



SRAETTA

Sexual Risk Avoidance Education
Training and Technical Assistance

SRAE TTA Virtual Topical Training

February 23-25, 2021



ADMINISTRATION FOR
CHILDREN & FAMILIES

FYSB Family & Youth
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WELCOME

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Setting the Stage for Youth Thriving: Harvard's Human Flourishing Program

MATTHEW T. LEE, Ph.D.

Human Flourishing Program,
Harvard University

February 23, 2021

JONEEN MACKENZIE, R.N., BSN

The Harvard Human Flourishing
Community of Practice



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Matthew T. Lee, Ph.D.

Harvard University, Stony Brook University

Dr. Lee serves as Director of Empirical Research at Harvard's Human Flourishing Program and Distinguished Visiting Scholar of Health, Flourishing, and Positive Psychology at Stony Brook University's Center for Medical Humanities, Compassionate Care, and Bioethics.

His current research explores topics such as benevolent service to others, organizational compassion capability, and the integration of social science and the humanities. He is co-editor of *Measuring Well-Being: Interdisciplinary Perspectives from the Social Sciences and the Humanities* (Oxford University Press).



Joneen Mackenzie, R.N., BSN

The Center for Relationship Education

Ms. Mackenzie serves as President of The Center for Relationship Education, which she founded in 2003.

As a public health nurse dedicated to primary prevention, she also is the lead author of the nationally utilized REAL Essentials Curriculum and serves on the Harvard Human Flourishing Consortium.



Surviving in the Desert or Flourishing in a Healthy Ecosystem?

In your life, what person, organization, **and** broader set of institutional arrangements most skillfully nurtures your growth, effectively reduces your (unconstructive) forms of suffering, allows you to make meaningful contributions and connections, and helps you reveal your best possible self?



How Do We Flourish?

“Would you just take, along with me, one minute to think of all the people who have loved you into being? One minute; I’ll watch the time.”

-Mr. Rogers, 2019, *A Beautiful Day in the Neighborhood*



Rich Soil, Healthy Plants

“If I had to summarize all the scientific literature on the causes of human happiness in one word, that word would be “social.” ... If I wanted to predict your happiness, and I could know only one thing about you, I wouldn’t want to know your gender, religion, health, or income. I’d want to know about your social network—about your friends and family and the strength of your bonds with them.”

—*Daniel Gilbert,*
Harvard Business Review, 2012



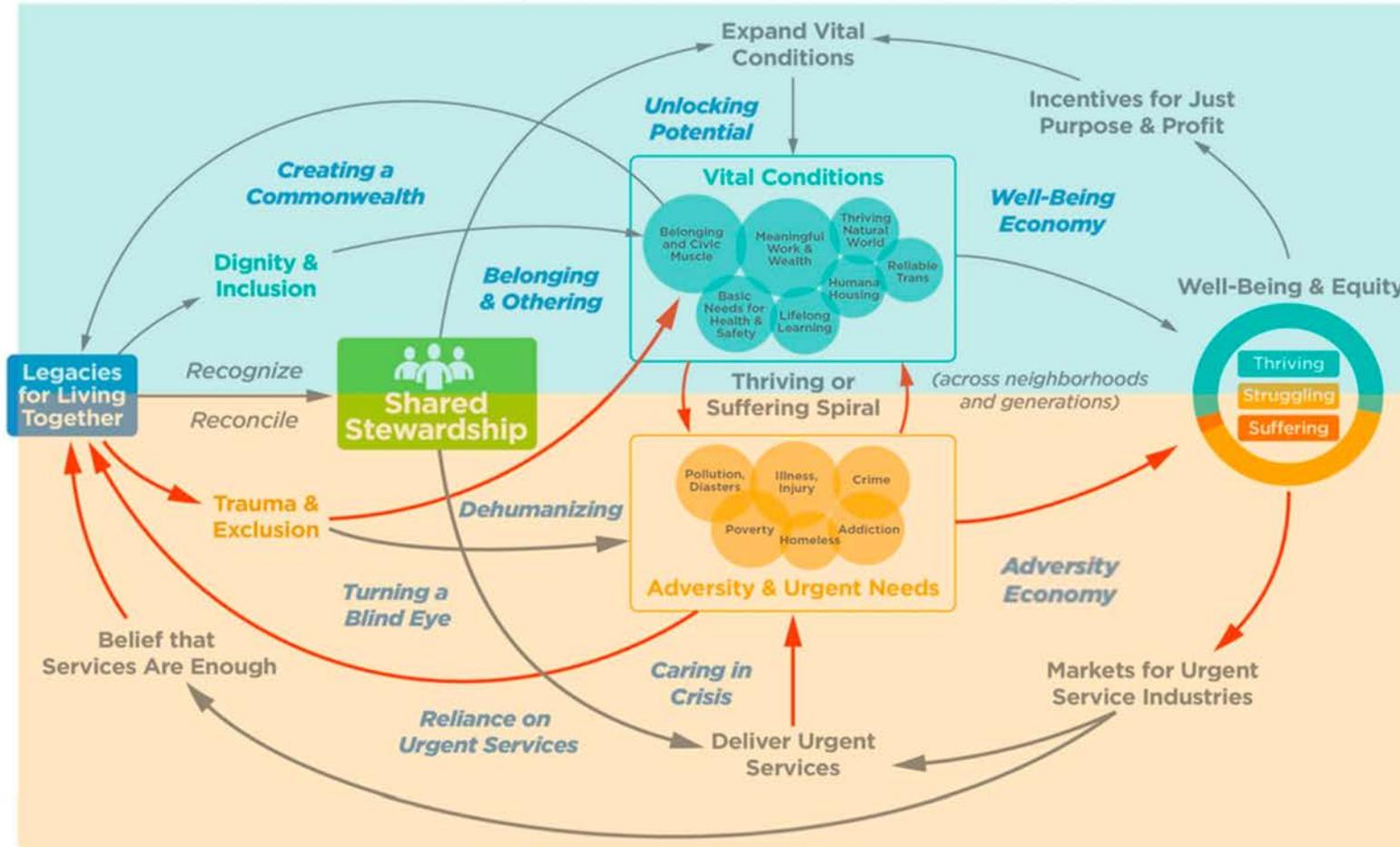
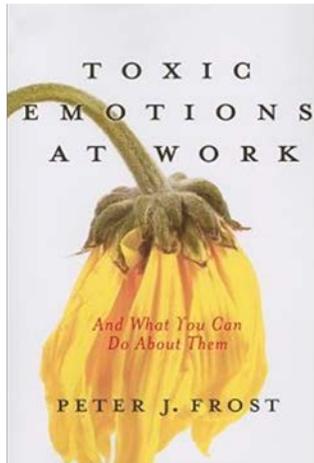
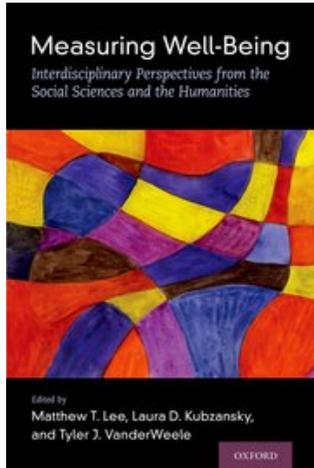
Meaningful Stressors May Enrich Our Soil by Enabling Warm Connections and Valued Contributions

- What are the “nutrients” in healthy soil?
- Natural disasters can release survivors from the “social disaster” of daily life (alienation, loss of identity and dignity, meaningless stress) into a deeply compassionate and meaningful “paradise of unbroken solidarities” (Rebecca Solnit, *A Paradise Built in Hell*, 2009, p. 3)
- *Kizuna*: strong social connections that emerge from addressing suffering together (i.e., love and compassion)



Dynamics of Well-Being & Equity

Stewards today must do more to expand the top



Past stewards over-relied on the bottom half



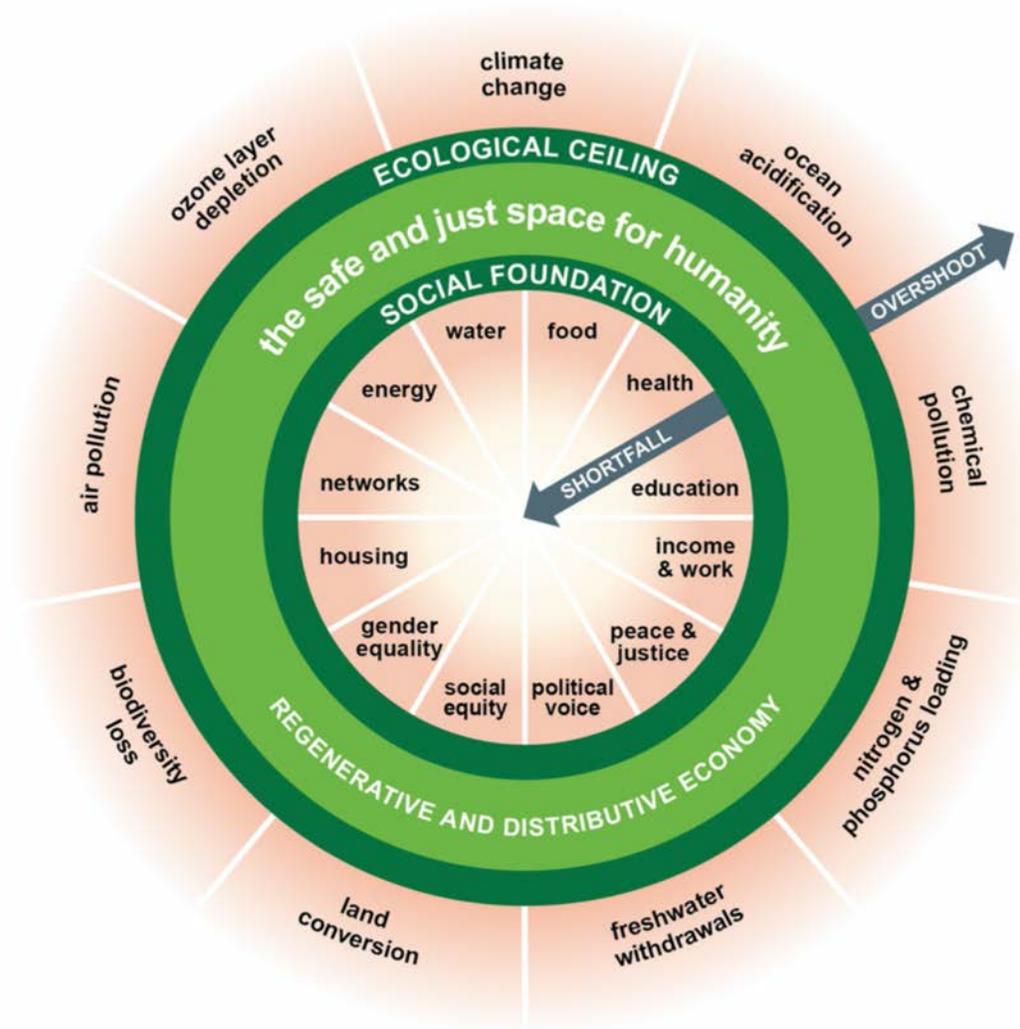
WELL BEING
IN THE NATION
NETWORK



100 Million
Healthier Lives



Doughnut Economics and System Stewardship



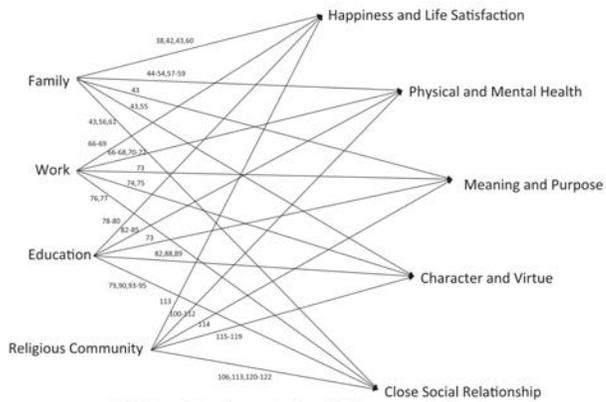
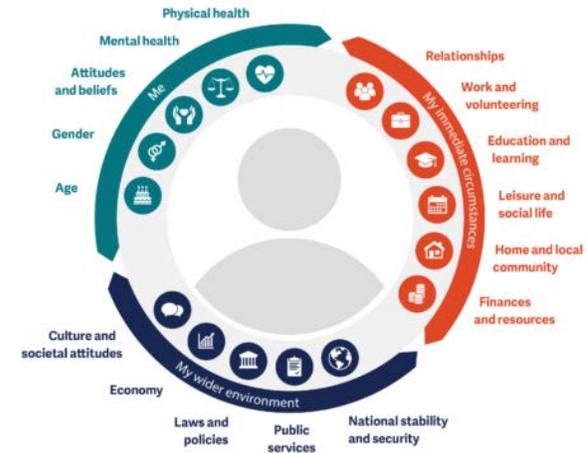


Fig. 1. Diagram relating pathways to various human flourishing outcomes (with references).

Blue Zones Power 9[®]



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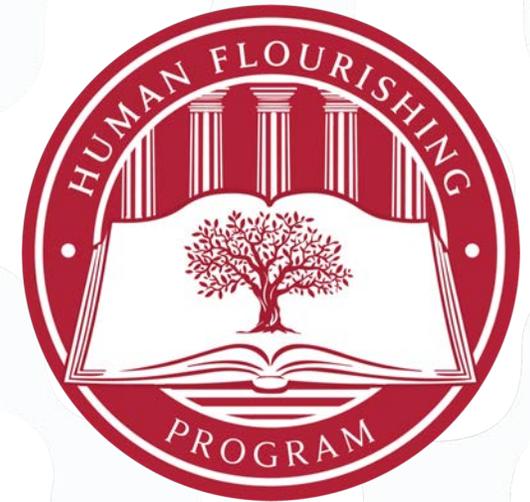
Multi-Systemic Models of Flourishing (Complete Well-Being)



What Is Flourishing?

Flourishing is a state in which all aspects of a person's life are good (i.e., complete well-being).*

- At the very least, doing or being well in the following five broad domains:
 1. Happiness and life satisfaction
 2. Health, both mental and physical
 3. Meaning and purpose
 4. Character and virtue
 5. Close social relationships
- Each of these domains satisfies the following two criteria:
 1. Each domain is generally viewed as an end in itself.
 2. Each domain is nearly universally desired.
- Religious people also include communion with God or the transcendent.
- Financial and material stability is required to sustain the domains over time.



*VanderWeele, T.J. (2017). On the promotion of human flourishing. Proceedings of the National Academy of Sciences, U.S.A., 31:8148-8156.



Flourishing and COVID-19 in the U.S.

	January 2020 (n = 1010)	June 2020 (n = 3020)
Domain	Mean (Std Dev)	Mean (Std Dev)
Happiness & Life Satisfaction	6.9 (2.1)	6.2 (2.3)
Mental & Physical Health	7.1 (2.0)	6.4 (2.2)
Meaning & Purpose	7.0 (2.2)	6.6 (2.4)
Character & Virtue	7.0 (1.8)	7.0 (2.0)
Close Social Relationships	6.9 (2.3)	6.7 (2.5)
Financial and Material Stability	5.7 (2.8)	4.8 (3.0)
Overall (Secure Flourishing Index)	6.8 (1.7)	6.3 (1.7)

From a stratified online national sample using consumer panels, representative of the United States on geographic region, gender, generation/age, and race/ethnicity (and also educational attainment and religious self-identification through post-hoc weighting)

VanderWeele, T.J., Fulks, J., Plake, J.F., and Lee, M.T. (2020). National well-being measures before and during the COVID-19 pandemic in online samples. *Journal of General Internal Medicine*, DOI:10.1007/s11606-020-06274-3.



Flourishing at a Private U.S. High School

Domain	Students	Teachers/Staff
Happiness and Life Satisfaction	7.7 (2.1)	7.3 (1.6)
Mental & Physical Health	7.9 (2.1)	7.4 (1.7)
Meaning & Purpose	7.9 (1.9)	8.0 (1.5)
Character & Virtue	7.4 (2.1)	7.9 (1.3)
Close Social Relationships	8.4 (2.1)	7.8 (1.9)
Financial & Material Stability	8.8 (2.2)	6.6 (2.8)
Overall (Secure Flourishing Index)	8.0 (1.4)	7.5 (1.3)

Research in progress at the Human Flourishing Program



Four Dimensions of Flourishing: Communal vs. Individual and Objective vs. Subjective

VanderWeele, T.J. (2019). Measures of community well-being: a template. *International Journal of Community Well-Being*, 2:253-275.

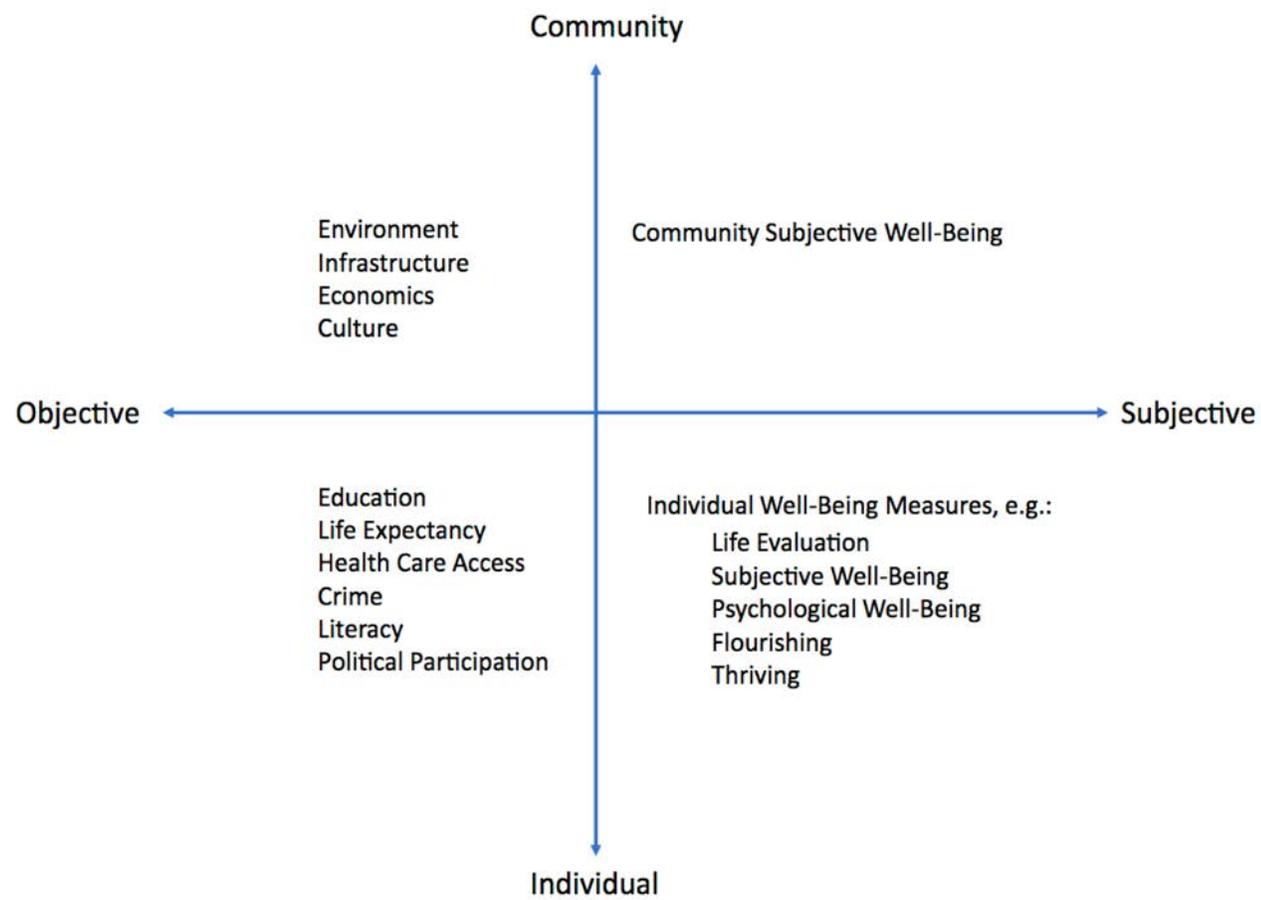


Fig. 1 Joint dimensions of communal vs. individual, and objective vs. subjective assessments of well-being



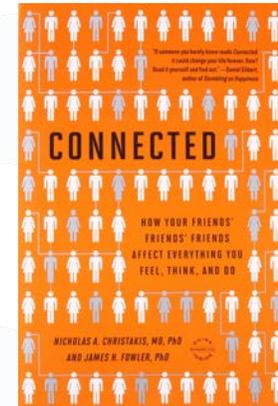
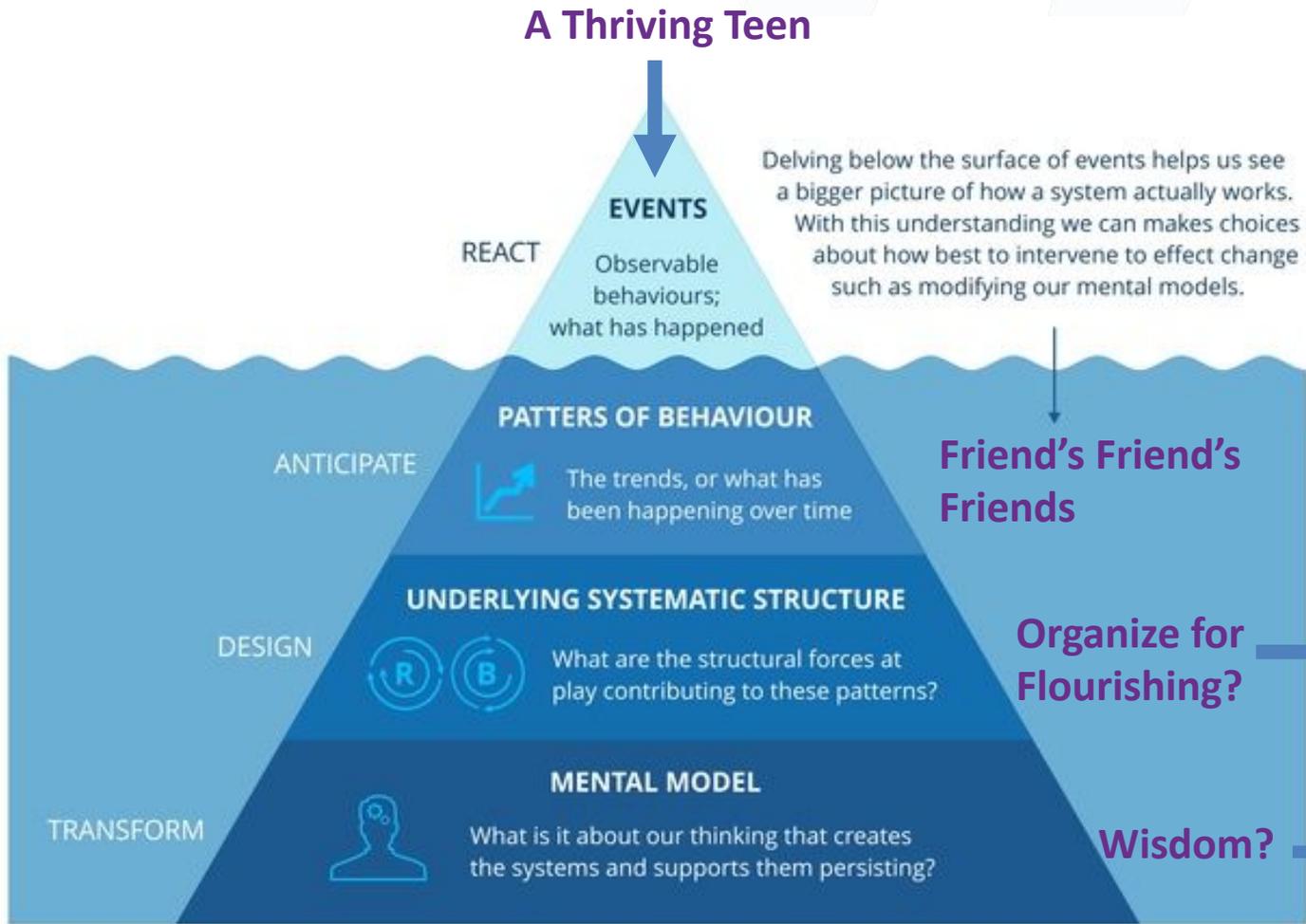
Community Well-Being at a Private U.S. High School

Domain	Students	Teachers/Staff
Good Relationships	6.4 (2.2)	5.3 (1.9)
Proficient Leadership	7.2 (2.3)	6.4 (2.3)
Healthy Practices	7.4 (1.9)	6.3 (1.7)
Satisfying Community	6.8 (2.2)	5.6 (2.0)
Strong Mission	7.6 (2.0)	7.7 (1.6)
Overall (Community Well-Being)	7.1 (1.9)	6.3 (1.6)

Research in progress at the Human Flourishing Program



Root Causes of Flourishing



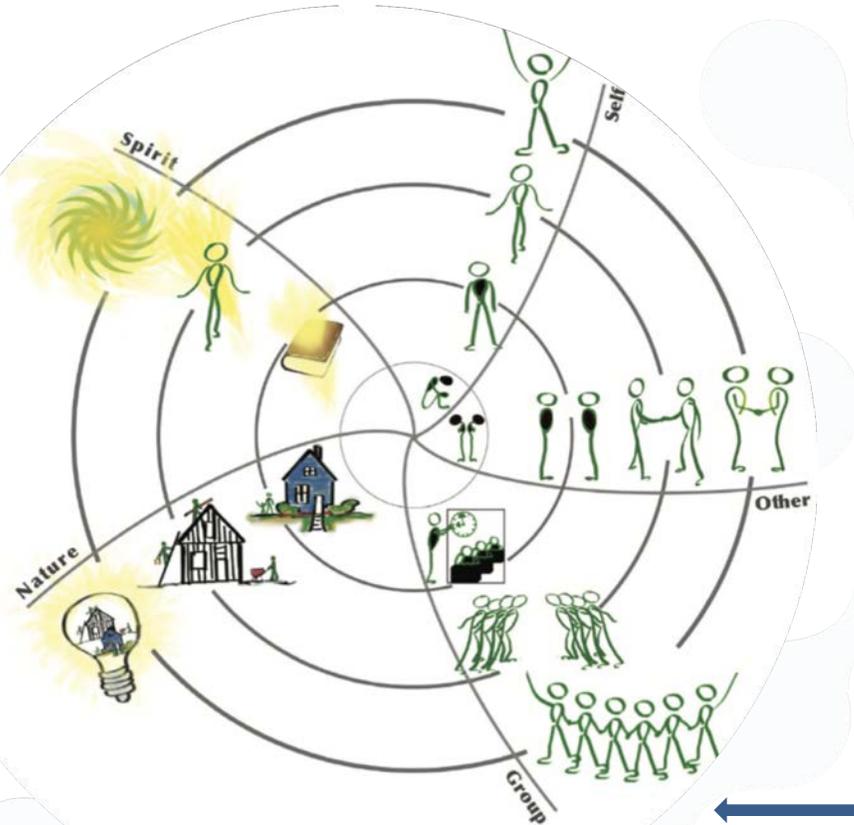
1. Happiness & Life Satisfaction
 2. Mental & Physical Health
 3. Meaning & Purpose
 4. Character & Virtue
 5. Close Social Relationships
- *Financial & Material Stability

What is a person, in an ontological sense?
How do our organizations and social systems treat persons?

Tim Paul's Illustration of the Iceberg of Systems Thinking



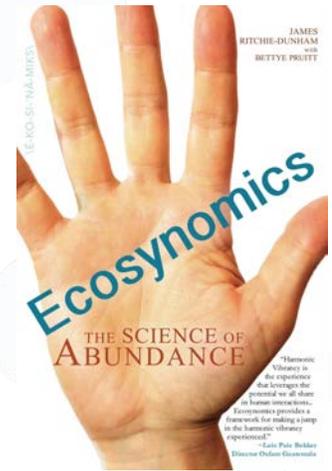
To What Extent Are We Engaging with the Full Range of Motivations and Relationships, in Our Lives and in the Lives of Those We Serve?



7. Experience of Scarcity-Abundance



MOTIVATION IN ORGANISATIONS
SEARCHING FOR A MEANINGFUL WORK-LIFE BALANCE



	Extrinsic Motivation Receiving	Intrinsic Motivation Achieving	Transcendent Motivation Giving	Religious Motivation Returning
Spiritual Good Higher Spiritual Realm	Spiritual Growth <i>Giving with Mindfulness</i>	<i>Achieving with Decility</i>	A Meaningful HIGHER CALLING <i>Giving with Dedication</i>	
Moral Good Ethical Realm	<i>Giving with Wisdom</i>	<i>Achieving with Responsibility</i>	A Meaningful CALLING Love for others <i>Returning with Reverence</i>	
Pleasant Good Psychological Realm	Psychological Growth	A Meaningful CAREER Love for ourselves <i>Giving with Cheerfulness</i>		Love for the Other <i>Returning with Devotion</i>
Useful Good Physical Realm	A Meaningful JOB Love from others <i>Giving with Generosity</i>		<i>Giving with Generosity</i>	<i>Returning with Faithfulness</i>

Figure 9.6. Roadmap for Motivations. Searching for Higher Meaningful Work.

Expand the Well-Being Horizon in Your Organization and Community: Resources for Youth and Adult Flourishing

	<p>Human Flourishing Program at Harvard</p>	<ul style="list-style-type: none"> • Research and conceptualization across disciplines (e.g., public health, philosophy, psychology) • Community of Practice
	<p>Education for Flourishing Consortium at Saint Louis University</p>	<ul style="list-style-type: none"> • Research in education • Education for Flourishing Summit • Interdisciplinary perspectives in education • Education for Flourishing Global Alliance • Education for Flourishing Center (*in progress) • Certificate in Education for Flourishing (*in progress)
	<p>Teacher Education for Flourishing Collaborative at Notre Dame of Maryland University</p>	<ul style="list-style-type: none"> • Research and dissemination in teacher education and Professional Development School (PDS) partnerships • Practical applications in schools and with teachers to promote human flourishing (e.g., Student Alliance for Flourishing; curriculum integration; teacher coaching)

Welcome to the Flourishing App

Brought to you by The Human Flourishing Program at Harvard University's Institute for Quantitative Social Science.



Gratitude Activity



Character Strengths Activity



Savoring Activity



Kindness Activity



Best Possible Self Activity



Volunteering Activity

Psychology Today

Human Flourishing

The science of health, well-being, and the factors that support them
Tyler J. VanderWeele Ph.D.



<https://hfh.fas.harvard.edu/>

Infusing the Harvard Human Flourishing Domains to SRAE



**JONEEN MACKENZIE, R.N., BSN
SRAS, Prevention Specialist**



On the promotion of human flourishing

Tyler J. VanderWeele^{a,b,1}

Edited by Kenneth W. Wachter, University of California, Berkeley, CA, and approved June 16, 2017 (received for review February 21, 2017)

Many empirical studies throughout the social and biomedical sciences focus only on very narrow outcomes such as income, or a single specific disease state, or a measure of positive affect. Human well-being or flourishing, however, consists in a much broader range of states and outcomes, certainly including mental and physical health, but also encompassing happiness and life satisfaction, meaning and purpose, character and virtue, and close social relationships. The empirical literature from longitudinal, experimental, and quasiexperimental studies is reviewed in attempt to identify major determinants of human flourishing, broadly conceived. Measures of human flourishing are proposed. Discussion is given to the implications of a broader conception of human flourishing, and of the research reviewed, for policy, and for future research in the biomedical and social sciences.

flourishing | well-being | happiness | family | religion

The World Health Organization defines health as “a state of complete physical, mental, and social well-being” (1). Much of the discipline of economics is allegedly devoted to the maximization of some notion of expected utility, supposedly taking into account all aspects of an agent’s preferences. The goal of the discipline of positive psychology is sometimes articulated as “the scientific study of the strengths that enable individuals and communities to thrive” (Positive Psychology Center, University of Pennsylvania; <https://ppc.sas.upenn.edu/>). However, our actual empirical studies in medicine and public health, in psychology, in economics, and in many other disciplines are often restricted to very narrow outcomes. Empirical research in health typically addresses only a single disease; many psychological studies focus only on the alleviation of symptoms; empirical studies in economics not infrequently only examine effects on income or the production and consumption of goods and services. If a central goal of these disciplines is more fundamentally contributing to some broader notion of human well-being, then it would seem that the empirical studies and the measures used should more often consider a broader conception of well-being and flourishing, and that our investigations into etiology should likewise examine the causes and interventions that most contribute to human flourishing, broadly conceived. In this paper, I

would like to outline a proposal concerning shifting empirical research in that direction. I will discuss a number of broader outcome measures that might be used, and I will discuss, based on current evidence, what seem to be substantial determinants of human flourishing. I will finally comment on the implications of this for policy and for future empirical research in the biomedical and social sciences (2–10).

On Human Flourishing

Various measures of subjective well-being have been proposed in the positive-psychology literature (11–14). Some of the most widely used measures concern either happiness conceived of as a positive affective state, sometimes referred to as “hedonic happiness,” or alternatively overall life satisfaction, sometimes referred to as “evaluative happiness” (15). Representative questions, often rated on a scale of 0–10, include the following: “In general, how happy or unhappy do you usually feel?” (14) or “Overall, how satisfied are you with life as a whole these days?” (16). More recently, broader composite measures have been proposed encompassing numerous aspects of psychological well-being (17–21). These composite measures sometimes include positive affect and life satisfaction but also a collection of others such as meaning, purpose, autonomy, self-acceptance, optimism, positive relationships, mastery, self-determination,

^aHarvard T. H. Chan School of Public Health, Boston, MA 02115; and ^bProgram on Integrative Knowledge and Human Flourishing, Institute for Quantitative Social Science, Harvard University, Cambridge, MA 02138

Author contributions: T.J.V. designed research, performed research, contributed new reagents/analytic tools, analyzed data, and wrote the paper. The author declares no conflict of interest.

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¹Email: tvanderw@hsph.harvard.edu.



The Human Flourishing Program at Harvard’s Institute for Quantitative Social Science

The 6 Domains of Human Flourishing:

1. Happiness and Life Satisfaction
2. Physical and Mental Health
3. Meaning and Purpose
4. Character and Virtue
5. Close Social Relationships
6. Financial and Material Security



LIVE CONNECTED

A **root cause** approach
to relational wellness



The Disconnect

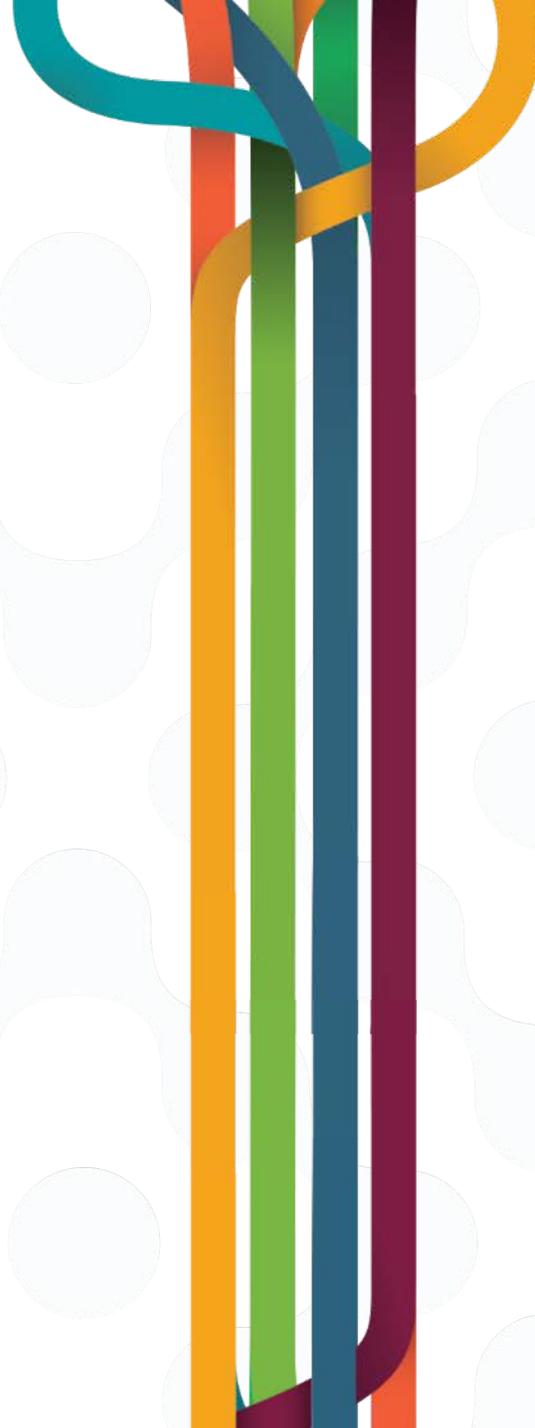
Many programs aim to manage the costly societal impacts of the issues listed below. Few, however, tackle them at the root.





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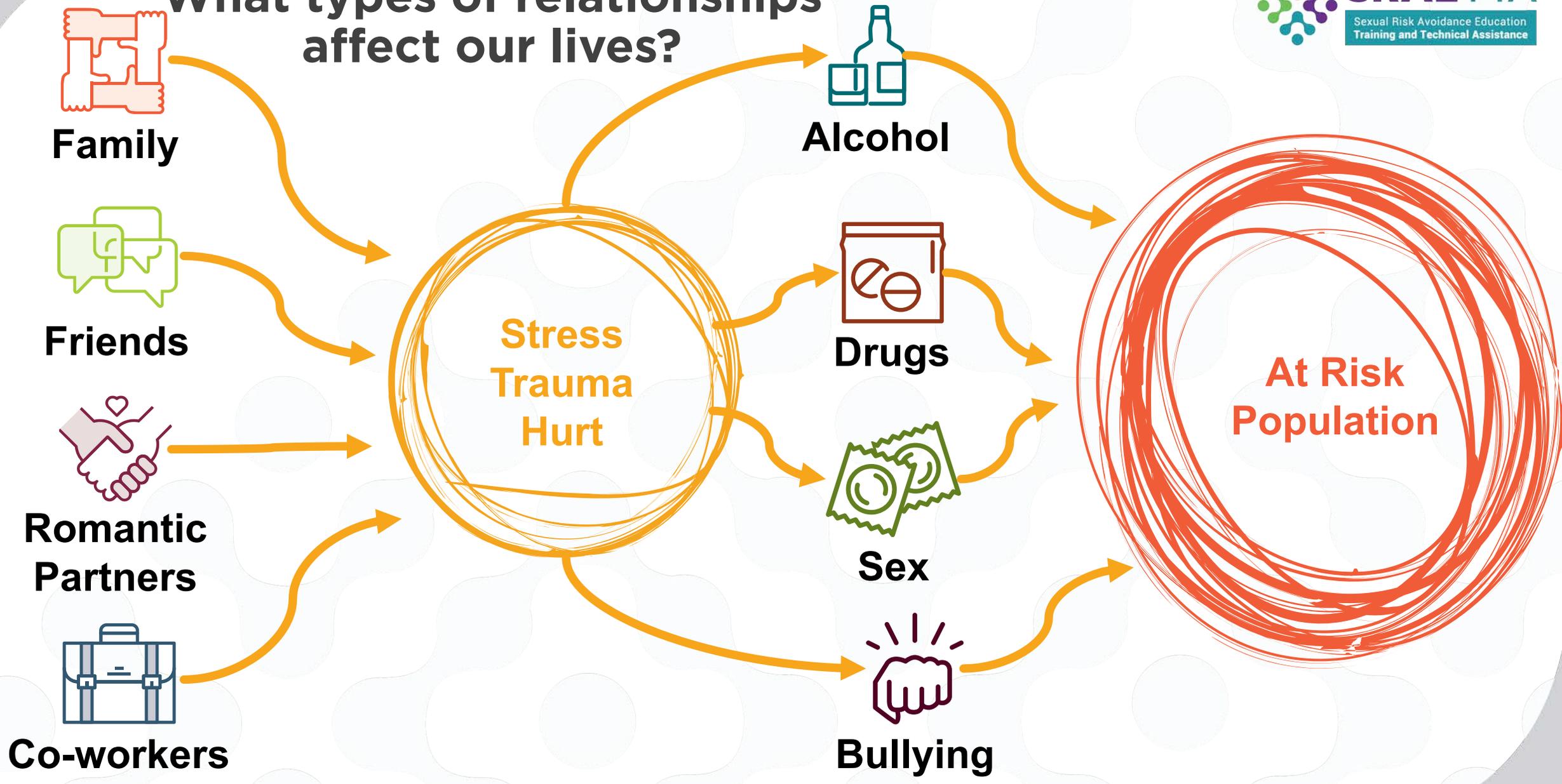




At The Root

People everywhere are regularly experiencing disconnection through isolation and unhealthy relationships.

What types of relationships affect our lives?



Family

Friends

Romantic Partners

Co-workers

**Stress
Trauma
Hurt**

Alcohol

Drugs

Sex

Bullying

**At Risk
Population**

Adverse Childhood Experiences Study Video

(This resource is available on YouTube)

<https://www.youtube.com/watch?v=ccKFkcfXx-c&t=221s>



Adverse Childhood Experience (ACE) Questionnaire
Finding your ACE Score

While you were growing up, during your first 18 years of life:

1. Did a parent or other adult in the household **often** ...
Swear at you, insult you, put you down, or humiliate you?
or
Act in a way that made you afraid that you might be physically hurt?
Yes No If yes enter 1 _____
2. Did a parent or other adult in the household **often** ...
Push, grab, slap, or throw something at you?
or
Ever hit you so hard that you had marks or were injured?
Yes No If yes enter 1 _____
3. Did an adult or person at least 5 years older than you **ever**...
Touch or fondle you or have you touch their body in a sexual way?
or
Try to or actually have oral, anal, or vaginal sex with you?
Yes No If yes enter 1 _____
4. Did you **often** feel that ...
No one in your family loved you or thought you were important or special?
or
Your family didn't look out for each other, feel close to each other, or support each other?
Yes No If yes enter 1 _____
5. Did you **often** feel that ...
You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you?
or
Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
Yes No If yes enter 1 _____
6. Were your parents **ever** separated or divorced?
Yes No If yes enter 1 _____

ACE Inventory

- A tool for assessing at-risk indicators in relationship to trauma

Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Causes of Death in Adults

The Adverse Childhood Experiences (ACE) Study
CDC and Kaiser Permanente

Vincent J Felitti MD, FACP

Robert F Anda MD, MS

What Makes Us Happy???

Watch Harvard Happiness Ted
Talk Video

https://www.ted.com/talks/robert_waldinger_what_makes_a_good_life_lessons_from_the_longest_study_on_happiness?language=en



Benefits of Being Connected

 **COMMUNITY**

Healthy communities are a result of healthy connections. Communities with strong social supports experience less violence and poverty.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4928692/>

Children do best in every measurable component of their lives when they live within the structure of a married, two-parent, healthy family.

https://www.cdc.gov/nchs/data/series/sr_10/sr10_246.pdf

FAMILY





COMMUNITY

Healthy relationships in the workplace create an environment with limited turn-over, positive morale, better trust, and increased productivity.

<https://www.zenefits.com/workest/building-relationships-work/>

Those who experience healthy relationships are less likely to drop out of school and maintain better performance in academic pursuits.

<https://www.cpedv.org/blog-post/making-case-schools-role-promoting-healthy-relationships>

FAMILY





SCHOOL

People in healthy relationships enjoy lower stress, better physical health, more contentment, and longer lives.

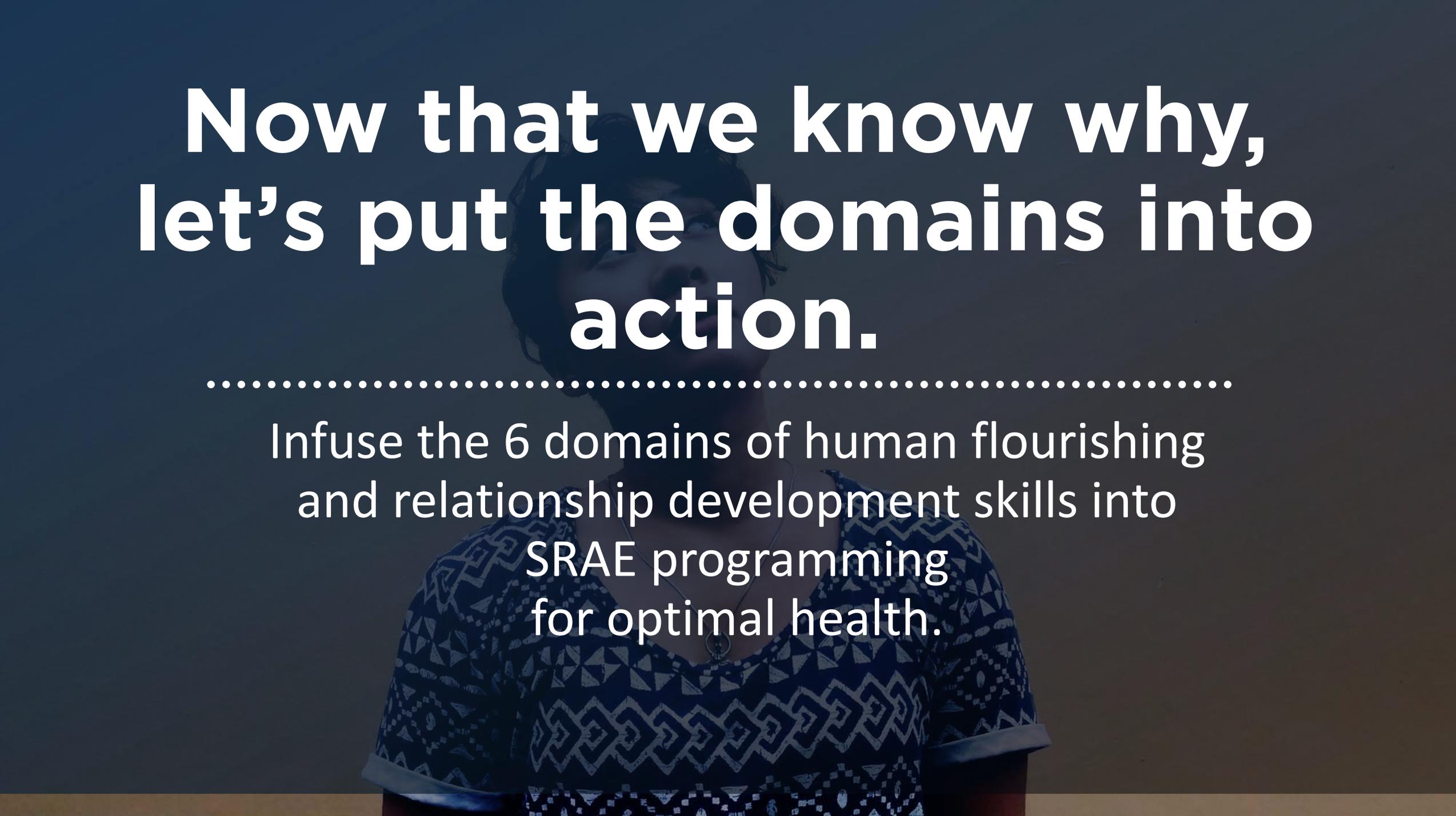
<https://www.susquehannahealth.org/in-the-community/blog/relationships-and-social-connections-can-help-you-live-longer>

Financial stress is a leading cause of conflict. Many studies demonstrate a strong correlation between healthy, committed relationships and wealth accumulation.

<https://www.kiplinger.com/article/saving/T064-C032-S014-to-protect-your-wealth-manage-your-relationships.html>

WORK





**Now that we know why,
let's put the domains into
action.**

.....

Infuse the 6 domains of human flourishing
and relationship development skills into
SRAE programming
for optimal health.

Domain 1: Happiness & Life Satisfaction

Creating SRAE curricula objectives to teach toward discovering Happiness & Life Satisfaction:

- Making a plan for success
- What do I need to do to move toward my goals? (today, ongoing)
- What are my guiding life principles? (i.e. integrity, hard work, respect for others)



Domain 2: Mental & Physical Health

Create SRAE curricula objectives to teach toward discovering Mental & Physical Health:

- Why am I important?
- What am I good at?
- Putting it all together – who am I?



Domain 3: Meaning & Purpose

Create SRAE curricula objectives to teach toward discovering Meaning & Purpose:

- Finding me in the world
- Going toward the future
- Building confidence



Domain 4: Character & Virtue

Create SRAE curricula objective to teach toward discovering Character & Virtue:

- Am I a person of character?
- Could I lead with integrity?
- Am I aware of the vulnerable?



Domain 5: Close Social Relationships

Create SRAE curricula objectives to teach toward discovering Close Social Relation:

- Exploring close connections
- The two way street of successful communication
- What are the components of a healthy relationship?





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RELATIONSHIPS FIRST

CREATING
CONNECTIONS THAT
HELP YOUNG
PEOPLE THRIVE

EUGENE ROEHLKEPARTAIN
KENT PEKEL
AMY SYVERTSEN
JENNA SETHI
THERESA SULLIVAN
SCALES

Domain 6: Financial & Material Stability

Create SRAE curricula objectives to teach toward discovering Close Social Relation:

- Exploring close connections
- The two way street of successful communication
- What are the components of a healthy relationship?



In Summary

- Don't we want all students to thrive and flourish?
- Infuse the 6 domains of human flourishing and relationship development skills that touch the heart of the human condition into your programming.



Resources

- What makes a good life? Lessons from the longest study on happiness (Video)
https://www.ted.com/talks/robert_waldinger_what_makes_a_good_life_lessons_from_the_longest_study_on_happiness?language=en
- Connectedness & Health: The Science of Social Connection Infographic
<https://emmaseppala.com/connect-thrive-infographic/>



References

- Adverse Childhood Experiences Questionnaire

Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Causes of Death in Adults. The Adverse Childhood Experiences (ACE) Study. CDC and Kaiser Permanente Vincent J Felitti MD, FACP Robert F Anda MD, MS

- Benefits of Being Connected

Urban Poverty and Neighborhood Effects on Crime: Incorporating Spatial and Network Perspectives. (n.d.). Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4928692/>

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Want to Protect Your Wealth? Then Manage Your Relationships. (n.d.). Retrieved from <https://www.kiplinger.com/article/saving/T064-C032-S014-to-protect-your-wealth-manage-your-relationships.html>

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<https://sites.ed.gov/nsaesc/files/2017/07/12758351-0-FINALRelationships-F1.pdf>



QUESTIONS?



For more information on the Harvard project contact

MATTHEW T. LEE, Ph.D.

matthew_lee@fas.harvard.edu

hfh.fas.harvard.edu/people/matthew-t-lee-0

**THANK YOU!
PRESENTED BY**



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