



**BAKER'S  
HEALTHY YOUTH**



# THEORY OF CHANGE: A COMMUNITY CAPACITY MODEL

- Abundant Community Framework
- Positive Psychology
- Prevention Science
- Positive Social Norming
- Identifying the strengths in our data--A strength based perspective.

## Whatcom Family & Community Network Theory of Change: A Community Development Capacity Model



Expanding Community Capacity to Promote Change





## **WHAT'S YOUR FILTER?**

Abundance?

Barriers?

Health?

Trauma?

Fear?

Trust?



# SHIFTING OUR COMMUNITY NARRATIVE IN MOUNT BAKER

Where did you say you're from?



That's not what I've heard.



Kendall... Paradise...  
Oh, its not like that anymore.



# WE MAY HEAR...

Am I safe?

Oh,  
that's a Kendall family.  
What do you  
expect?

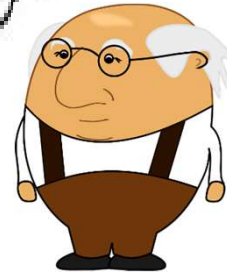
He looks mighty  
suspicious.

I have to go all  
the way into town  
for anything!

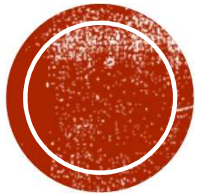
I am just fine  
keeping to myself.

I am the  
only one....!

Nobody cares  
about us out here!

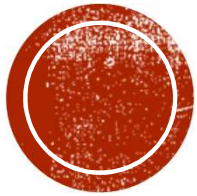


# SOME OF OUR EFFORTS...



- **March 2018 Substance Misuse in the Foothills: Fact vs Fiction**
  - “We are doing this together!”
  - “We have enough!”
  - Focused on truths
- **October 2018 The Adolescent Need for Healthy Risk Taking**
  - “Adolescents is the age of opportunity.”
  - “Baker is unique for the many opportunities for youth.”
- **March 2019 Hidden In Plain Sight + Listen First**
  - “Most kids are making healthy choices.”
  - “Our kids say they have safe adult relationships more than most.”
  - “We have the tools for communicating!”
  - “It is ok to struggle and ask for help.”
- **April 2019 Hello Neighbor Newsletter**
  - “We’ve got talent!”
  - “You are community!”
  - Vital outreach for organizations and community groups

# SOME OF OUR EFFORTS...



- **During Coalition Meetings**
  - We begin with the strengths
  - Our discussion questions are framed to highlight the “possible”
  - Culture of collaboration and connection
  - Reflection and celebration!
  - Time for self-care and connection.
- **Planning Groups**
  - Intentionally ask “What is the spirit of the event/meeting we desire?”
    - Jeff Linkenbach’s [Science of the Positive Framework](#)