



The Seven Vital Conditions for Health and Well Being: A Framework for Community Action in Skagit County

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Jennifer Johnson



TTC Purpose



The ATTC Network is an international, multidisciplinary resource for professionals in the addictions treatment and recovery services field. Comprised of 10 Domestic Regional Centers, 6 International HIV Centers (funded by PEPFAR), 2 National Focus Area Centers, and a Network Coordinating Office, the ATTC Network works collaboratively to unify science, education and service to transform lives.



The MHTTC Network, with 10 Regional Centers, 2 National Focus Area Centers, and a Network Coordinating Office, develops and disseminates resources, and provides training and technical assistance, to accelerate the implementation of mental health related evidence-based practices.



The PTTC Network develops and disseminates tools and strategies needed to improve the quality of substance abuse prevention efforts. Comprised of 10 Regional Centers, 2 National Focus Area Centers, and a Network Coordinating Office, the PTTC Network leverages expertise and resources to engage the next generation of prevention professionals.

Land Acknowledgement



We acknowledge that we are all on the traditional lands of different peoples. I live and work on the ancestral lands of the Costal Salish People and the Snoqualmie Tribe.

We have a responsibility to acknowledge our Indigenous connections and the histories of Indigenous land dispossession.

To identify the stewards of your land, type your location into <https://native-land.ca/>

Disclaimer

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Certificates are typically sent 7-10 days following the event

The Vital Conditions of Health & Well-Being

February 7, 2024

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The Social Determinants of Health *Strengths and Limitations*

Social Determinants of Health

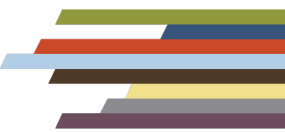
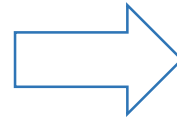
Well-being has two dimensions

Personal Well-Being

The individual-level factors that affect how we think, feel, and function

Community Well-Being

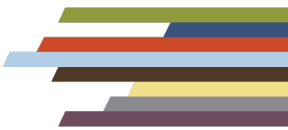
The qualities of the place we live, which influence whether we're able to lead our best possible life



Social Determinants of Health

For more than thirty years, we've been working to make progress on the social determinants of health.

But broad interest among people "in the field" has not translated into powerful and sustained large-scale action.

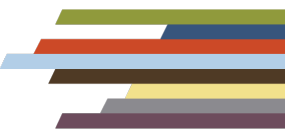


Social Determinants of Health

After three decades, the concept has not gained any traction in the general population.

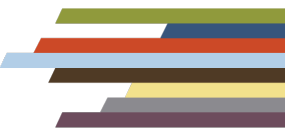
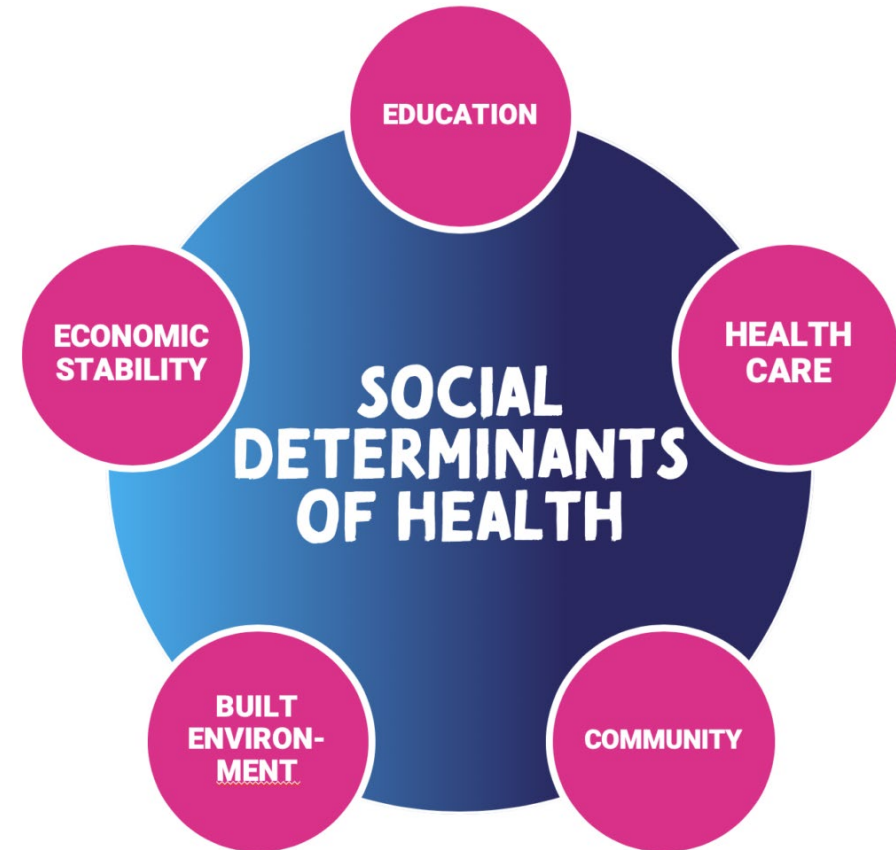
It's an insider term, used only by specialists.

To make matters worse, potential allies in non-health fields often feel alienated by the explicit emphasis on “health.”



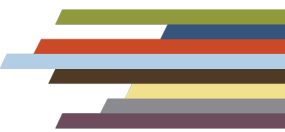
Social Determinants of Health

The final, and most serious problem, is that there is no consensus about how exactly to *define* the social determinants.



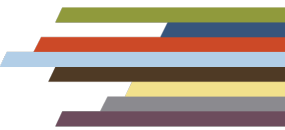
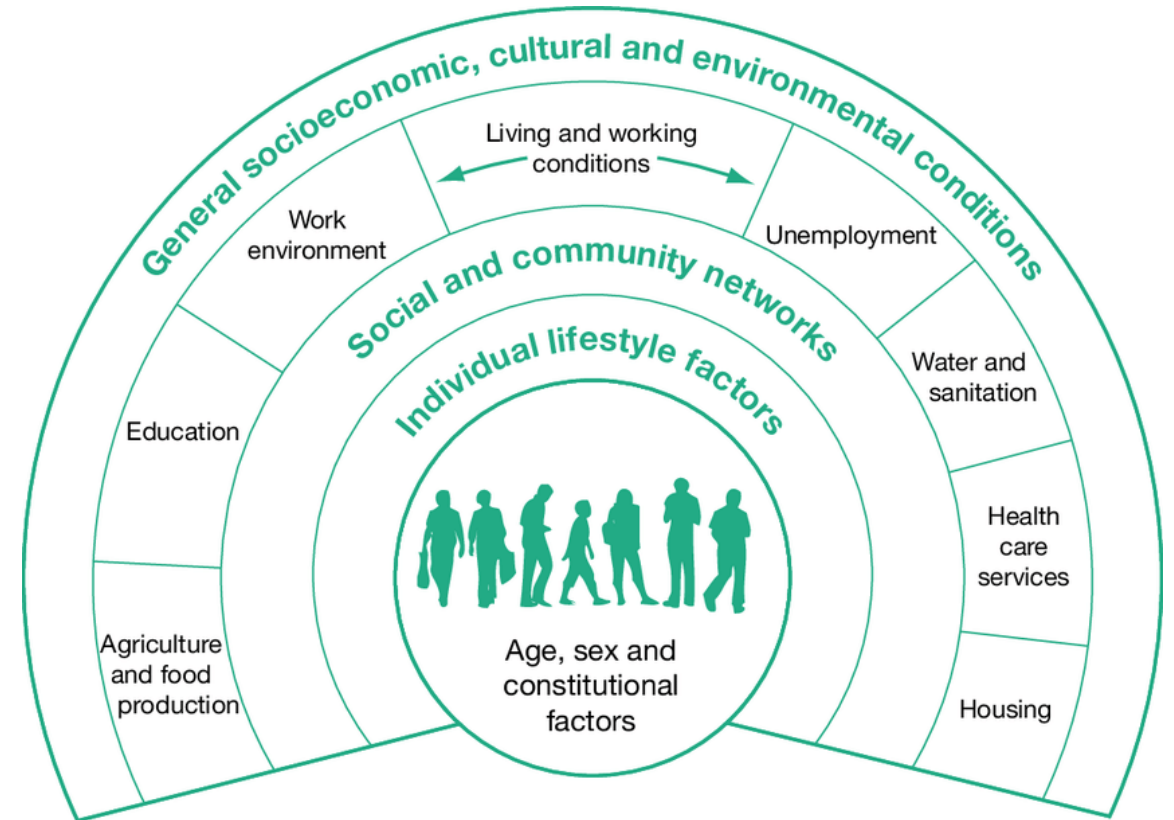
Social Determinants of Health

Sometimes there are a small number of determinants



Social Determinants of Health

Sometimes there are more . . .



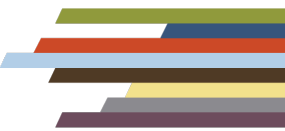
Social Determinants of Health

Sometimes they're arranged into complex, multi-level structures . . .



Social Determinants of Health

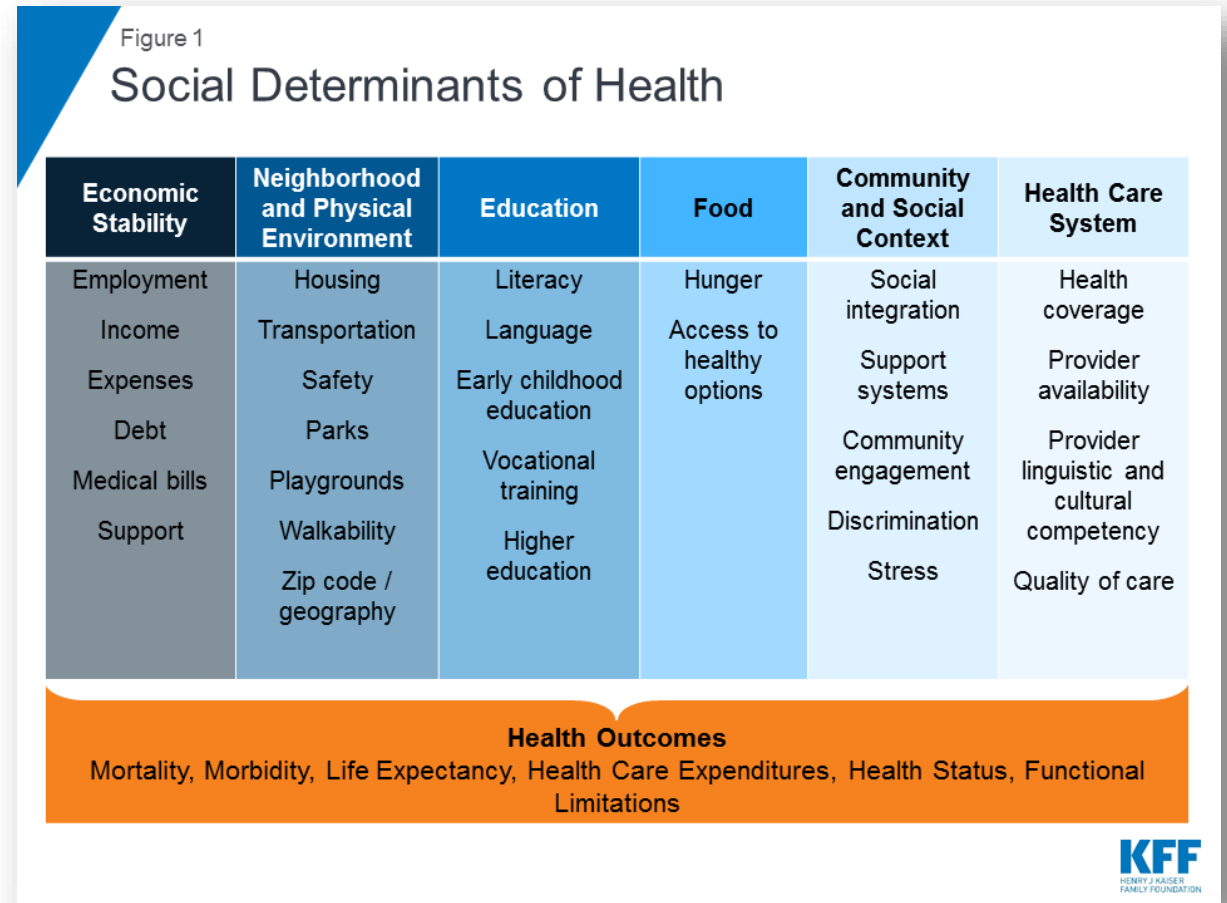
And sometimes complex shapes . . .



Social Determinants of Health

Sometimes they're a mixed bag of . . .

- positive things (literacy, parks)
- negative things (hunger, stress)
- neutral things (language, zip code)
- and vague things (health status)



Social Determinants of Health

SOCIAL DETERMINANTS OF HEALTH

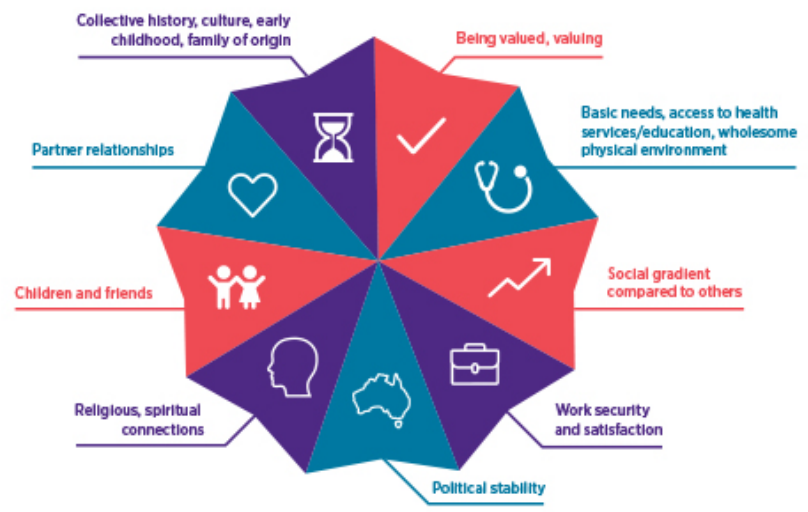
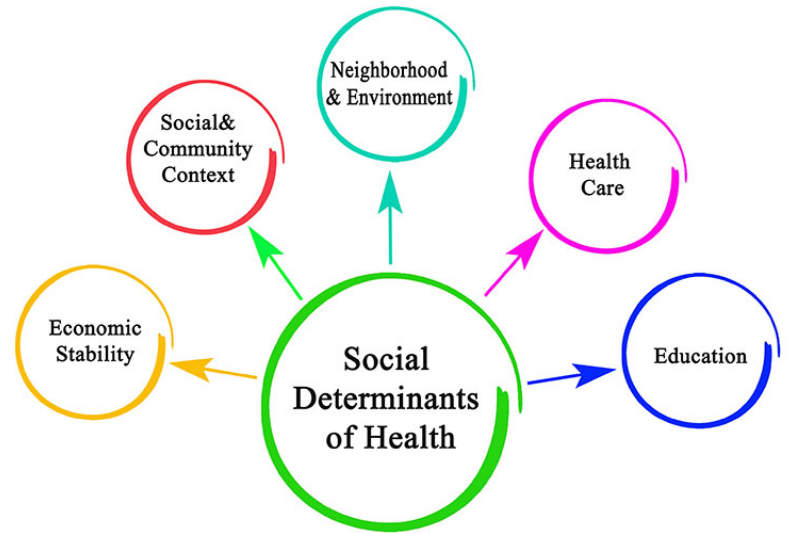
The social determinants of health are the conditions in which we are born, we grow and age, and in which we live and work. The factors below impact on our health and wellbeing.

Childhood experiences Housing Education Social support

Family income Employment Our communities Access to health services

Source: NHS Health Scotland

When there's this much disagreement on basic definitions . . . it's very hard to orchestrate effective action at scale



The Vital Conditions

The Vital Conditions

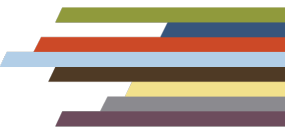


The **Vital Conditions** framework gives us a way to take *coordinated action* on the community factors that enable people to lead thriving lives.

The seven conditions are rooted in commonly held values – and can be described in plain language.

They're also interdependent. Progress on one vital condition naturally drives progress on others.

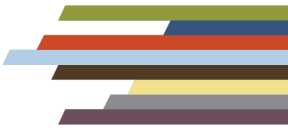
That makes it easier to develop solutions that address multiple problems at once.



The Vital Conditions



	THRIVING NATURAL WORLD	<i>Sustainable resources, contact with nature, freedom from hazards</i> Clean air, water, soil; healthy ecosystems able to sustainably provide necessary resources; accessible natural spaces; freedom from the extreme heat, flooding, wind, radiation, earthquakes, pathogens
	BASIC NEEDS FOR HEALTH + SAFETY	<i>Basic requirements for health and safety</i> Nutritious food, safe drinking water; fresh air; sufficient sleep; routine physical activity; safe, satisfying sexuality and reproduction; freedom from trauma, violence, addiction and crime; routine care for physical and behavioral health
	HUMANE HOUSING	<i>Humane, consistent housing</i> Adequate space per person; safe structures; affordable costs; diverse neighborhoods (without gentrification, segregation, concentrated poverty); close to work, school, food, recreation, and nature
	MEANINGFUL WORK + WEALTH	<i>Rewarding work, careers, and standards of living</i> Job training/retraining; good-paying and fulfilling jobs; family and community wealth; savings and limited debt
	LIFELONG LEARNING	<i>Continuous learning, education, and literacy</i> Continuous development of cognitive, social, emotional abilities; early childhood experiences; elementary, high school, and higher education; career and adult education
	RELIABLE TRANSPORTATION	<i>Reliable, safe, and accessible transportation</i> Close to work, school, food, leisure; safe transport; active transport; efficient energy use; few environmental hazards
	BELONGING + CIVIC MUSCLE	<i>Sense of belonging and power to shape a common world</i> Social support; civic association; freedom from stigma, discrimination, oppression; support for civil rights, human rights; civic agency; collective efficacy; vibrant arts, culture, and spiritual life; equitable access to information; many opportunities for civic engagement (voting, volunteering, public work)



Belonging & Civic Muscle

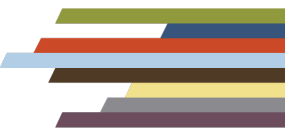


Belonging & Civic Muscle is at the center because it is both a vital condition and a practical capacity that is necessary for success in every other kind of work

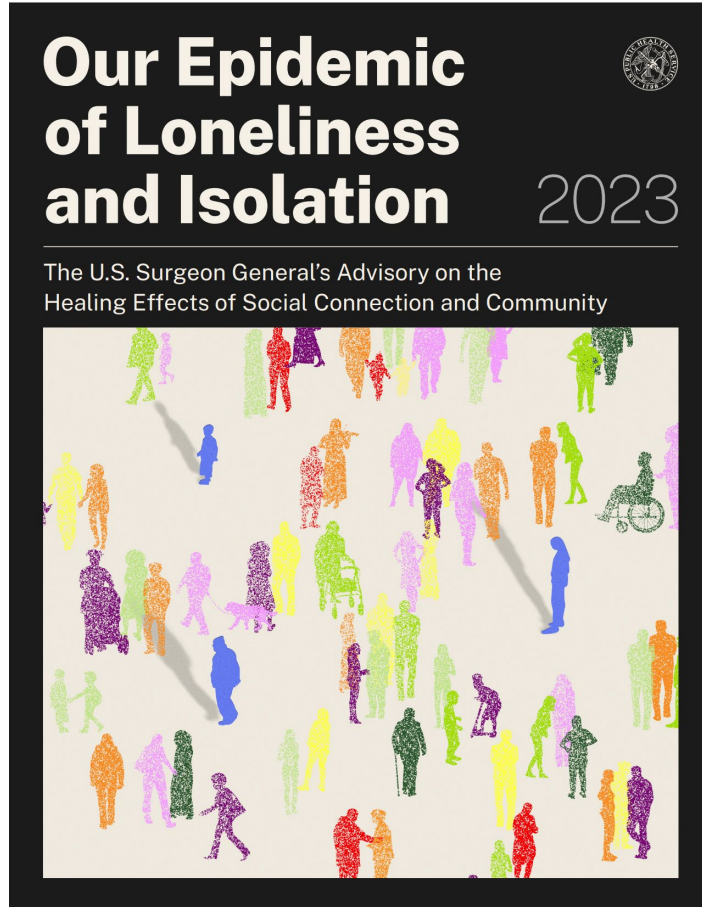
Belonging means that everyone is treated with dignity and respect

The vision is that . . .

- People have healthy attachments to family, friends, and the community.
- People feel valued for who they are and what they bring.
- People don't suffer from social or economic isolation.
- We develop conditions that enable people to lead their best possible lives.



Belonging & Civic Muscle

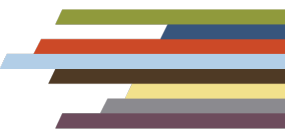


Dr. Vivek H. Murthy, US Surgeon General (2023)

“The mortality impact of being socially disconnected is similar to that caused by smoking up to 15 cigarettes a day.”

“[T]he harmful consequences of a society that lacks social connection can be felt in our schools, workplaces, and civic organizations . . .”

“[If we fail to grow belonging], we will continue to splinter and divide until we can no longer stand as a community or a country. Instead of coming together to take on the great challenges before us, we will further retreat to our corners—angry, sick, and alone.”



Belonging & Civic Muscle

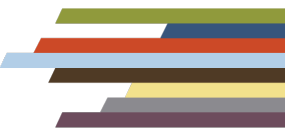


Belonging & Civic Muscle is at the center because it is both a vital condition and a practical capacity that is necessary for success in every other kind of work

Civic Muscle is the ability of a community to solve difficult problems together

The core principles are to . . .

- Prioritize long-term benefit – not short-term gain
- Look for common ground – instead of concentrating on areas of disagreement
- Seek constructive solutions – and avoid destructive conflict
- Build on each other's strengths – instead of operating in siloes and duplicating resources

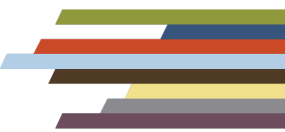


Vital Conditions & Urgent Services

Vital Conditions & Urgent Services

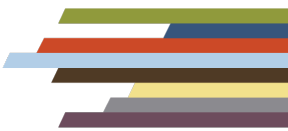
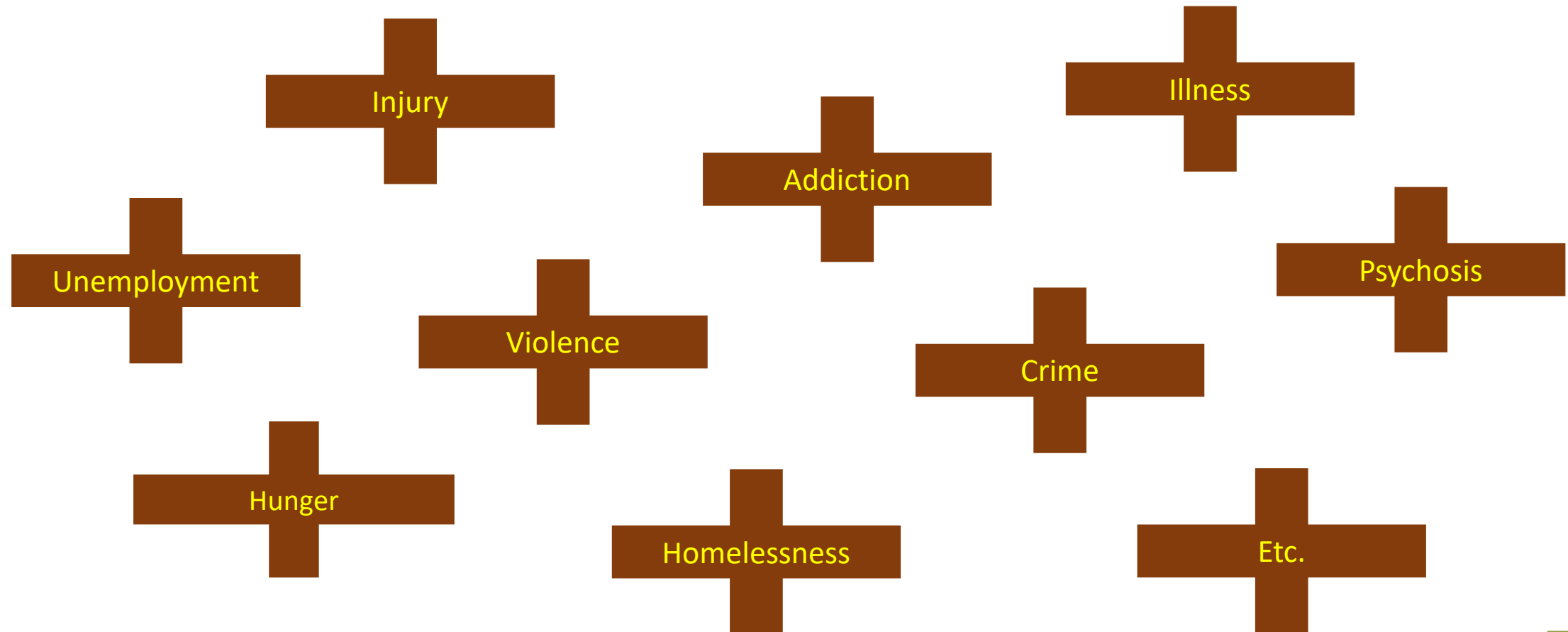
When **Vital Conditions** falter,
fewer people are able to thrive

People are more likely to fall into
crisis, which drives mounting
demand for **urgent services**



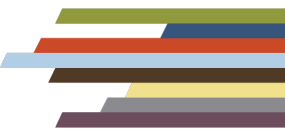
Vital Conditions & Urgent Services

Urgent services are crucial for addressing crisis and severe distress

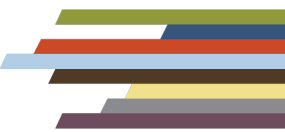
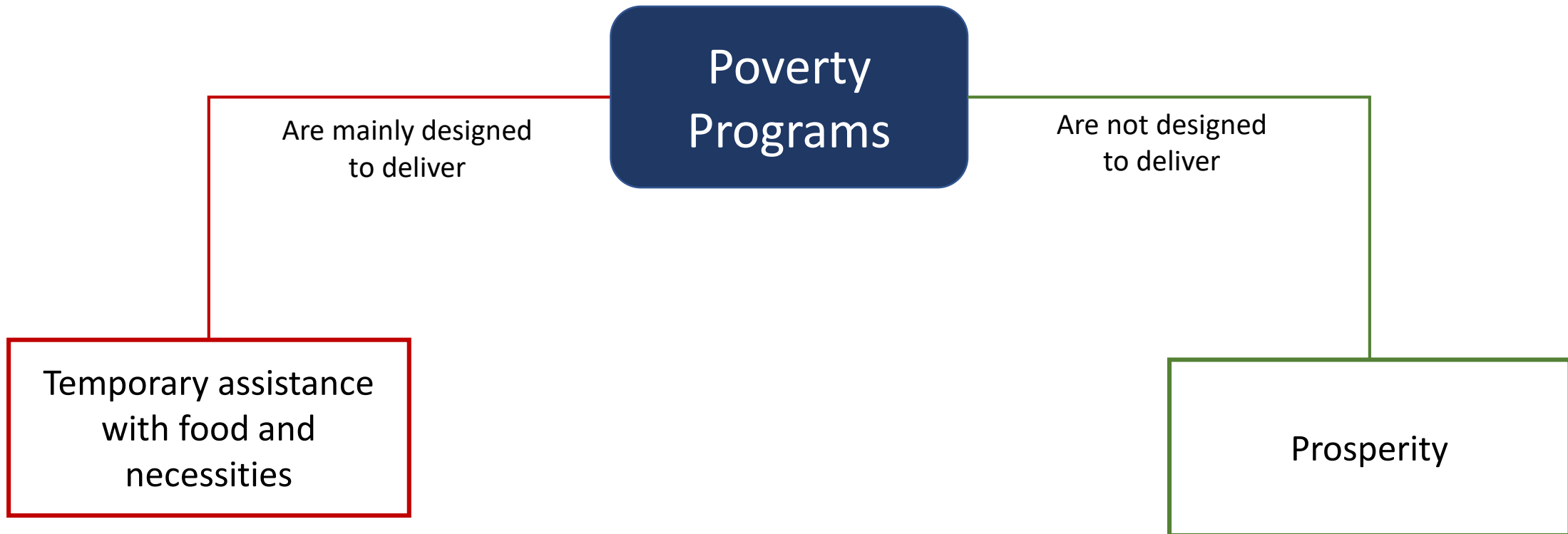


Vital Conditions & Urgent Services

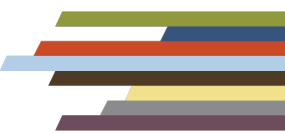
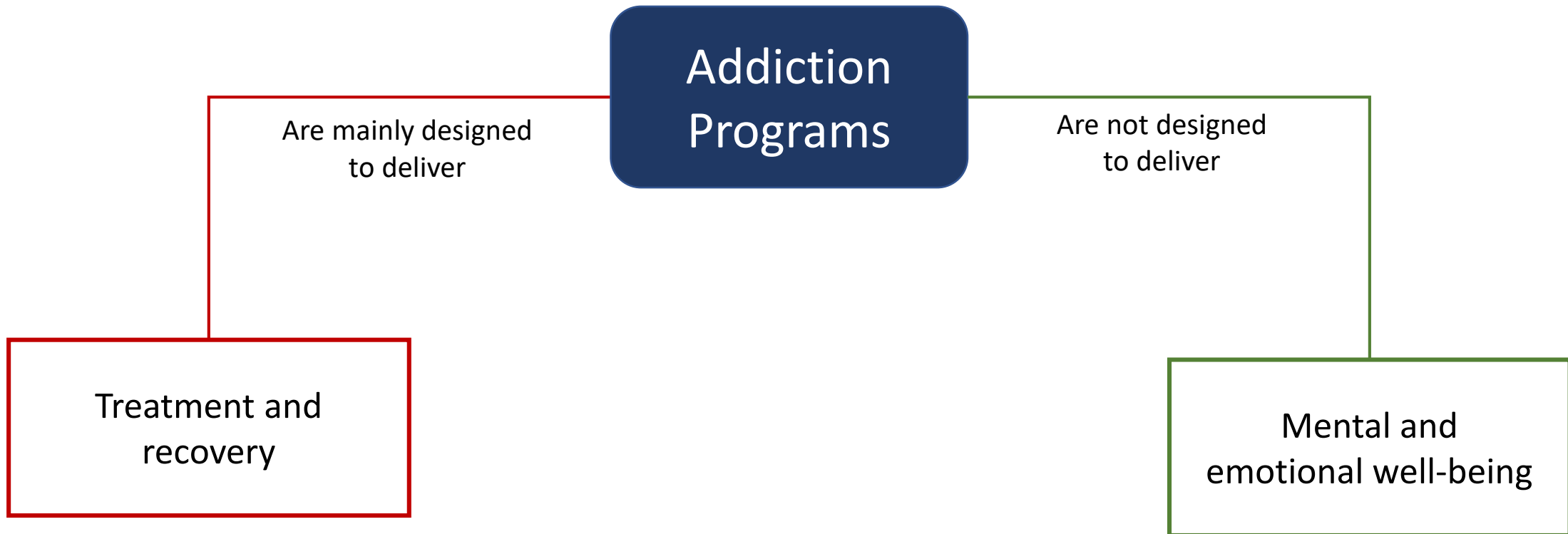
But we can't "urgent services" our way
to thriving



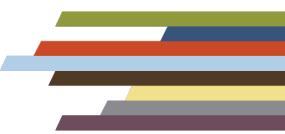
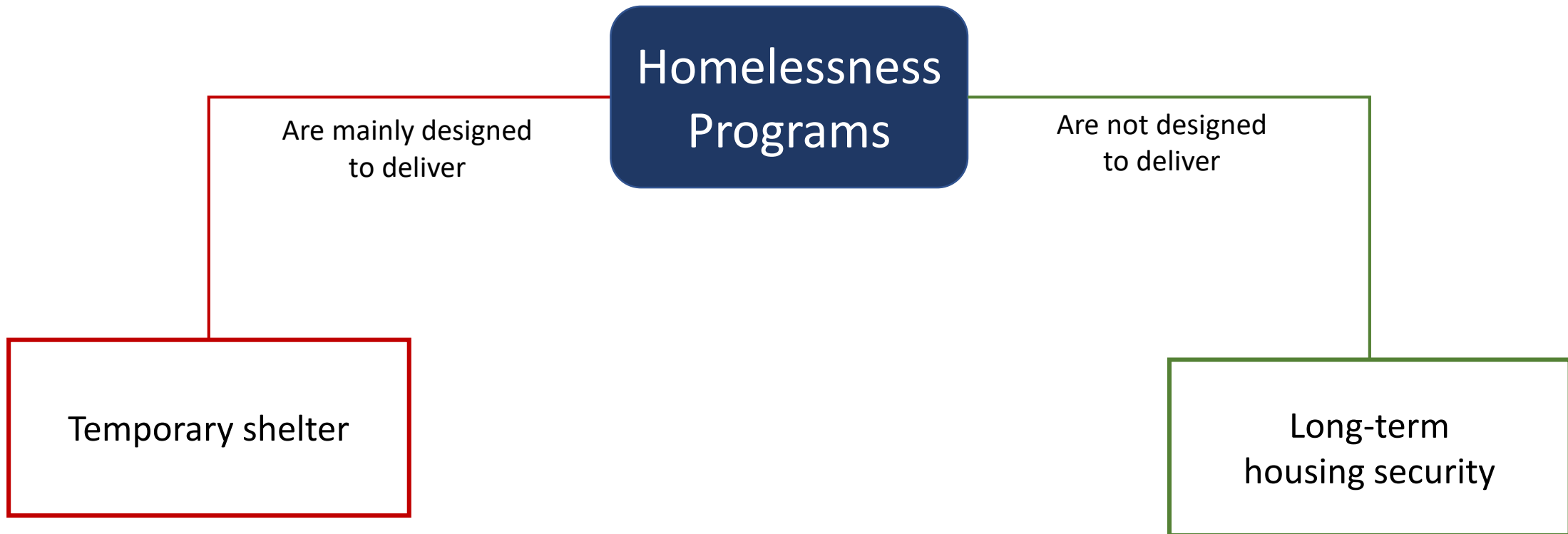
Vital Conditions & Urgent Services



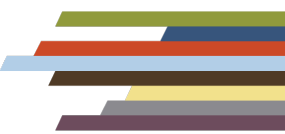
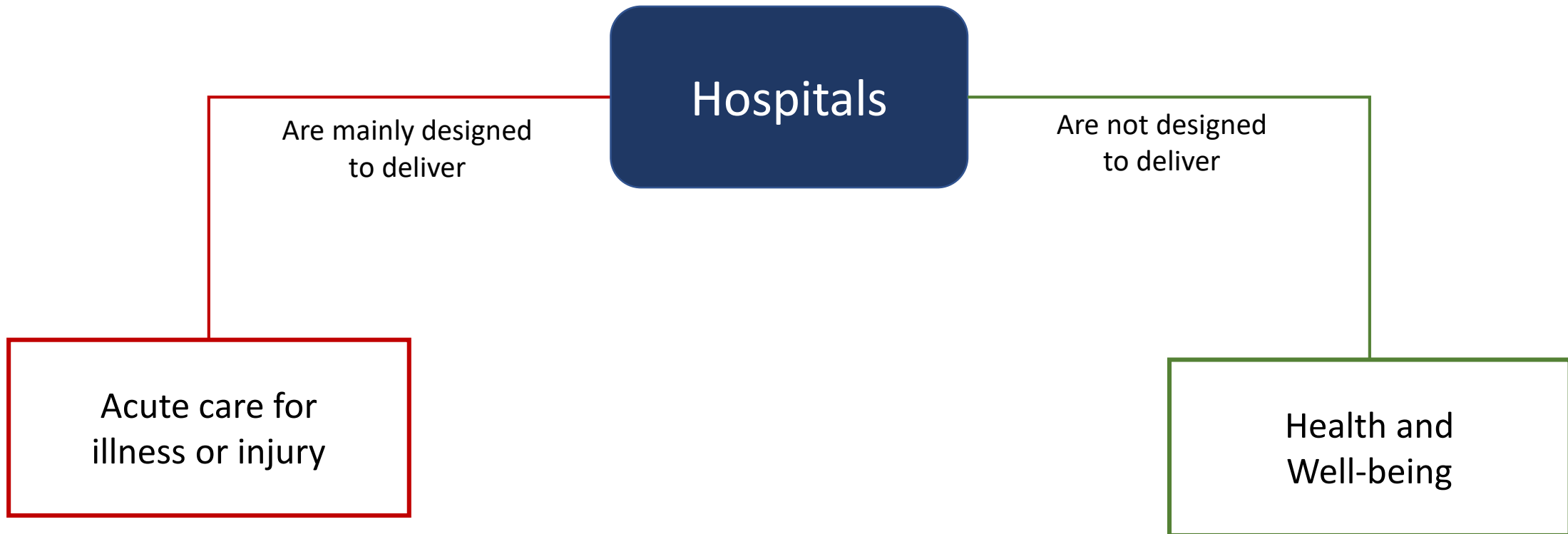
Vital Conditions & Urgent Services



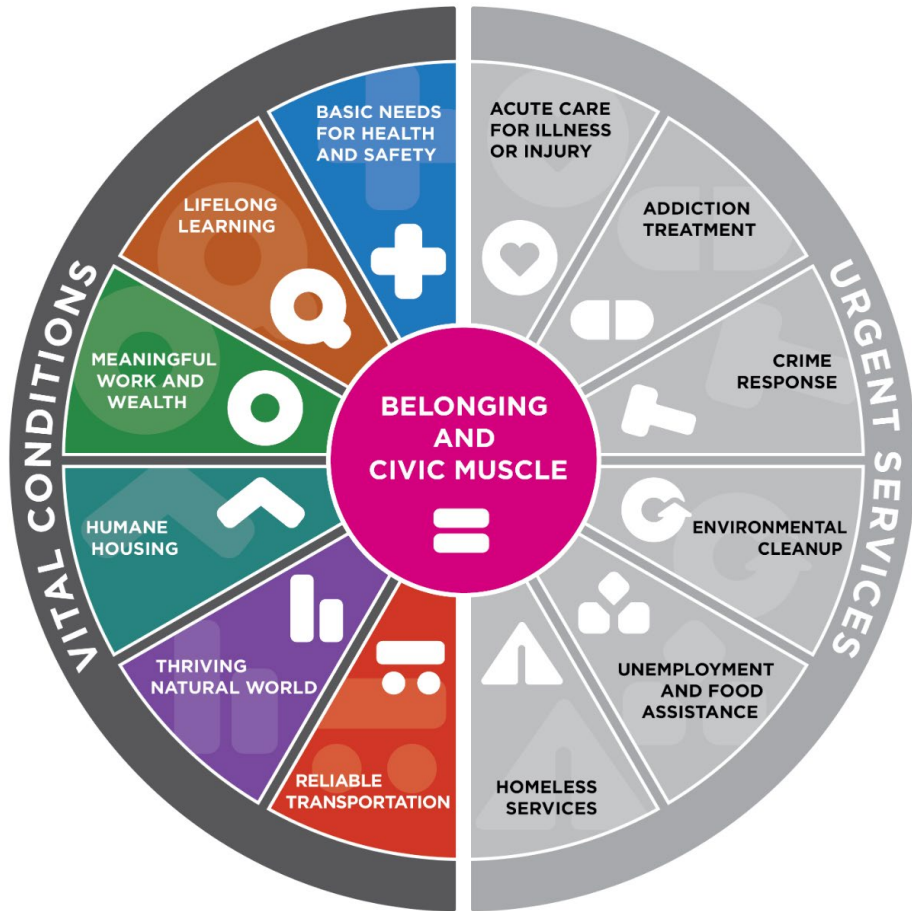
Vital Conditions & Urgent Services



Vital Conditions & Urgent Services



Vital Conditions & Urgent Services

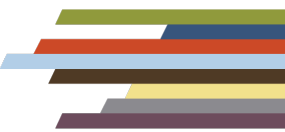


The big-picture challenge is to achieve a **better balance** between vital conditions and urgent services

- Make our urgent services cohesive and effective
- Steadily build up the conditions that are essential for everyone to thrive

It's too big a challenge for anyone to succeed alone

And it begins with building up belonging and civic muscle

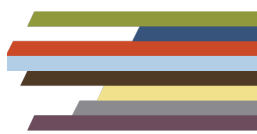
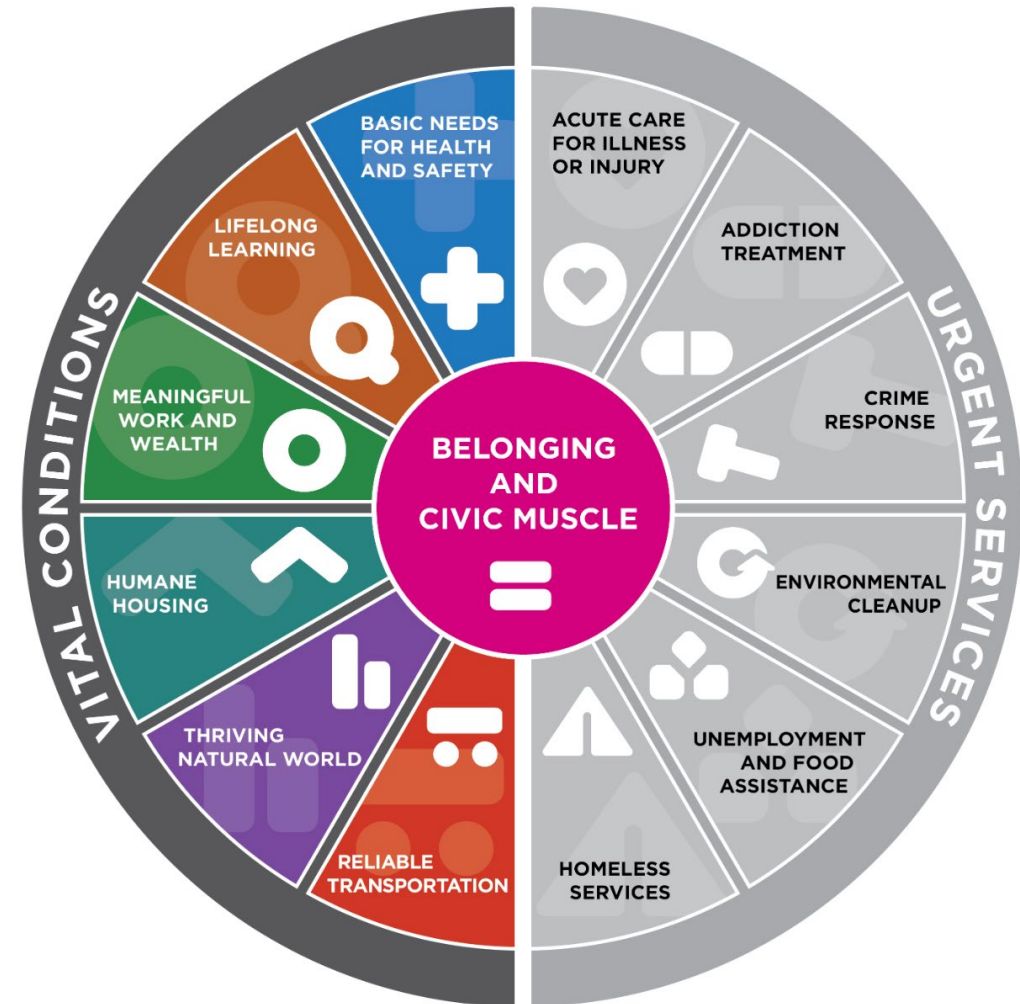


Vital Conditions & Urgent Services

We need to change the system itself.

The problem is . . . most efforts at system change end in failure

- They tend to be transactional and formula-driven (they invite gaming)
- They tend to be too top-down (they fail to establish true mutual interest)
- They tend to focus on isolated projects (they don't change the system – they lay on top of the system)

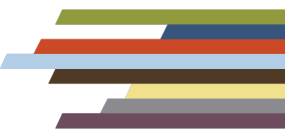


Federal Action

The Vital Conditions



The Vital Conditions framework has been gaining wide adoption across the county.



Plan for Federal Action on the Vital Conditions

2020 Non-government Springboard

Landscape analysis and proposals from more than 100 contributors

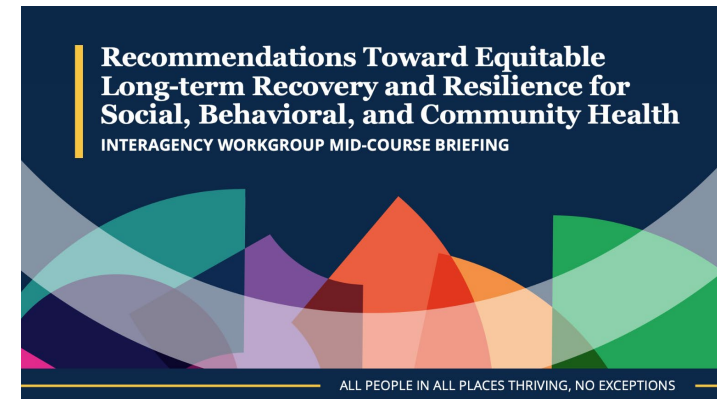


Commissioned by the CDC Foundation
Website: Thriving.US

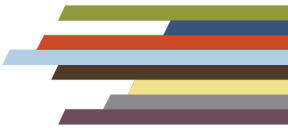
Nationwide
Movement to
Strengthen
The Vital Conditions

2022 Federal Plan

Informs federal programs, policies, and resources that give communities flexibility to tailor solutions to local needs



<https://health.gov/our-work/national-health-initiatives/equitable-long-term-recovery-and-resilience>



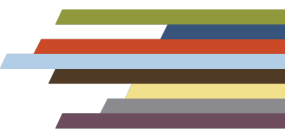
Plan for Federal Action on the Vital Conditions



[The Federal Plan for Equitable Long-Term Recovery and Resilience \(ELTRR\)](#)

Released in November 2022

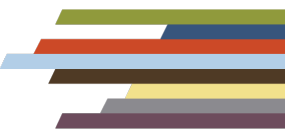
It uses the Vital Conditions as its organizing framework



Plan for Federal Action on the Vital Conditions

Collaboration between 40+ Federal Departments, Agencies, and Institutions, including . .

- Department of Health & Human Services
 - CMS
 - CDC
 - HRSA
 - SAMHSA
 - Indian Health Service
- Department of Agriculture
- Department of Commerce
- Department of Education
- Department of Homeland Security
- Department of Housing and Urban Development
- Department of the Interior
- Department of Transportation
- Environmental Protection Agency
- Small Business Administration
- National Endowment for the Arts
- National Endowment for the Humanities
- Two Federal Reserve Banks



Plan for Federal Action on the Vital Conditions

National Health Initiatives

Equitable Long-Term Recovery and Resilience —

Overview and Purpose

Framework —

Belonging and Civic Muscle

Thriving Natural World

Basic Needs for Health and Safety

Humane Housing

Meaningful Work and Wealth

Lifelong Learning

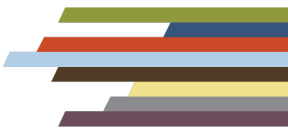
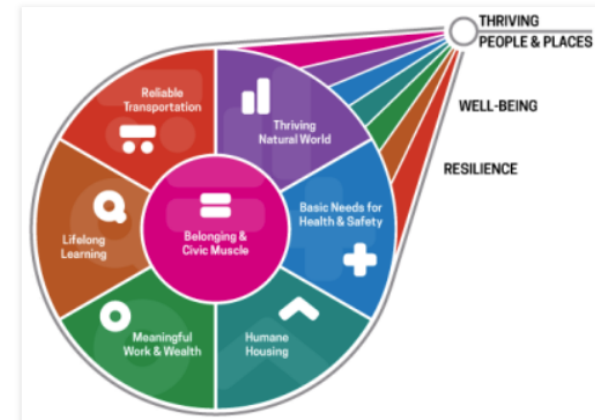
Reliable Transportation

Equitable Long-Term Recovery and Resilience

All people and places thriving, no exceptions

The Federal Plan for Equitable Long-Term Recovery and Resilience (Federal Plan for ELTRR) lays out an approach for federal agencies to cooperatively strengthen the vital conditions necessary for improving individual and community resilience and well-being nationwide.

While the Federal Plan for ELTRR is presented on health.gov, it is inclusive of health and non-health sectors and was developed by a large Interagency Workgroup made up of representatives from across the federal government. The Plan is intended to be an inclusive, government-wide approach that leverages the breadth of federal resources — within existing authority for steady-state use — in a synchronized manner to equitably achieve enhanced resilience.




Plan for Federal Action on the Vital Conditions

78 Proposed Recommendations		
10 Cross-Cutting Recommendations <i>for actions that transcend the vital conditions</i>	Vital Conditions	Recommendations <i>specific to that vital condition</i>
	Belonging & Civic Muscle	8
	Thriving Natural World	10
	Basic Needs for Health & Safety	17
	Humane Housing	9
	Meaningful Work & Wealth	12
	Lifelong Learning	6
	Reliable Transportation	6

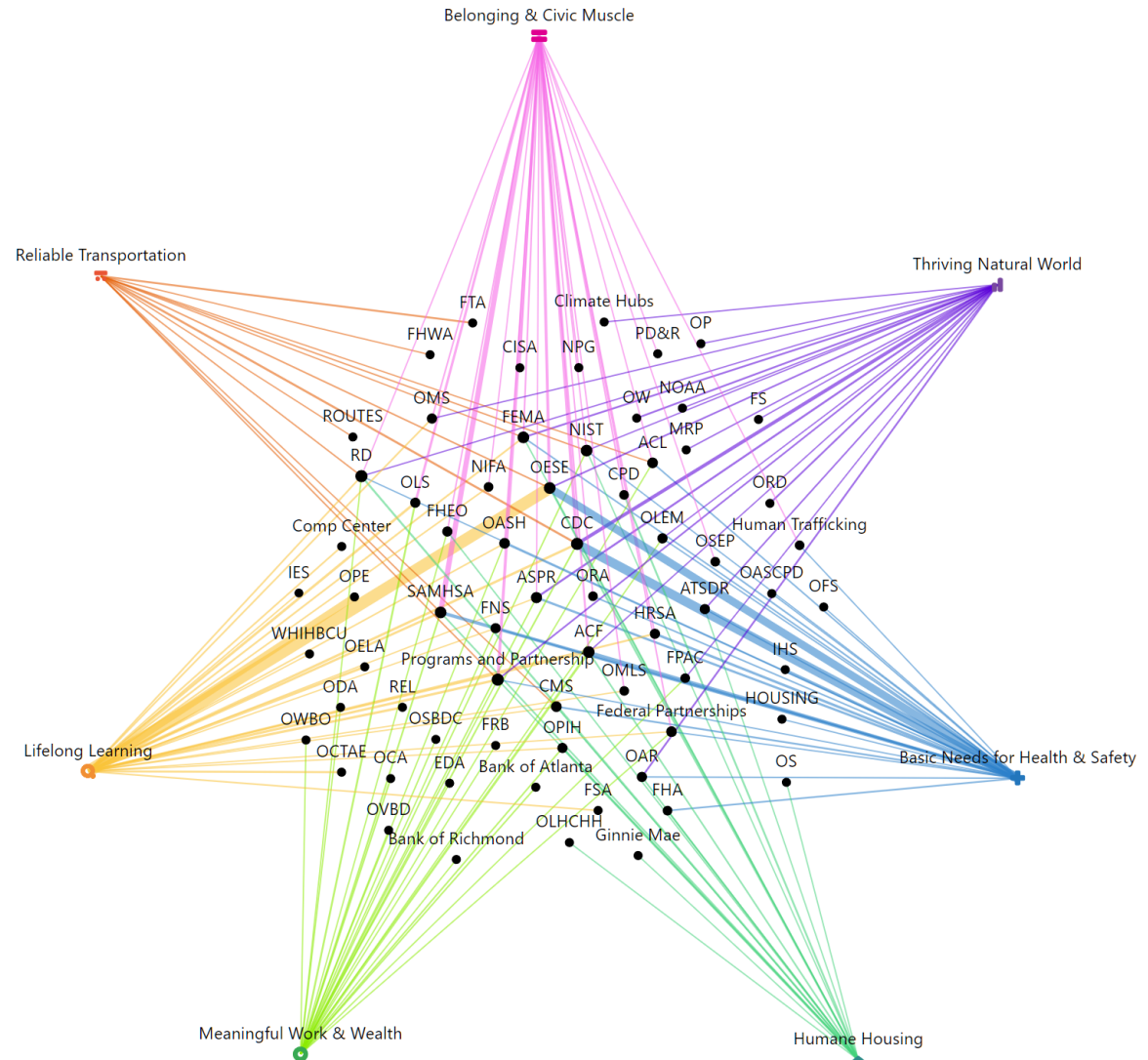


Multi-Solver Recommendations

 Multi-solvers are recommendations in which a change grounded in one vital condition strengthens five or more vital conditions. Thus, these recommendations may suggest areas to prioritize due to the potential to impact multiple vital conditions through one action. The Plan's 12 multi-solver recommendations are presented below, denoted with a distinguishing icon. Vital condition symbols indicate the recommendation strengthens that vital condition.

Plan for Federal Action on the Vital Conditions

Federal agencies have begun an intensive effort to map their activities to the Vital Conditions



Regional Examples

ThedaCare Health System (Rural Wisconsin)

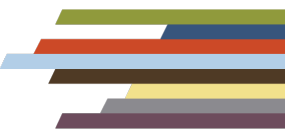


Community Health Improvement Plan 2020-2022

Two Strategies

1. Invest in Vital Conditions that foster health and well-being of the collective community
2. Deliver Urgent Services to address the immediate needs of those in crisis

“As communities invest more in Vital Conditions, the expectation is that need for Urgent Services declines. Belonging/Civic Muscle is the glue that engages community in fostering a culture of health and meeting local needs.”



ThedaCare Health System (Rural Wisconsin)



The Implementation Plan: *An Ecosystem of Action*

“It may be desirable to think of the plan that follows as more of an **action ecosystem . . . that collectively builds the vital conditions** that foster health and provides the services that lift up those with greatest need.”

Goal 2

Youth and adults have support needed to lead mentally healthy lives, free of reliance on harmful substances



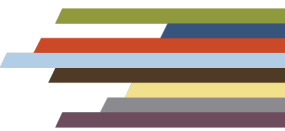
Vital Conditions addressed: *Social Connection/Belonging and Basic Needs*
Urgent Services addressed: *Acute Care for Illness or Injury and Addiction and Recovery Services*

Goal 3

The most vulnerable populations within ThedaCare service area have the opportunity to achieve optimal health and wellbeing



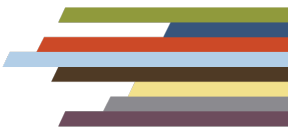
Vital Conditions Addressed: *Basic Needs, Meaningful Work/Wealth, Humane Housing, Lifelong Learning, Reliable Transportation, Belonging and Civic Muscle*



Healthy Communities Delaware

Portfolio Development

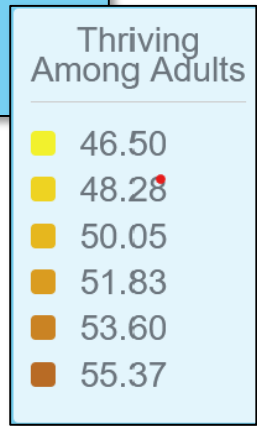
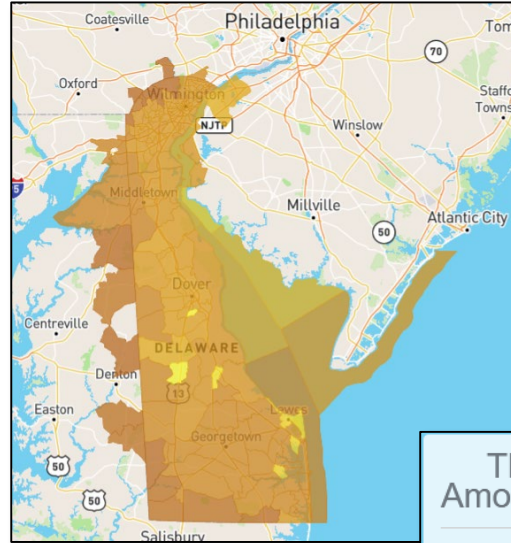
Healthy Communities Delaware convened stakeholders from throughout the state to begin developing a state-wide investment portfolio that balances the vital conditions and urgent services



Healthy Communities Delaware

Portfolio Development

Data on the Vital Conditions is combined with more traditional metrics to develop strategies and measure progress



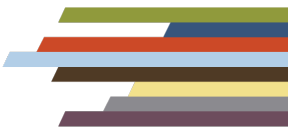
Delaware
Thriving = 53%
Struggling = 43%
Suffering = 4%

Burden of Disease

Domain/Indicator	Value	Bench...	Score
Oral Health			
HIV/AIDS and STIs			
Injury and Violence			
Opioid Overdose Deaths	35.4	19.0	
Violent Crimes	483.1	252.4	
Interpersonal Violence Deaths	6.2	6.1	
Drug Overdose Deaths		20.6	
Injury Deaths	77.0	85.0	
Gun Deaths	11.4	15.1	
Motor Vehicle Crash Deaths	13.0	19.1	
Cardiovascular Diseases			
Maternal and Infant Health			
Cancers			
Mental and Behavioral Health			
Kidney Diseases			
Respiratory Diseases			
Infectious diseases			
Diabetes			

Vital Conditions

Domain/Indicator	Value	Benchm...	Score
Thriving Natural World			
Meaningful Work and Wealth			
Humane Housing			
Basic Needs for Health and Safety			
Reliable Transportation			
Belonging and Civic Muscle			
Violent Crimes	483.1	252.4	
Social Associations	10.9	12.0	
Inadequate Social and Emotional Support	17.3%	19.5%	
Computer and Internet Access	86.9%	80.0%	
High Speed Internet	4.4	2.7	
Lifelong Learning			



Inland Empire Health Plan (California)

2022 Inland Empire

Community Health Assessment

“Rather than focusing only on the urgent conditions and services related to these threats, we want to focus on the vital conditions our communities need to achieve vibrant health.”

Data Collection and Review

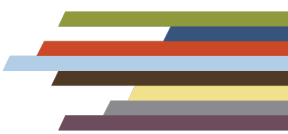
Reviewed data on avoidable ED visits, key informants, listening sessions, PQIs, Z codes, IP3 | Assess platform, needs assessments

Virtual Polls

Used five questions to rank 10 burden of disease areas and seven vital conditions

Priority & Population Selection

Selected top three burden of disease areas, top three vital conditions and key populations for equity focus



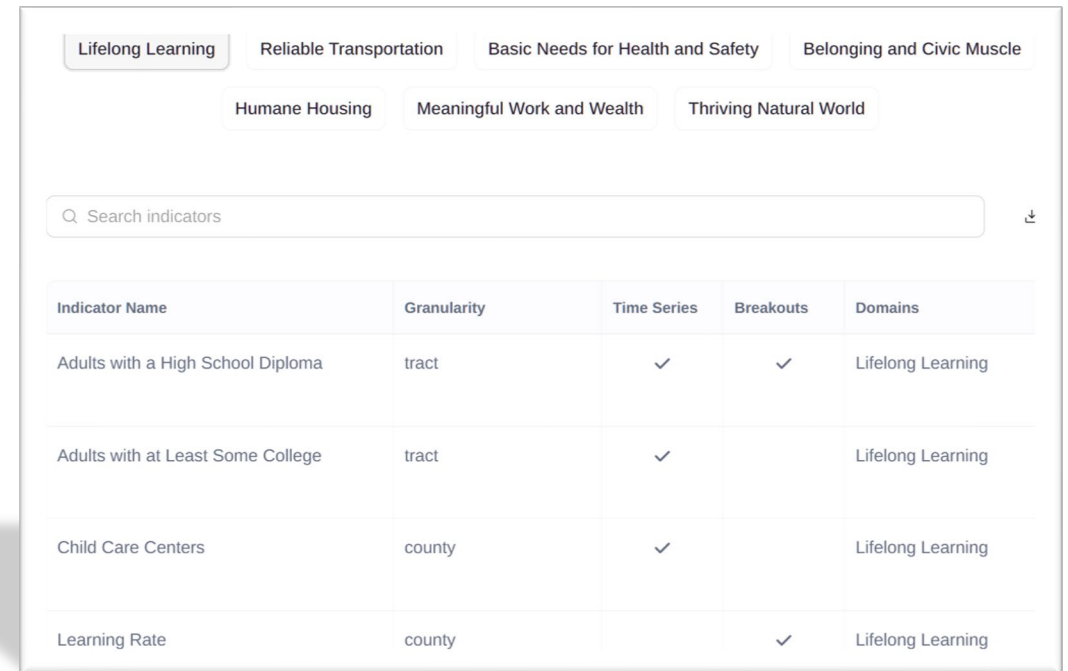
Measurement

Measuring Well-Being

Can we measure progress on the Vital Conditions?

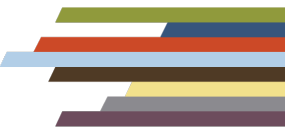
Yes. And we do.

For example, [The Institute for People, Place, and Possibility \(IP3\)](#) works with communities to track up to 75 indicators that compare local data against national benchmarks



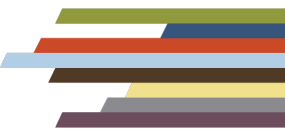
The screenshot shows a web interface for tracking indicators. At the top, there are several category tabs: Lifelong Learning, Reliable Transportation, Basic Needs for Health and Safety, Belonging and Civic Muscle, Humane Housing, Meaningful Work and Wealth, and Thriving Natural World. Below the tabs is a search bar labeled "Search indicators" with a magnifying glass icon and a dropdown arrow. Below the search bar is a table with the following data:

Indicator Name	Granularity	Time Series	Breakouts	Domains
Adults with a High School Diploma	tract	✓	✓	Lifelong Learning
Adults with at Least Some College	tract	✓		Lifelong Learning
Child Care Centers	county	✓		Lifelong Learning
Learning Rate	county		✓	Lifelong Learning



Measuring Well-Being

And there are established methods for measuring individual and community well-being over time



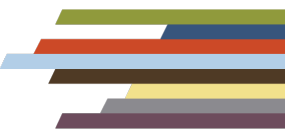
Measuring Well-Being

The 'Cantril's Ladder' self-anchoring measure has been used and studied since 1965.

It's been administered tens of millions of times – including Gallup's multi-decade survey of well-being in 150 countries.

It measures how people feel about their lives by asking two simple questions

- The first question asks people to rate their lives on a ladder
 - Where the bottom is their worst possible life (0)
 - And the top is their best possible life (10)
- The second question asks them to rate where they think they will be on the ladder in 5 years



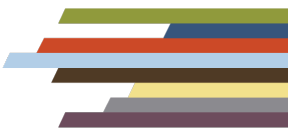
Measuring Well-Being

Cantril's Ladder

A score of 7+ means that a person is **thriving**

A score of 4-7 means that a person is **struggling**

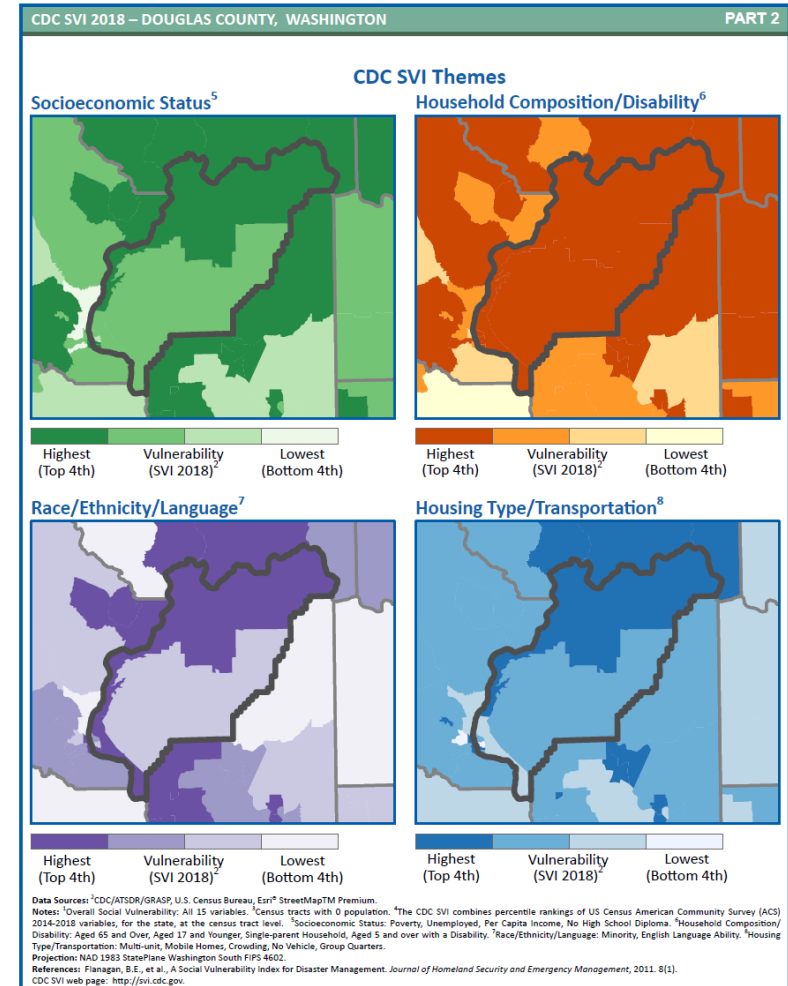
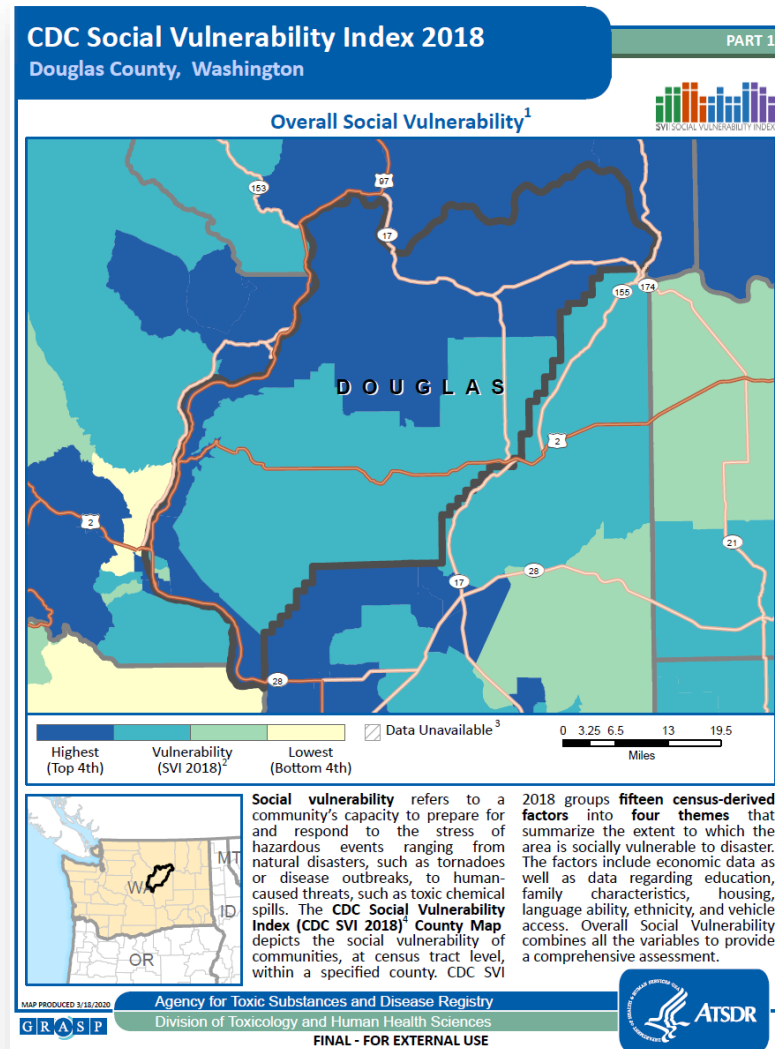
A score of under 4 means that a person is **suffering**



Measuring Well-Being

Community measurements of well-being and vulnerability give us a way to translate the vital conditions into data-driven portfolios

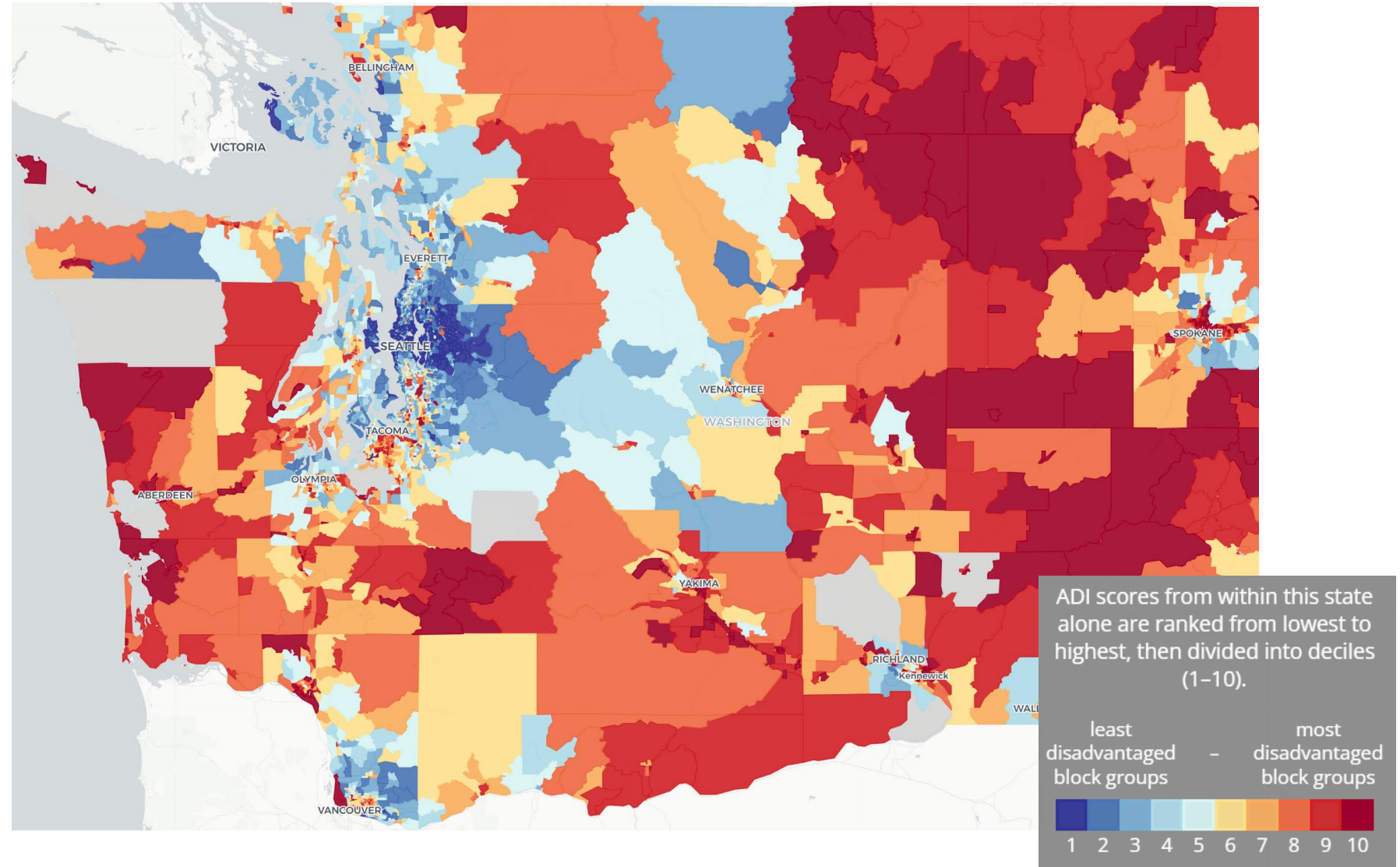
Social Vulnerability Index



Measuring Well-Being

Community measurements of well-being and vulnerability give us a way to translate the vital conditions into data-driven portfolios

[The Neighborhood Atlas - Area Deprivation Index](#)

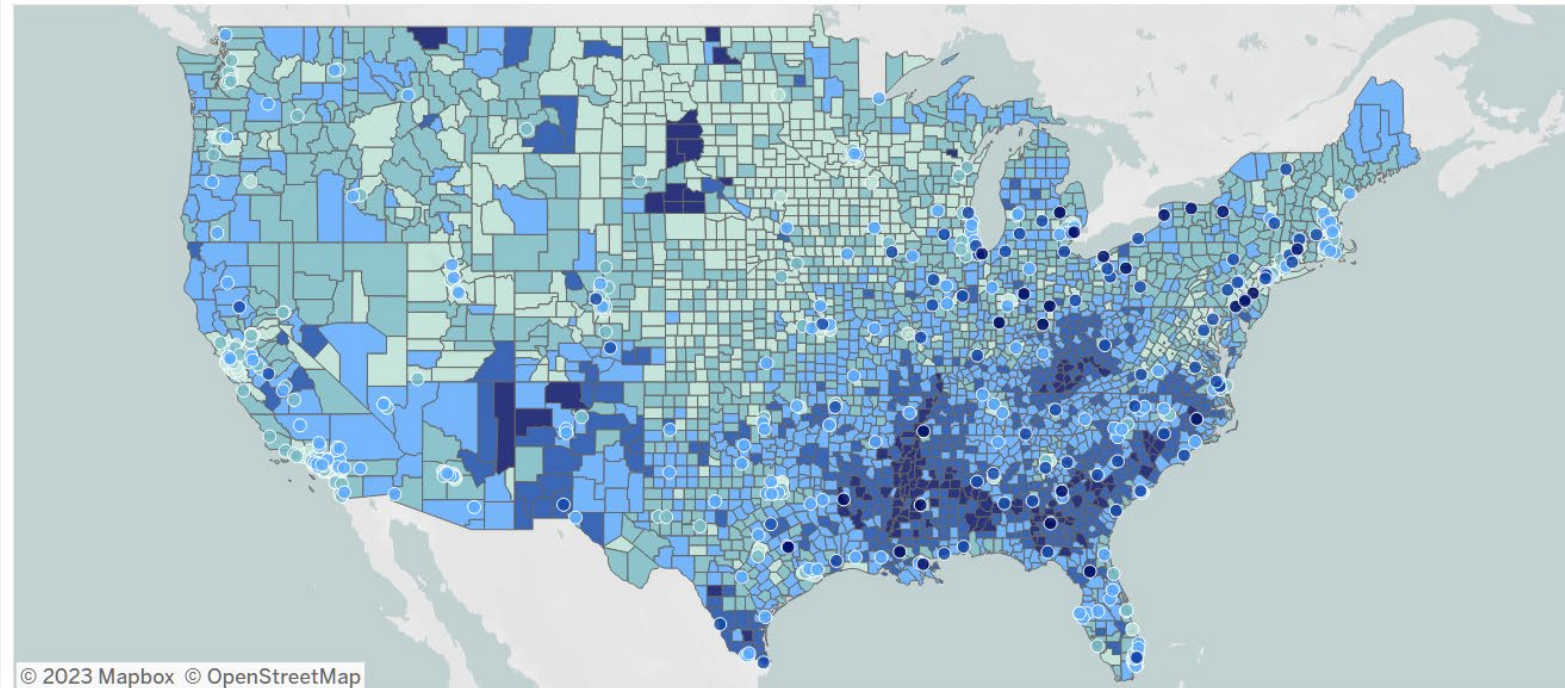


Measuring Well-Being

Community measurements of well-being and vulnerability give us a way to translate the vital conditions into data-driven portfolios

[Index of Deep Disadvantage](#)

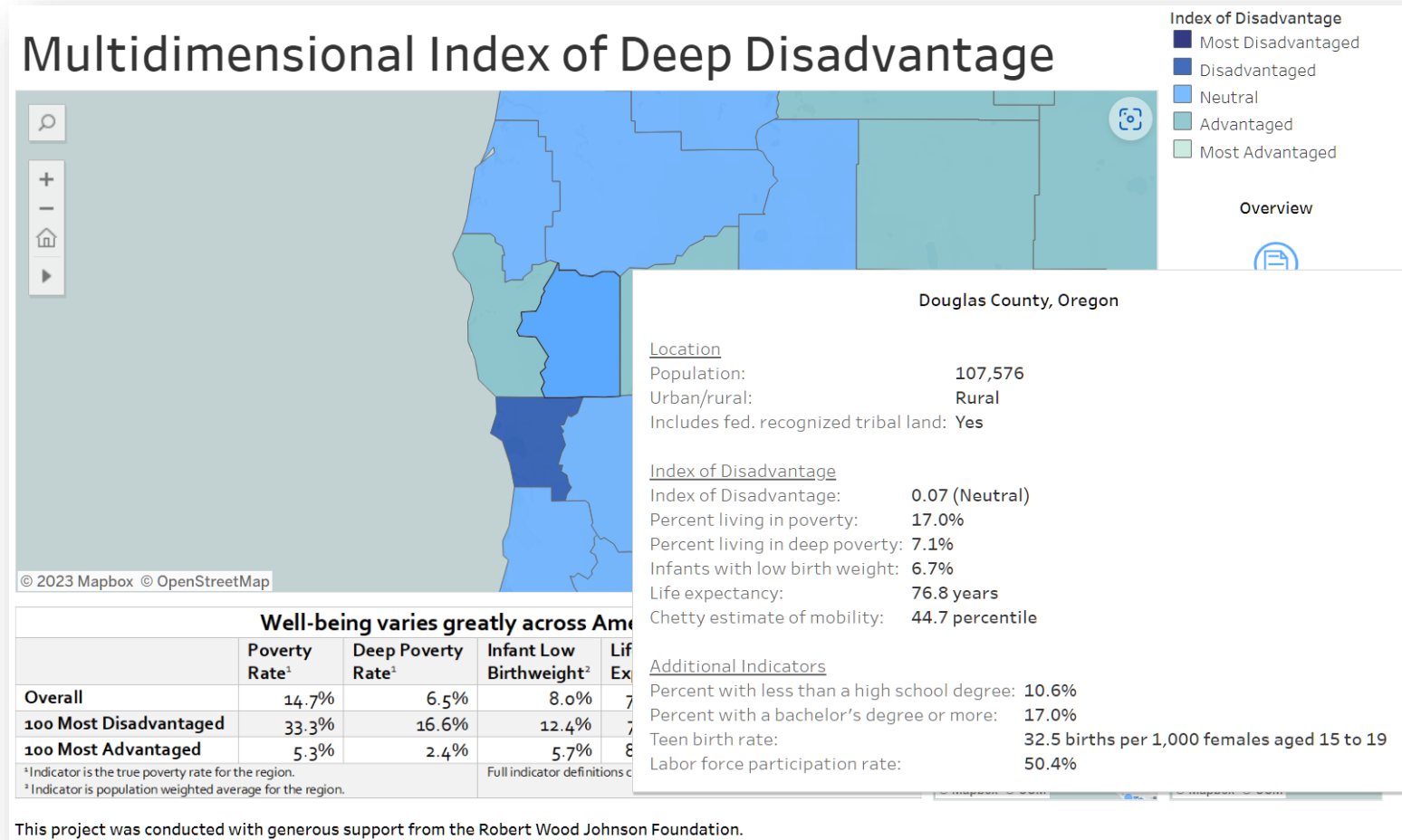
Multidimensional Index of Deep Disadvantage



Measuring Well-Being

Community measurements of well-being and vulnerability give us a way to translate the vital conditions into data-driven portfolios

[Index of Deep Disadvantage](#)



System Change

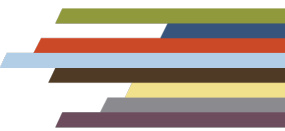
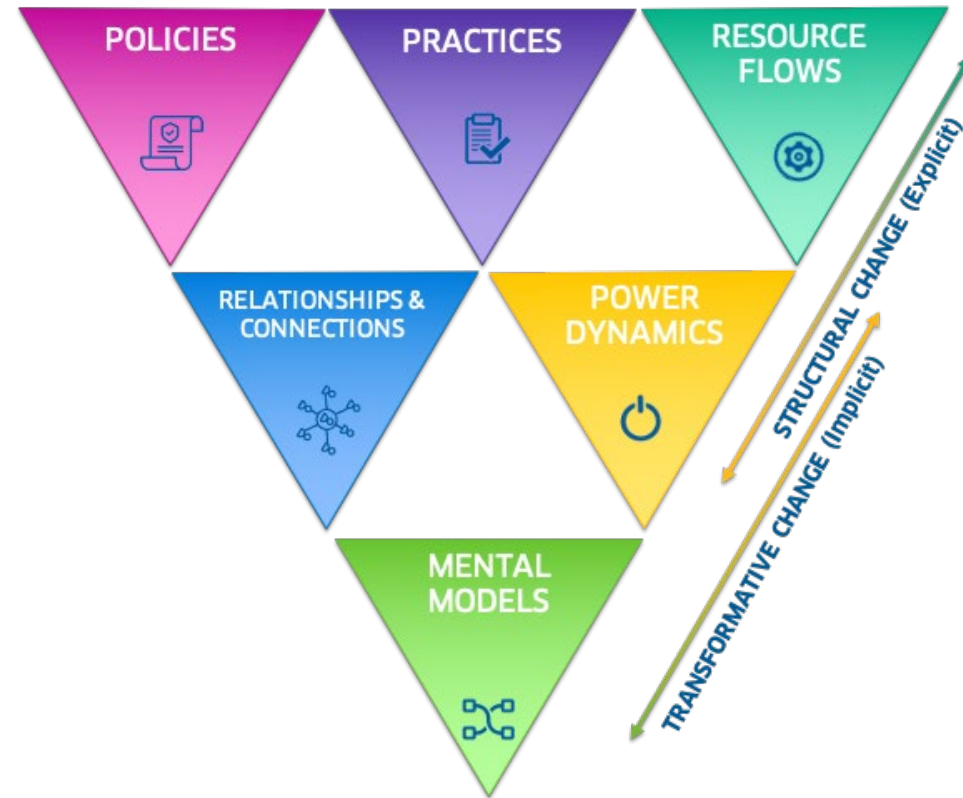
Transforming Systems

One reason why bad systems get stuck in place is that we don't build up **constructive interdependence**.

Instead of working together across boundaries, we tend to . . .

- Interact sporadically and not really know each other
- Lack good standards for communicating and coordinating
- Chronically misunderstand each other's actions and motivations

SIX CONDITIONS OF SYSTEM CHANGE



Transforming Systems

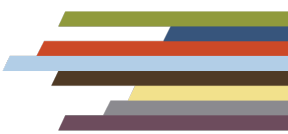
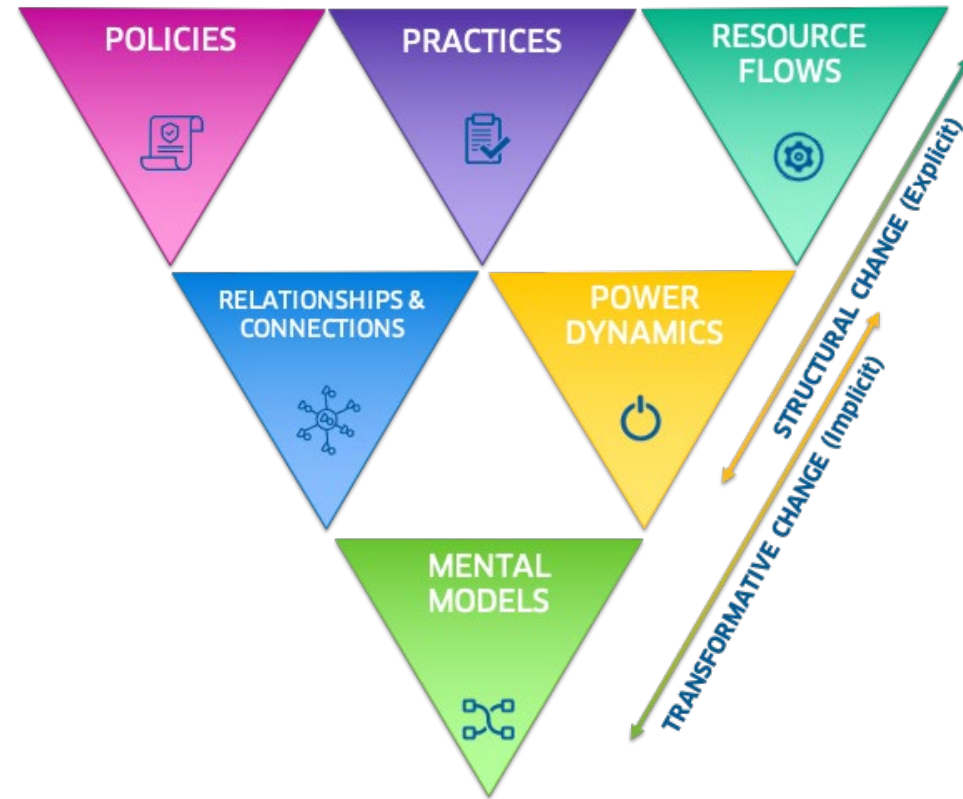
Another obstacle to transforming broken systems: **Fear of change.**

Even if we don't love the status quo, we've learned know now to navigate it.

So attempts at transformation can threaten our **sense of control.**

Even if people understand the benefits of change logically, they may still resist it.

SIX CONDITIONS OF SYSTEM CHANGE



Transforming Systems

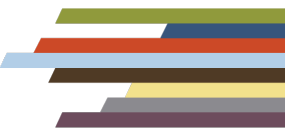
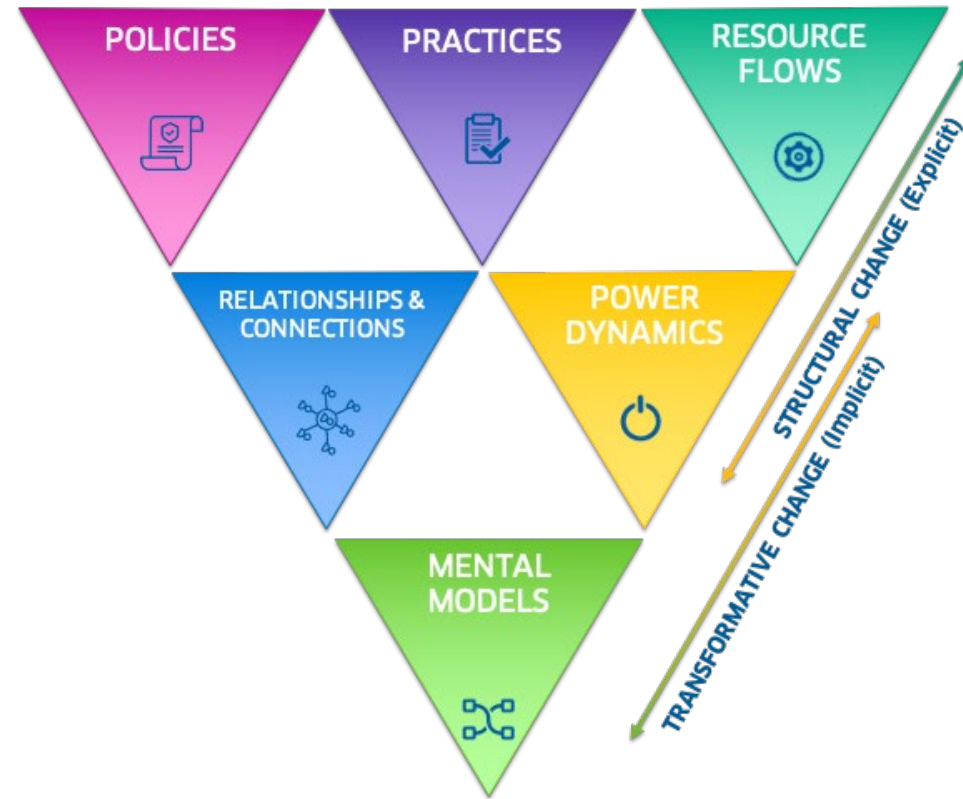
Communication is not enough. We need to persuade.

The best way to **persuade**, is to trigger optimism and hope instead of fear.

We can do that by telling an emotionally resonant story about **shared values and interests**.

System change begins with effective casemaking.

SIX CONDITIONS OF SYSTEM CHANGE



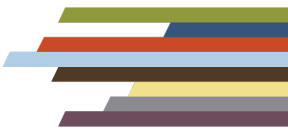
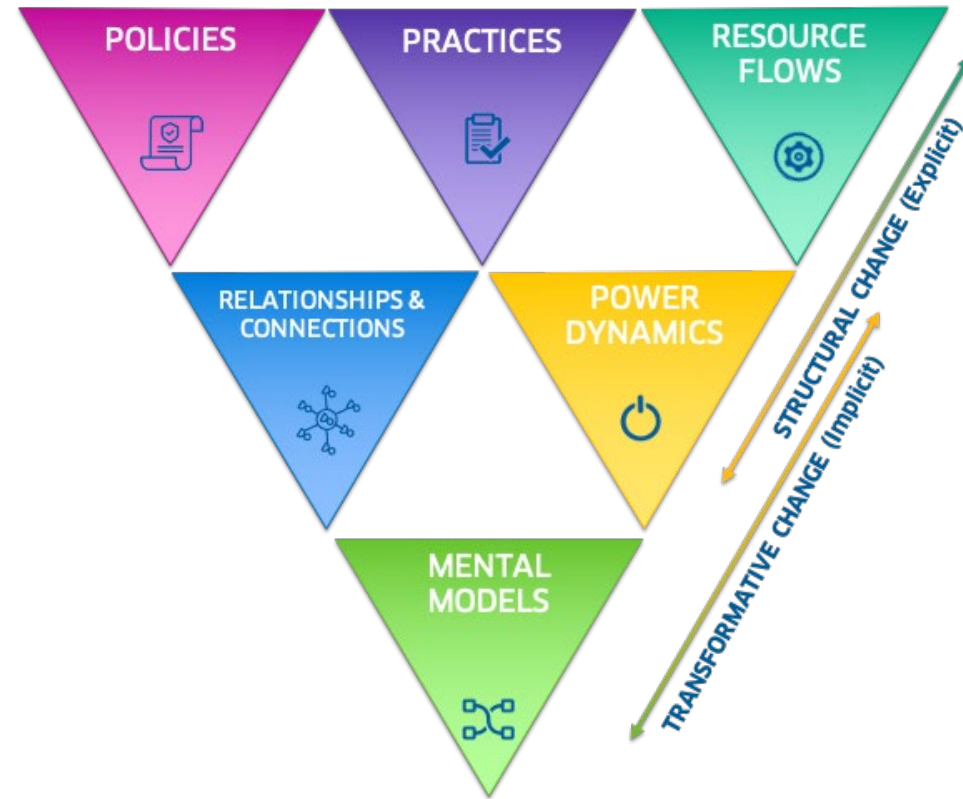
Transforming Systems

We want to present a hopeful case that focuses on **shared values**.

We want to make sure that everyone is in agreement on a **diagnosis** of the core problem.

We want to provide **social reinforcement** that lets people feel comfortable making a change.

SIX CONDITIONS OF SYSTEM CHANGE



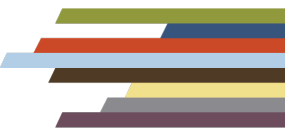
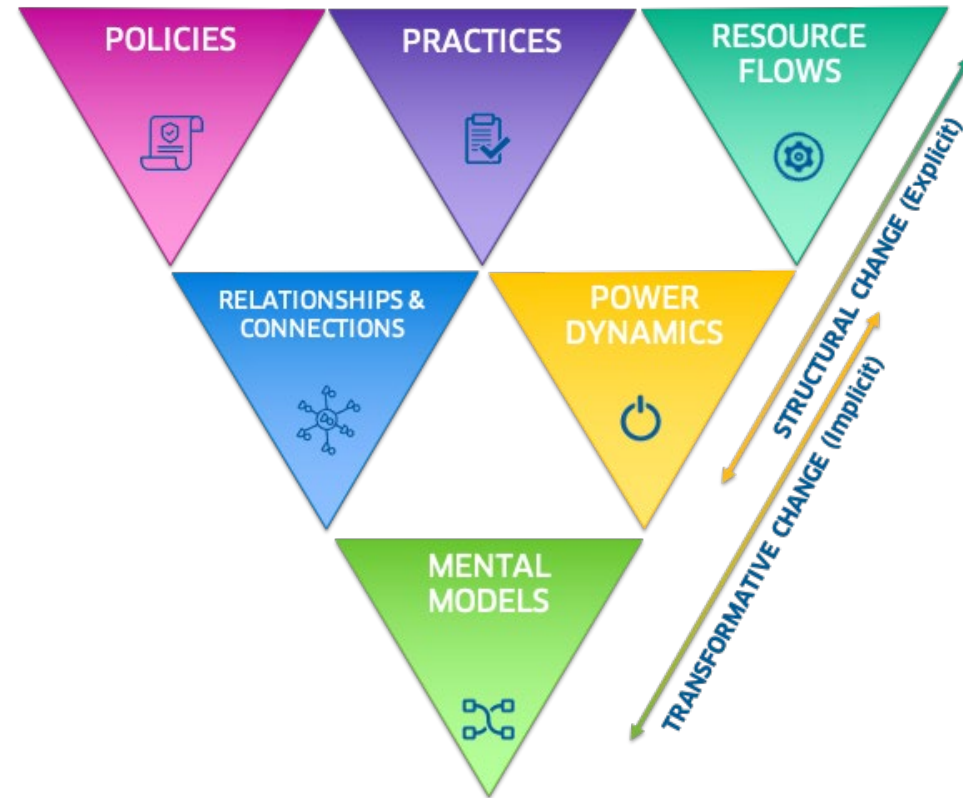
Transforming Systems

To transform entrenched systems, we need to adopt a **stewardship orientation** – and encourage others to adopt one too.

That includes . . .

- Making a concerted effort to think in terms of systems and to avoid isolated actions
- Focusing on the well-being of the *whole community*
- Operating with humility – constantly ready to learn and adapt
- Finding ways to leverage *existing* strengths and energy

SIX CONDITIONS OF SYSTEM CHANGE



Transforming Systems

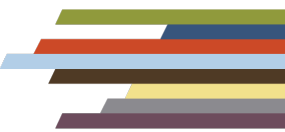
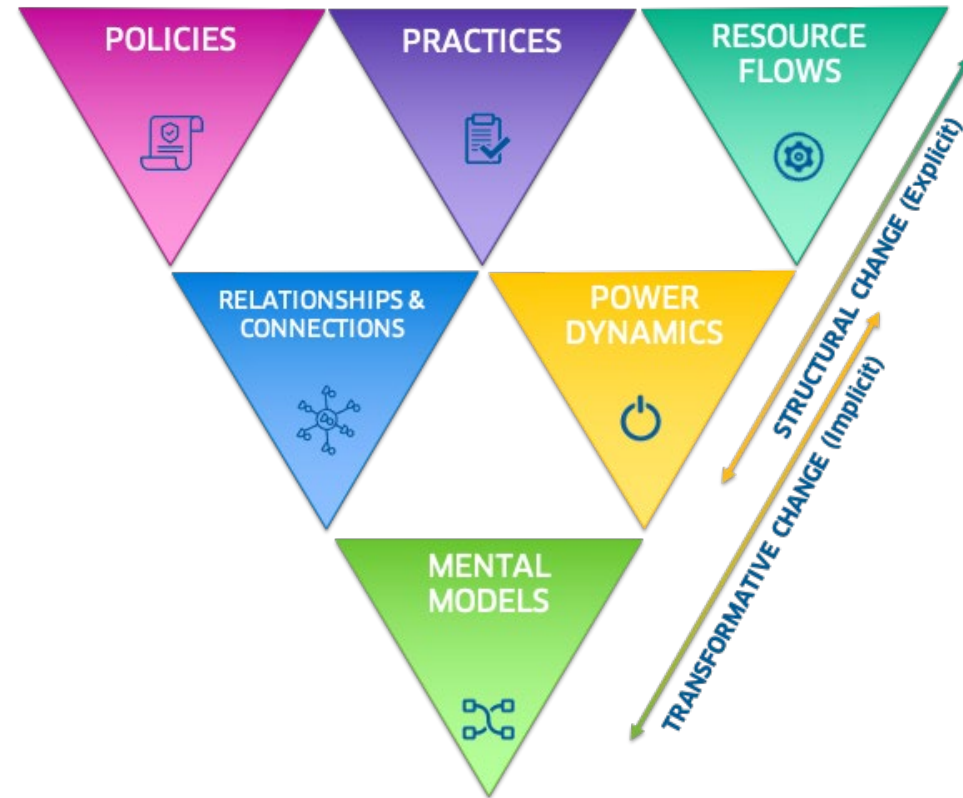
Stewardship occurs in three nested levels . . .

- Changing our **internal** mindsets and practices
- Changing mindsets and practices **within our sphere of influence**
- Changing mindsets and practices **in the community**

Everyone has a sphere of influence – where we've established bonds of trust.

That's the place to start when we work to build Belonging & Civic Muscle

SIX CONDITIONS OF SYSTEM CHANGE



Discussion

All Skagit Thriving - No Exceptions

Jennifer Johnson | February 7, 2024
jenniferj@co.skagit.wa.us



What is North Star?

- A collaborative, solutions-driven approach to tackle challenging issues that impact all of us throughout Skagit County.
- Enables us to move from managing community problems to solving them.
- Collective impact is more effective and efficient.
 - It costs less. It gets people the support and services they need, when they need it.
- Vision: All Skagit thriving, no exceptions.

Who's Involved?

- Lead by Leadership Team composed of four City Mayors and three Skagit County Commissioners.
- Multi-sector Advisory Group and several workgroups provide guidance to the Leadership Team.
 - The Advisory Group includes community leaders from health care, human services, housing, education, law enforcement, tribal communities, faith leaders, people with lived experience, and more.

Guiding Principles

- Integrated and Coordinated System
- Vital Conditions for Health and Well-Being
- Learn, Listen, and Focus on Root Causes
- Sustainable Funding
- Robust Workforce
- Collaboration Over Independence
- Recovery Oriented Systems of Care
- Prioritize Populations

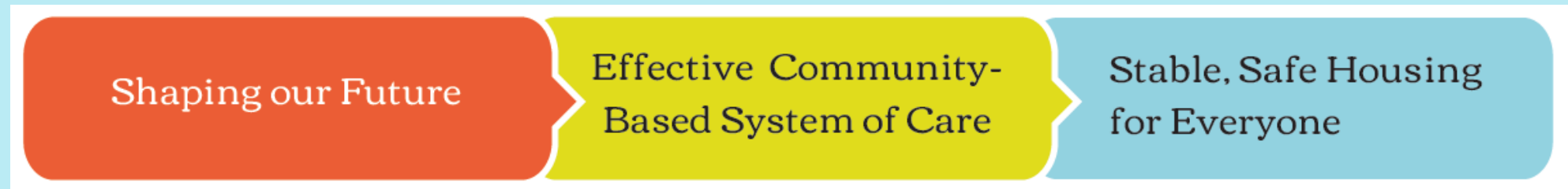
Vital Conditions

- Ensures there are balanced investments in urgent services and vital conditions
- Fuels systems change that supports thriving for all
- Emphasis on Belonging and Civic Muscle



Priorities

- Starting where the need is greatest
- Prioritized three pillars of work:



- All part of our big vision for Skagit County: a thriving community for everyone

Shaping Our Future

- **Work together across jurisdictions to solve problems too big for anyone to solve on their own.**
 - Develop enduring and enabling governance and operational structures
 - Further strengthen public-private partnerships
 - Improve integration of community voice

Effective and Coordinated Community-Based System of Care

- **Improve our crisis outreach and co-response systems.**
 - Develop a coordinated, county-side program
 - Improve performance and accountability of DCRs
- **Expand and strengthen recovery support services.**
 - Develop a peer learning collaborative
 - Leverage funding to support new recovery services
- **Increase capacity and coordination of behavioral health services.**
 - Develop legislative agenda to increase behavioral health services and supports
 - Expand Crisis Stabilization Campus

Safe, Stable Housing for Everyone

Build a pipeline of affordable housing.

- Inventory public parcels that would be suitable for housing
- Coordinate funding for housing projects that serve priority populations
- Streamline entitlement processes wherever possible

Make the path to housing easier.

- Maximize use of federal housing vouchers
- Improve and bolster Coordinated Entry

Successes

- Established new funding criteria and leveraged local dollars to create more resources to address homelessness.
- Secured \$12.7M from state legislature to expand Crisis Stabilization Campus.
- Pooled \$1.5M in city and county funding to operate Martha's Place – Skagit's first 70-unit permanent supportive housing development.
- Implemented a shared software system to improve coordination, care, and outcomes.
- Secured new community provider to improve Coordinated Entry.

Questions?



Northwest (HHS Region 10)

PTTC

Prevention Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

INTERNATIONAL CERTIFICATION & RECIPROCIITY CONSORTIUM

Exam Candidates, Certified Professionals, IC&RC Representatives

Prevention Domains: Public Policy and Environmental Change,
Professional Growth and Responsibility
or hours toward Drug Education.

internationalcredentialing.org

Goodbyes, Gratitude and...GPRAs!



Please fill out the GPRA.

Thank you for joining us today.