

## **Systems Change insights to guide community health and wellbeing.**

Our public health system for preventing, diagnosing, managing, treating, recovery and supporting community mental health is more regularly delivering outcomes that most people don't want.

Through a systems change approach we can identify conditions that are holding these undesirable outcomes in place. To advance initiatives that target health and wellbeing of young people and our wider community we offer insights and research that can assist in shifting these undesirable outcomes to a more favourable state.

Our motivation has arisen from a passion to make a meaningful difference and lived experience which has been further inspired by study into systems change and collaboration. We are very appreciative of the many researchers, practitioners, stakeholders and community members who have contributed to this inquiry that has received support from across Australia, Europe, North America and beyond.

We present five insights to illuminate emerging research, practices and tools which form part of a large body of work around transformative societal change. An outcome of this paper is to increase an intervention's odds for success through focusing the developmental design towards mental models.

The reference resources below are all essential reading and we recommend firstly [The Water of Systems Change](#) to help more fully understand the concepts and the developmental design focus.

### **5 Insights for guiding community Systems Change interventions.**

- “Caring for self, others, nature and the future” is a valid narrative for a broad-based intervention.
- Utilising The Systems Change Framework and adopting the Beneficial Action's Consequential Scientific Knowledge and other principles supports the premise of “Safe and just places for change”.
- Choosing and enacting more favourable altruistic and prosocial behaviours and narratives will aide intervention design and development. E.g. The positive feedback loop “Being well - Doing Good” and “Cultivating cultures of leadership and learning”.
- The Foundations for Young Adult Success: Developmental Framework and systems mapping approaches are valid resources to assist in identifying leverage points for a Multi-method, Broad-based intervention for “Regenerating sources of health, wellbeing and vitality”.
- “Health, wellbeing and vitality for all” is a valid vision statement to guide inquiry, research, design, development and implementation of a multi-method, broad-based intervention.

Principle Reference Resources:

[The Water of Systems Change](#). John Kania, Mark Kramer, Peter Senge (June 2018)  
[Making Caring Common Project](#). Harvard Graduate School of Education (July 2014)  
[The Systems Change Framework](#). Seanna Davidson, Michelle Morgan (Sept 2018)  
[Beneficial Action Theory](#). John W. Toumbourou (June 2016)  
[Benefit Mindset Theory](#). Ashley Buchanan, Margaret L. Kern (Sept 2017)  
[Foundations for Young Adult Success: A Developmental Framework](#). UChicago-CSR (June 2015)  
[A system mapping approach to understanding child / adolescent wellbeing](#). Jenny Smith, John Hamer (July 2019)  
[The Handbook of Salutogenesis](#). Maurice B. Mittelmark, Shifra Sagy, Monica Eriksson, Georg F. Bauer, Jürgen M. Pelikan, Bengt Lindström. Geir Arild Espnes (Sept 2016)  
[The concept of vitality. Review of the vitality-related research domain](#). Olga Lavrusheva (Jan 2020)  
[Leading from the emerging future](#). MIT- Presencing Institute (Sept 2019)

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