To draw or write, click on the Annotate option in the "View Options" dropdown menu next to the green bar that says "You are viewing Fisher's screen" and a toolbar with some draw, text, stamp options should appear. You can add simple shapes under the Draw option, too.

Disclaimer

The views expressed in this webinar do not necessarily represent the views, policies, and positions of the Substance Abuse and Mental Health Services Administration or the U.S. Department of Health and Human Services.

This webinar is being recorded and archived, and will be available for viewing after the webinar. Please contact the webinar facilitator if you have any concerns or questions.

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EMERGING TOPICS IN PREVENTION SCIENCE

MONTHLY MEDIA SERIES

Upcoming Webinars – Save the Dates!

Look, Listen and Learn: Advancing Early Achievement in Young Children of Color

August 27, 2020; 11:00 AM – 12:00 PM Pacific

Health Equity in Prevention – A Two-Part Webinar Series

Part I: September 3, 2020

Part II: October 1, 2020

1:00 – 2:30 PM Pacific

Northwest PTTC Leadership Academy

Virtual Academy – Limited space for prevention practitioners in Region 10 only:

September 14th – 10:00 AM – 12:00 PM

September 24th - 10:00 AM – 2:00 PM

September 25th – 10:00 AM – 2:00 PM

October 6th – 10:00 AM – 11:30 AM

October 14th – 10:00 AM – 11:30 AM

Presenters

Fisher S. Qua brings eclectic skills to his consulting work with a background in history, modern dance, community health improvement, learning & development, and higher education management. He is primarily interested in taking obscure ideas and making them seriously playful. He is intrigued by the potential for organizing and structuring interactions that invite people to contribute more of their imagination, creativity, an intelligence to the challenges-at-hand. Fisher appreciates being lovingly provoked, so bring your most skeptical-selves, your strangest hunches, or your most oblique ideas to the workshop.

Anna Jackson brings an artistic sensibility to her practice with Liberating Structures (LS) and other participatory approaches that aim to affirm people's rights and personhood. She started out using LS in the mental health recovery movement, peer-based learning and support networks, and facilitating in complex policy, community, and clinical contexts. Since then has worked with LS in a diverse range of domains & settings. Anna has a Master of Science in Social Work from The University of Texas at Austin and a Bachelor of Arts in Social Anthropology from the University of California, Davis.

Getting In This Together

- It's nice to mute yourself if you're not talking, and it helps everyone out
  - We'll be a little overquick and mute you if it's too loud (sorry!)
- Make sure you have paper and a writing utensil around
- Move between Gallery/ Speaker View
- Rename yourself: Add your location, pronouns, anything you like to your name
  - When you're away: -- AWAY -- Name
- Our use of chat & slides
  - Watch for _____, #######, ~~~~~~~~~~~, <><><><><>
  - We are very likely to MISS your private chats, sorry! For technical assistance, chat **Clarissa Lam
- You're in a breakout room alone: come back to the main room

What to Expect Today

- We will experience a few practical, easy-to-use methods that make it possible to **include more people more meaningfully to achieve a purpose**.

  - These methods are called [Liberating Structures](#).

  - We will share some background about these approaches, but focus more on **experience** and practical **application**.

- Although the direct focus of this workshop is not the technology, we hope you will pick up on simple ways to include more voices in virtual sessions.

When we introduce Liberating Structures (LS), it's usually best to invite people to experience them directly. To do that, we need a topic to work with. In today's session, one topic we'll work with is self-care. We encourage you to explore this topic as this arises <u>and</u> pay attention to the ways in which we interact throughout the session by using LS.

What are Liberating Structures?

A collection of tools & facilitation techniques that share similar principles.

Designed to help people facilitate interactions that are engaging, lively, purposeful--and include more of each person's contributions.

http://www.liberatingstructures.com/ls/

A note about Freedom & Responsibility during this immersion learning experience

- Take advantage of opportunities to contribute AND continuously make space for others to do the same

- Play close attention to the role that structure plays in shaping interactions

- Prepare for a high rate of variability
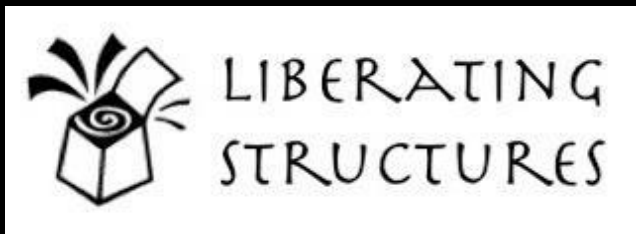
- Engage with seriously playful curiosity & try to notice the intimate, imperfect, and intricate details of your experience

- Expect surprise, confusiasm, and dynamic incompleteness

- Give more than you take

- Change, alter, and personalize content or prompts so that they make sense to you

- Please do what you need to take care of yourself throughout the day.

Some Things to Keep In Mind

The methods we will use are not directly linked to anti-oppression or other liberation practices & approaches – however there is probably overlap and similarity in the underlying principles of how complexity works and unfolds. Hopefully we can notice this shared DNA as the workshop progresses.

Some Things to Keep In Mind

There are no explicit macro-movements that these methods are connected with - instead they exist betwixt, between, among, and within many other frameworks, approaches, and structures.

Examples: Quality improvement, positive deviance, design thinking, human centered design, organization development, lean, agile, sociocracy & holacracy, etc.

Note About Attribution

The underlying principles & design elements of Liberating Structures are derived from insights out of complexity science. The actual methods though often draw heavily on practices, tools, techniques, ideas, concepts, and frameworks from other individuals & groups.

Where possible, we will try to share the background or inspiration of a given method. Sometimes these approaches also go back generations in terms of how humans have organized – making it difficult to identify the specific history of a practice. We bow deeply to the collective intelligence of those past peoples!

Our Plan for this Session

- Welcome and Landing
  - What are Liberating Structures?
  - Chat Intros
- Spiral Journal
- What, So What, Now What
- Discovery and Action Dialogue
- 15% Solutions
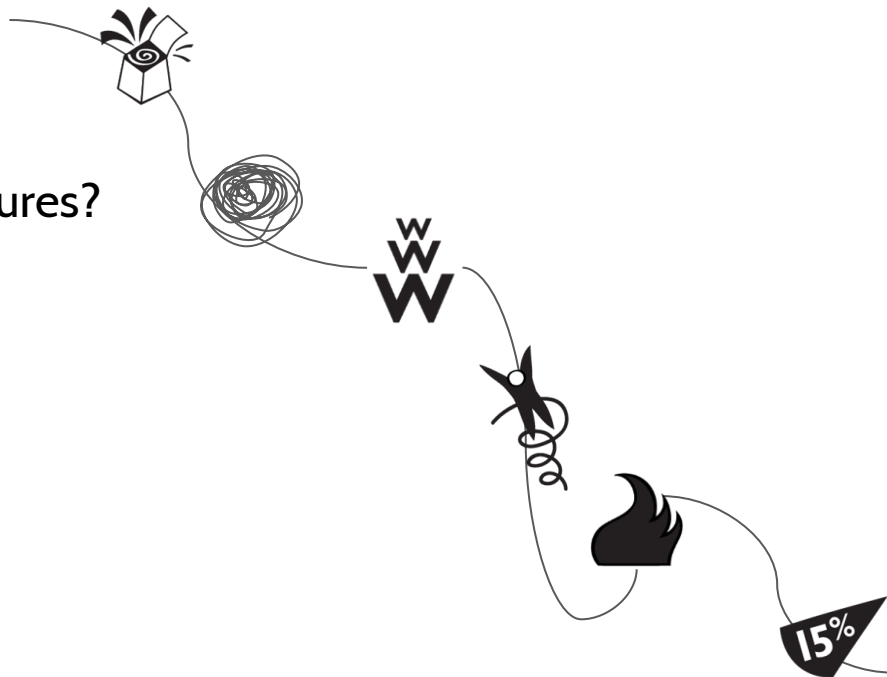
In chat, briefly introduce yourself. Include your geography, area of focus, a rule that you actively break (!), and/ or something you do to treat your loved ones or yourself.

Spiral Journal

**Calmly prepare for the work ahead while sharpening observational precision.
Inspired by Lynda Barry**

Instructions & Steps

1. Divide a page into quarters and start drawing the slowest, tightest spiral that you can (2 mins)

2. Respond to the prompt in the first quadrant. Try to generate multiple items for each question or statement. (1-2 mins)

3. Repeat with every subsequent quadrant (4-8 mins total)

Note: this journal is meant to invite you to reflect alone before going into a group discussion. You won't be asked to share your writing with anyone, but if you would like to share what you wrote down, you can use your discretion to do that.

Draw a continuous spiral as slowly & tightly as possible

What I have been hearing...

What I have been feeling...
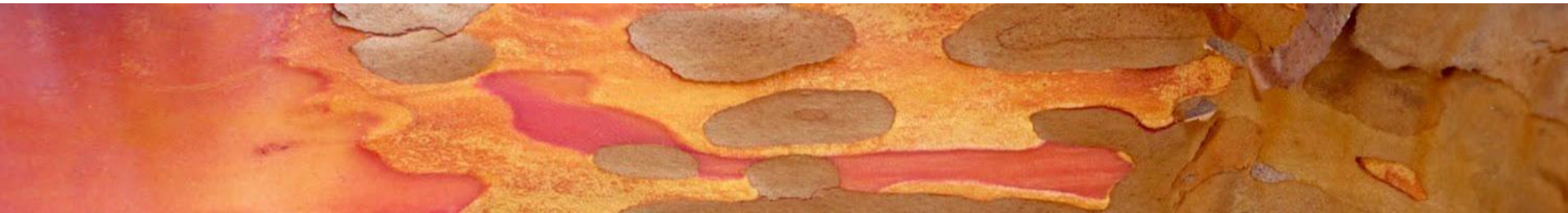
What I have been seeing & observing...

I have been grounded in...

Debrief

What did you notice about your own experience with Spiral Journal?

When might you use that method and for what purpose? How could you use this in your work? Any ideas about specific prompts?

Inspired by Lynda Barry
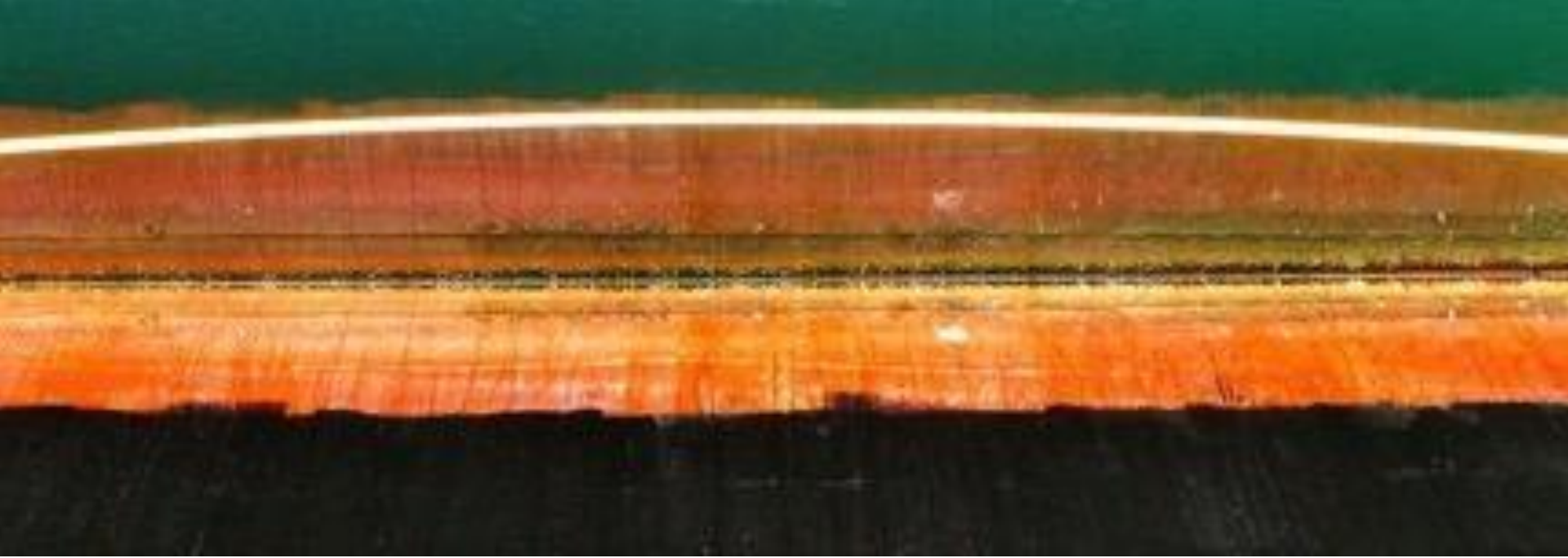
What, So What, Now What (W3)

Together, Look Back on Progress to Date and Decide What Adjustments Are Needed

Step 1. What have you been seeing, hearing, feeling lately in your (teams, communities, organizations)?

Step 2. So, what seems important about those collective observations? So, what are you learning about yourself, your team, your community, your organization?

Step 3: Now, what are some specific ideas, possibilities, or commitments emerging from this conversation? Now, what do you intend to bring forward from this dialogue?

As a group of 5-7, start by setting up a workspace [in this slide deck](#):
Then, begin sharing some of the observations, which can be from your Spiral Journal or in general (~5 mins)

Then, move to So Whats (~5-7 mins)

Finally, conclude by identifying Now Whats (5-7 mins)

As you go, record your answers in the slides for your group.

If someone isn't able to access the Google slides or is on a phone, support each other and someone record their contributions in the workspace.

Step 1. Share your observations and record them in the workspace we've shared (using the link provided).

Step 2. So, what seems important about those collective observations? So, what are you learning about yourself, your team, your community, your organization?

Step 3: Now, what are some specific ideas, possibilities, or commitments emerging from this conversation? Now, what do you intend to bring forward from this dialogue?

Debrief

What did W3 do?

How/when/why would you use it?
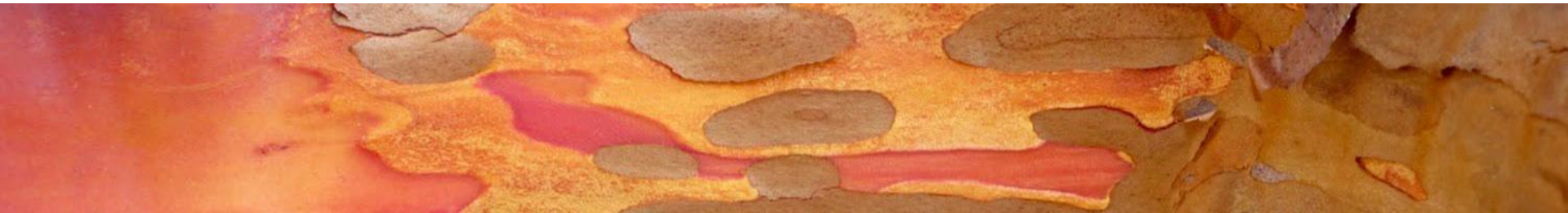
Discovery & Action Dialogue

Discover, spark and unleash local solutions to chronic problems

Discovery and Action Dialogue

Discover, spark and unleash local solutions to chronic problems

:: Core Questions ::

1. How do you know when (the problem is present)?

2. How do YOU contribute effectively to solving the problem? What do you do?

3. What prevents you from doing this or taking these actions all the time?

4. Is there anyone you know who is able to frequently solve the problem? How?

5. Do you have any ideas?

6. What needs to be done to make it happen? Any volunteers?

7. Who else needs to be involved?

1. *How do you know when you've been neglecting your own self care?*

2. *What do you do to attend to your own self care and engage/ support others in doing the same?*

3. *What makes it hard or prevents you from engaging in self care behaviors?*

4. *Is there anyone you know who consistently, reliably supports self-care in themselves & others? What, specifically, do they do?*

5. *What ideas are coming to mind? What is needed to make them happen?*

Butterfly (Insight) Catcher

1. Grab a slide and record answers as you go
2. Don't worry about capturing everything – look to catch butterflies
3. Help facilitate the conversation by prompting participants to move between questions, dig deeper, and get more specific in their responses. Also, invite everyone to contribute!

15% Solutions

Discover And Focus On What Each Person Has The Freedom And Responsibility To Do Now

15%

Instructions & Steps

1. Alone, come up with your 15% Solution (2-4 mins)
2. Share your idea and give/get help on clarifying where you have freedom & responsibility to act. When in groups, ask partners to lovingly provoke your thinking (5 mins)

A 15% Solution is something you can do right away <u>without</u> needing any more freedom, resources, permission, authority, or control.

Where you have discretion to act right now.

Is there something from today that you want to take forward?

In trios, give-and-get help challenging each other to get clearer, more specific, and bolder in your ideas.

Debrief 15% Solutions

What did you notice about 15% Solutions? When could you use it?

Other Stuff to Check Out

- Email Anna or Fisher: anna@alpinstaconsulting.com and fisher@back-loop.com

- Calendar of Virtual Events (most will have an LS thread): https://ls.qiqochat.com/events

- LS-Specific Events hosted by Anna and Fisher: http://luckyhunch.eventbrite.com/

- Liberating Structures Website: www.liberatingstructures.com

- Book: *The Surprising Power of Liberating Structures*

- Liberating Structures App

- Liberating Structures Slack: https://bit.ly/lsrhizome

  - Channels of interest: #pandemicresponse #virtual

- LS in Development on Trello: https://trello.com/b/9I6MUKTQ/ls-in-development

- Annotated list of Liberating Structures related community resources (including a full slide deck): https://drive.google.com/open?id=1hlx3XPS1Er9s_UnjHCmMJwhFI3Qn_1PUnIPUsuYY1d0

- LS Sessions Playlist in Spotify: https://open.spotify.com/playlist/064ZL7awFo1z6aLAyROYNX

Last Thing!

Make sure to fill out a feedback form!

https://ttc-gpra.org/P?s=990368