Prevention Mindset Institute: Embracing Prevention Across Systems

The Prevention Mindset Institute Newsletter is intended to provide helpful information and resources and another method for keeping us connected in our systems change community. The newsletter shares three ideas, two quotes, and one question to ponder.

This edition focuses on ideas shared by the creator of the 3-2-1 newsletter, James Clear, as well as ideas from the first cohort of PMI states who started this journey with us during the winter, 2020. Clear authored **Atomic Habits: Tiny Changes, Remarkable Results**.

Three Ideas:

Idea #1:

"Persistence and variety. These are the two primary ways to develop great ideas or to solve important problems.

Keep leaning your head against a topic for a long time. Certainly, for weeks, possibly for years. And along the way, try many lines of attack. Continue to generate options, explore paths, and propose silly ideas. Copy and paste concepts from widely different disciplines and see if it gets you anywhere. All the while, continue to refine the best solution you've found thus far.

What looks like genius may simply be the byproduct of persistence and variety."

~James Clear, 3-2-1 Newsletter, 12.1.22 edition

An excellent message and strategy to apply in creating a new continuum of services for families that is centered on positive support and primary and secondary prevention and keeping families together whenever possible.

Idea #2:

The California PMI state team has focused on winning "hearts and minds" within their state department before working with external partners; and on expanding the understanding of what upstream prevention is among as many stakeholders as possible. How are they doing this?

The California Department of Social Services, Strategies TA, and the California Training Institute is **Reimagining Prevention** through an initiative focused on comprehensive prevention planning and moving upstream toward primary prevention. Read more about the initiative and the series of webinars offered during 2022: https://www.caltrin.org/training-archive/reimagining-prevention-webinar-series-archive/

Learn more about winning hearts and minds of collaborators and changing culture: https://preventchildabuse.org/resources/prevention-creates-the-future-by-transforming-culture-dr-jeff-linkenbach/ Dr. Jeff Linkenbach has researched and taught on the Science of the Positive and changing social norms for more than a decade.

Idea #3:
"Every transaction is paid for at least three times. First, with the money you pay. Second, with the time you spend. Third, with the reputation you create through your behavior. Being pleasant, reliable, and easy to work with might cost you a little more time. Perhaps even a bit of extra money. But the long-term returns from a great reputation usually outweigh the cost of a single transaction.

Most of the value in life and in business arises out of good relationships.

~James Clear, 3-2-1 Newsletter, 10.27.22 edition

Quotes:

Texas began its focus on raising public awareness and changing social norms around help seeking with a values statement, ***"we all benefit from community support".*** Each of us raising kids or caring for adults, need people to help us, and we need community and systems to help us. We all face obstacles; some families face greater obstacles than others.

See the Children's Bureau's Learning and Coordination Center (CBLCC) Digital Dialogue on Changing Social Norms Around Help Seeking, featuring the Prevention Mindset Institute and work in Texas and Kentucky. https://friendsnrc.org/resources/digital-dialogue-asking-for-help-is-a-sign-of-strength-changing-social-norms-about-help-seeking/

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"Our helping organizations for families should be like an AT&T store." Families should not enter and hear, what do you need? Why are you here? Instead, there needs to be a welcoming climate, "what can I do for you today? How can I help?". If I am not made to feel comfortable and feel there is a welcoming atmosphere, I am not going to ask for help. We should be neighborhood friendly.

~Valerie Lebanion, FRIENDS' Parent Advisory Council member
and Kentucky PMI State Team

One Question:

Do I need to spend more time searching for better information or do I need to spend more time acting on the information I already have? Is the bottleneck strategy or execution?

~James Clear