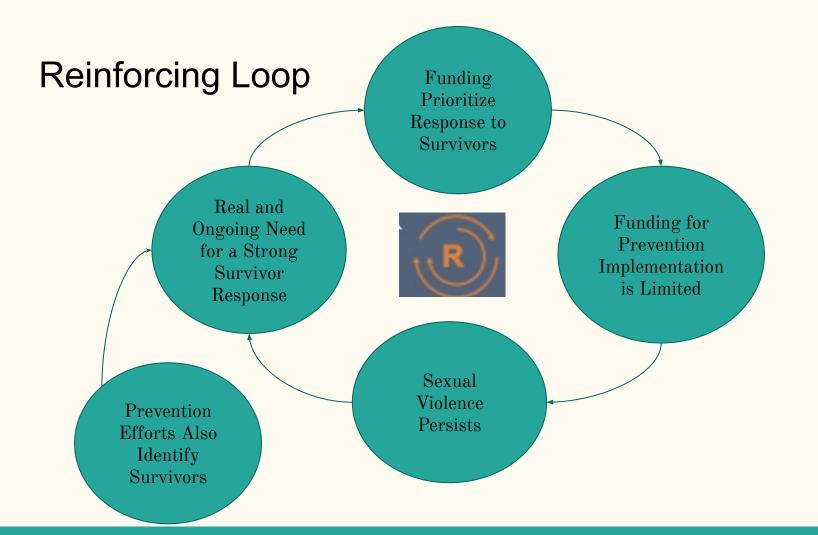
Model from:

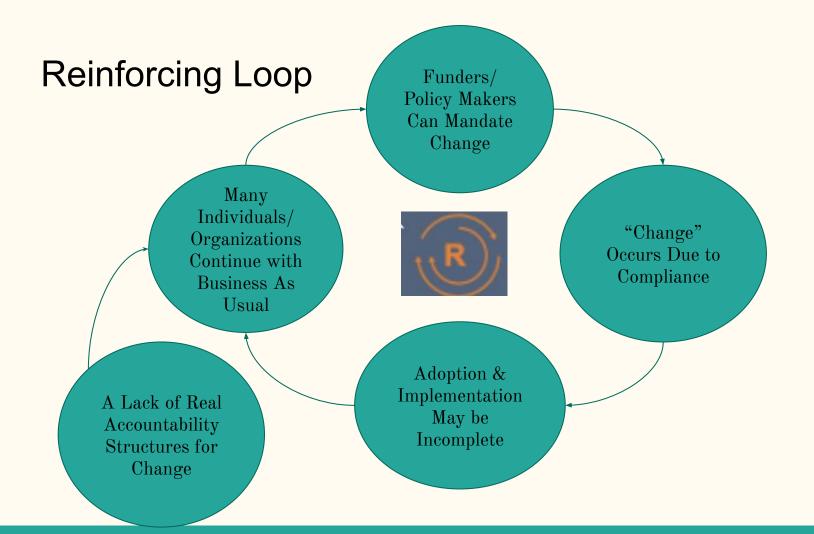


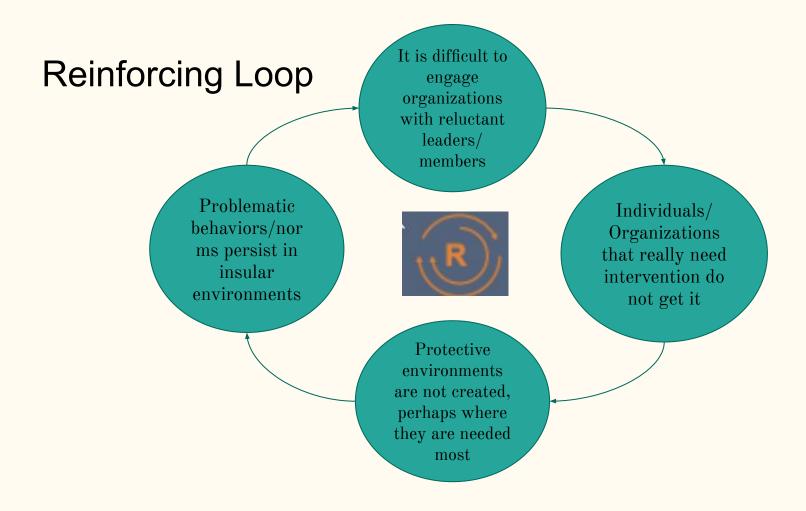
Slide Credit: Jyoti Gupta, Human and Organizational Development Capstone Course, Vanderbilt University.

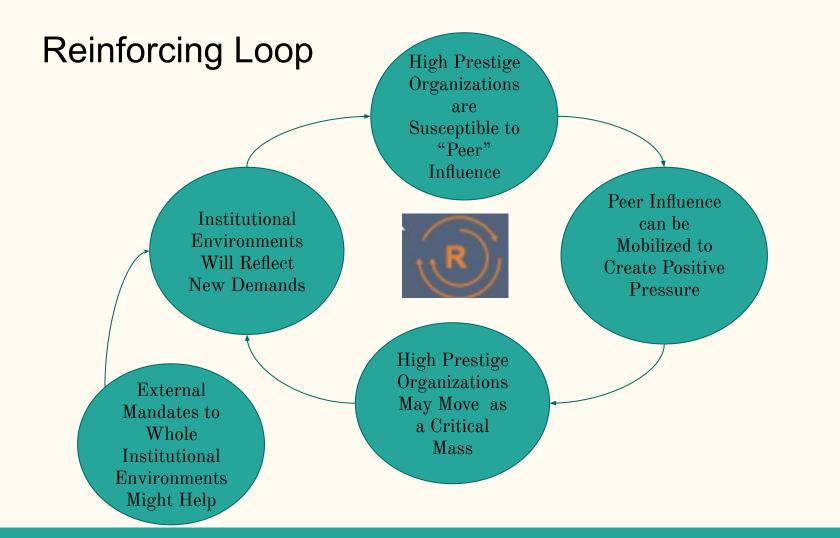
### Balancing Loop

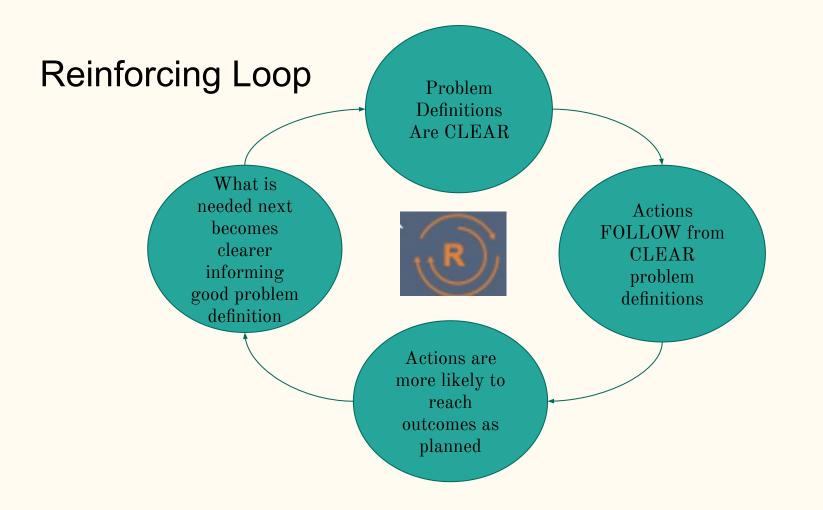


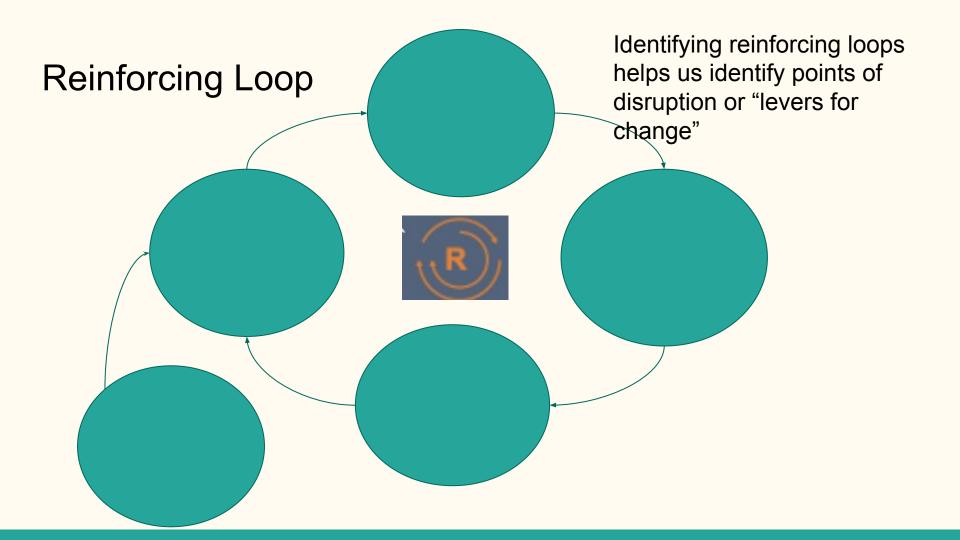


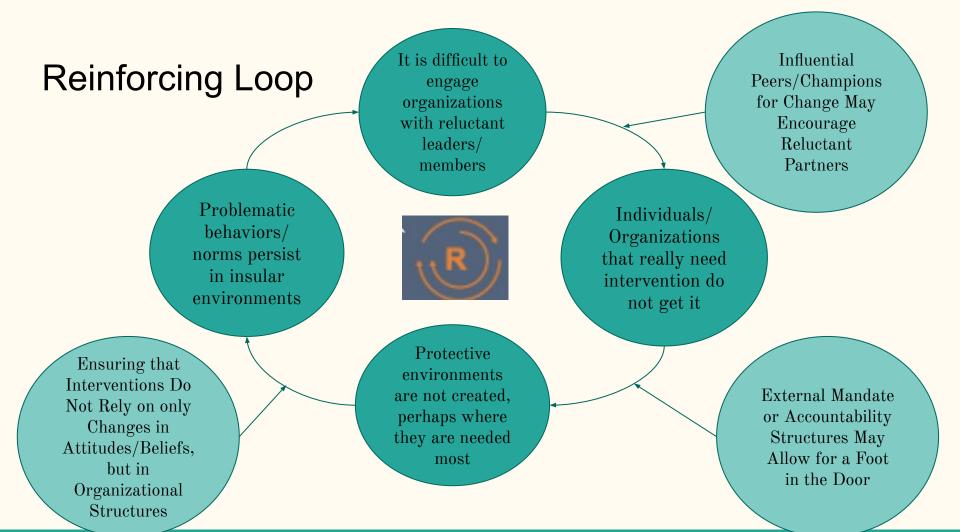


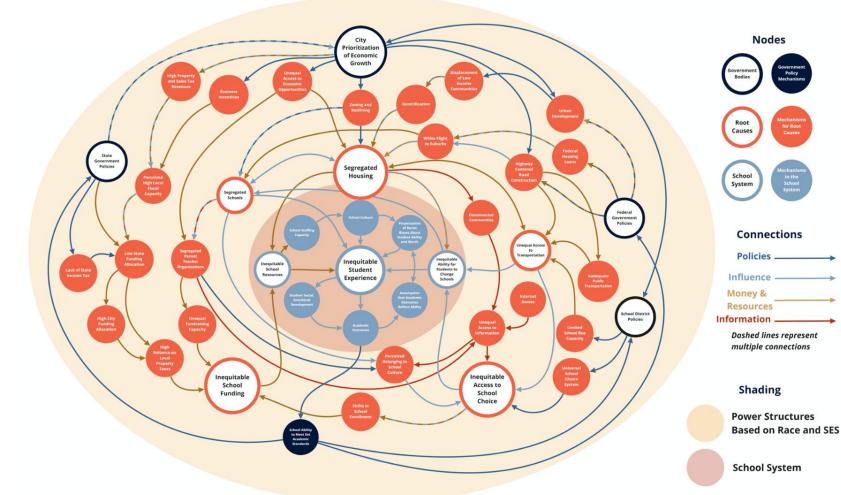












Slide Credit: Kristen Tompkins & Jyoti Gupta, Human and Organizational Development Capstone Course, Vanderbilt University.

city policies have allowed to Nashville has lead to growing emphasis on between neighborhoods.	ents	Nashville families are unable to take full advantage of school choice as the city has not successfully prioritized public transportation and equal access to transportation for schools, particularly magnets and charters. There is also unequal access to knowledge about the system for engaging with schools of choice.	Nashville students have disparate outcomes based on SES, race, status, ethnicity as seen in test scores, graduation rates and college completion rate.	and funding. This is intensified	Nashville as a city is segregated by SES, race, status, ethnicity as seen in neighborhood structures (see the city geographic maps).
school. state's tax collection priorities.	rns	increasing as state and city policies have allowed for more charter schools and access to choices outside of a student's zoned	population as families move to Nashville has lead to greater student	trends with Nashville's growing emphasis on economic growth and tourism, a priority driven by recent city budgets and	within schools and within and

Structure

Models

The state school funding formula inequitably and inadequately funds the school system as claimed by lawsuits, and stakeholders.

Local control governance places the majority educational power in the local context through School Board Elections and District and City Budgeting. Structural racism within housing and zoning was built by racist redlining, city development and real estate development practices.

The school choice system creates inequitable access to school options but is supported through state legislation and priorities.

Workforce development is a central purpose of the education system.

People should decide where their tax dollars should go.

Children should be economically better off than their parents.

The best job candidates are the students with the best grades.

Education is the "great equalizer" for economic opportunity and should be provided by the government.

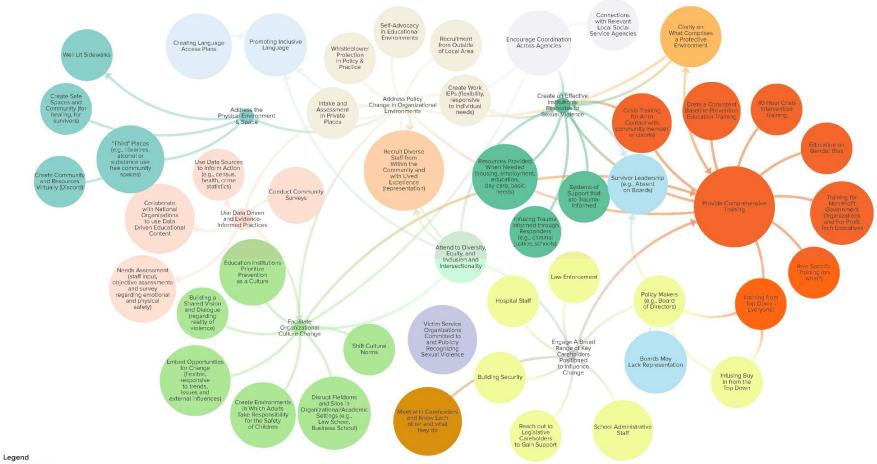
Slide Credit: Kristen Tompkins, Human and Organizational Development Capstone Course, Vanderbilt University.

# Iceberg!

 Draw an iceberg on your flipchart!
 In groups of 3-4, label your iceberg...

### Mapping Implementation of Protective Environments





### **Time with Your Models**

What BIG buckets do you see?

What relationships do you see among components?

What reinforcing loops might you see?

### Identifying "Levers for Change"

Mapping systems helps us see specific areas to target for change, growth, etc.

- "change the system"
- "increase coordination"
- "reduce duplication"
- "overcome territoriality"
- "consolidate resources"

Can we get more specific?

### "Levers for Change"

Funders: Revisiting/Shaping Guidelines for Use of Prevention Funding

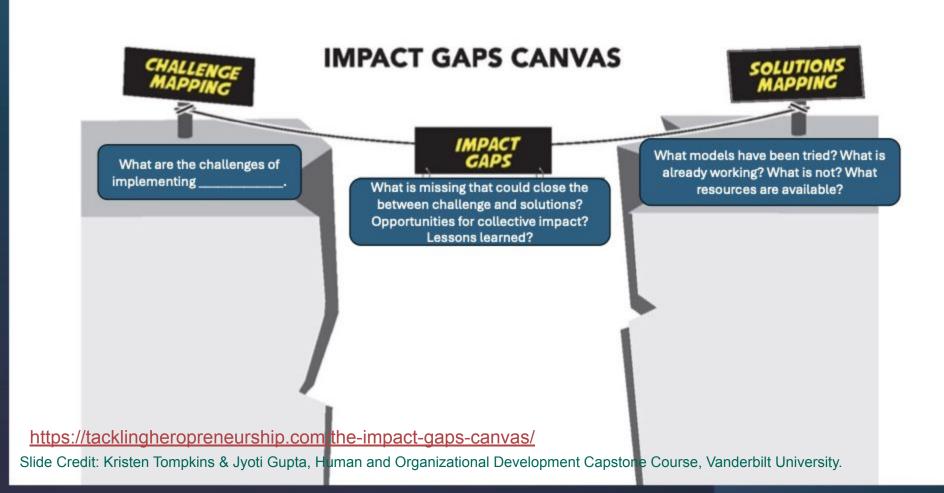
Workplace Training Mandates + Structural Changes (supportive policies)

- coupling shifts in knowledge with structural shifts in accountability and leadership, for example
- Cultivating Champions for Change...
  - identifying powerful peers who can intervene as allies (power bases can be varied)

Shifts in Organization Policy (e.g., incorporating trauma-informed response throughout an organization)

Built environment (e.g., building checklist for safety audits)

Policy Shifts (e.g., livable wage)





#### IMPACT GAPS CANVAS

What's happening, what's the impact of the challenge, and what's holding the challenge in place?

#### GUIDING QUESTIONS HOW DO YOU DESCRIBE THE CHALLENGE

How do those most impacted describe the challenge? How do they describe the effects? How is this challenge related to other challenges?

#### WHAT IS THE IMPACT OF THE CHALLENGE

What are the numbers? Who or what is impacted (where, how many, in what way)? What does the most up to date research say?

#### WHAT IS THE CAUSE OF THE CHALLENGE

What is causing the challenge to persist? Who stands to benefit from the challenge continuing to persist?

#### WHAT IS THE HISTORY AND FUTURE OF THE CHALLENGE

How has the challenge changed over time? What is the projected scope of the challenge in the future?

#### IMPACT GAPS

What is missing that could close the gap between the challenge and the current solutions, where are opportunities for greater collective impact, and what are the key lessons learned?

#### GUIDING QUESTIONS WHERE ARE THE GAPS BETWEEN THE CHALLENGE AND SOLUTIONS

Who or what is not being served and what is missing to bridge that gap? What actions can be taken to fill the gaps?

#### WHERE ARE THE GAPS WITHIN THE SOLUTIONS

What is missing (specific regulations, knowledge sharing, new efforts, partnership etc) that would further link up the solutions and achieve greater collective impact?

#### WHERE ARE THE UNADDRESSED OBSTACLES

What is being overlooked? What are the unintended negative consequences of the existing efforts? What specific key opportunities could unlock future impact?

#### WHAT ARE THE KEY LESSONS LEARNED

From your research and interviews, what key lessons could you share with anyone who wants to impact change in this sector? Where are the biggest opportunities for impact?

#### LEARNING LOG & ACTION

What resources and people have you connected with to understand the challenge and solutions landscape? Who else do you need to speak with, and what do you still need to learn in order to fill in your knowledge gaps? What can you do to improve your understanding of this challenge or to take action to fill a gap?

What models are already being tried, what's working, what's not, and what resources are available?

SOLUTIONS MAPPING

#### GUIDING QUESTIONS WHAT IS HAPPENING LOCALLY

What resources are available that could be drawn upon? What efforts are already being tried which could directly impact the challenge? What are the different models? How are they joined up, or not?

#### WHAT IS HAPPENING GLOBALLY

What has been tried on similar or tangential challenges globally? What lessons can be learned from those efforts? How can those lessons be shared?

#### WHAT'S WORKING, AND WHAT'S NOT

What can be learned from the successes and failures of these efforts? What do those involved attribute to the cause of their results?

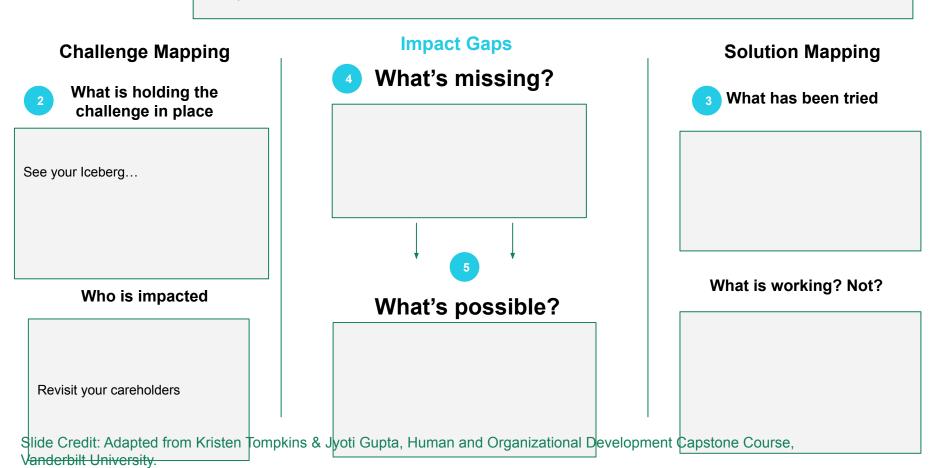
#### WHERE IS THE FOCUS AND THE FUTURE?

What parts of the challenge are focused on and what are ignored (specific populations, areas, etc)? What is on the horizon that might impact collective solutions? What future scenarios might play out?



#### https://tacklingheropreneurship.com/the-impact-gaps-canvas/

Your question here:



### **Envisioning a Solution Landscape**

Examining your models, in your group discuss the following questions and record your answers:

What are the "next steps"?

What are the levers for change?

What role can ICASA play in advancing these next steps?

## What now? Consider YOUR

Every group member indicates what they can do now with their 15%.

The 15% represents what you control - what YOU can do now.

First, write it down.

Second, pair and share.

Third, share your 15% with the group as a whole (aim for 1 minute or less)

https://www.liberatingstructures.com/7-15-solutions/

### **Prioritizing Next Steps**

What do you view **as a critical priority** in moving primary prevention of sexual violence forward in the State of Illnois?

### 25/10 - Crowdsourcing Next Steps

Write your priority on an index card. Write legibly and in large print.

As you are able, walk around the room and pass the card from person to person without reading the card (shuffling the cards)

Bell sounds: Stop!

Read and Score: On the back rate the card in terms of priority (1 = low priority) to 5 (high priority)

Repeat until 5 ratings have been offered.

Bell Sounds: Stop!

Add up the numbers on the back.

Identify and share the most highly related priorities for primary prevention.

## It's almost goodbye

## What are you taking with you?

### Write on a notecard!

## It's almost goodbye

## But, wait! Before you go...



### **Prevention takes teamwork,**

### Prevention takes teamwork, Playfulness,

### Prevention takes teamwork, Playfulness, Hope,

### Prevention takes teamwork, Playfulness, Hope, Passion,

Prevention takes teamwork, Playfulness, Hope, Passion, Leadership, **Prevention takes teamwork, Playfulness**, Hope, Passion, Leadership, And you.

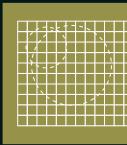
# Goodbye ... for now











## Please complete evaluations