

September 26 + 27

**THE COLLEGE FOR
BEHAVIORAL
HEALTH
LEADERSHIP:
SUMMIT 2018**

**LEADING DIFFERENTLY: LEVERAGING POWER
DYNAMICS TO OPTIMIZE CHANGE**

Networking 2.0

A Different Approach!



Impromptu Networking

Rapidly share challenges and expectations,
Make loose but powerful connections





Impromptu Networking

- Find a partner
- Take turns answering the question
- After 3 minutes (ding!)
- Find another partner



Impromptu Networking



Questions:

What big challenge do you bring to this Summit?

What do you hope to get from and give to the group that is here?



Debrief

What did you hear in your conversations?

What do we make of these observations?

How will we pull these ideas into this experience?



The (Broader) Role of Behavioral Health in a Mentally Ill and Addictive Society

King Davis, PhD



Recommended Strategies: Steps After Mid-terms

1. Declare a national crisis in behavioral health: provide data;
2. Prompt Congressional hearings to examine and determine solutions;
3. Broaden the mission to address societal-wide policies and issues that were identified as marking the 21st century;
4. Give and accept assistance from non- behavioral health organizations to enhance leadership capabilities;
5. Obtain a significant financial backer: Gates, Buffet, Strayer, Soros, Koch, etc.
6. Obtain long-term financial support from a major foundation to establish the College as a university-based leadership institute;
7. Increase media coverage & presence of College activities;
8. Petition for longer tenure for state directors – and integration of state mental health, substance use, and health systems;
9. Convene a national summit of medical schools, psychiatry department chairs, psychology chairs, SW & Law Deans, Nursing Deans, with mental health and substance use organizations;
10. Request that the Swedish academy develop a “Nobel Prize” for discoveries in behavioral health.

Workshop: Your (Broader) Role in Adapting to and Changing the Current Environment



A Plan for this Session

- Table Discussions on the Current State of Behavioral Healthcare, and How We Got Here
- Breakout Conversations on Recommendations Presented by Dr. Davis, hosted by College members
- Debrief Together



Table Discussions: The Current State of Behavioral Health



At your tables, you are invited to discuss:

What is the current state, or mood, within our country, as discussed?

How did we get here?

- What demands our adaptation/ change?
- Where are we starting, honestly?

20 minutes total



Recommended Strategies: Steps After Midterms

As Presented by Dr. King Davis



Recommended Strategies: Steps After Mid-terms

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2 Rounds of Discussion on Recommendations-- You Choose Where You Spend Your time

What intrigues you about or attracts you to this recommendation?

- How might your organization work on this?
- How might the College?
- What ideas do you have, personally?

Hosted stations for six of the recommendations.

15 minutes per round.

College Appreciations



Lunch



Health Equity Leadership in Action

Innovator Highlight: Elizabeth Markle, PhD, Open Source Wellness



Exploring the Role of Wellbeing in the Behavioral Health Ecosystem

An Interview with Sheila Savannah



Exploring the Role of Wellbeing in the Behavioral Health Ecosystem

Workshop



Your Own Journey

Using a piece of paper and a writing utensil, respond to each of the prompts as they are given. You will have about a minute to reflect and write on each.



When I first got into this work, I...



What I needed most then was...



These days, the wicked challenges I face in my own work are...



What I need now is...



As I think about my role in behavioral health, it is changing because...



A particular talent or skill I might bring to community healing is...



A hope I have for us is...



Table Discussions

What is Community Therapy? Community Healing?

1 minute alone

2 minutes in a pair

5 minutes at tables



Table Discussions

How do we bring our talents to spark community healing?
What are your community healing superpowers? Where are they most needed?

- 1 minute alone
- 2 minutes in a pair
- 5 minutes at tables

Debrief





Debrief Mechanics

- Find a partner
- Take turns answering the question
- After 3 minutes (ding!)
- Find another partner



Debrief



Questions:

What stands out about the conversation at your table?

What big ideas or questions are you chewing on now?



The Urgency of Now: Advancing Behavioral Health Equity in the US

Daniel Dawes, JD



Workshop: Your Leadership Role in Advancing Behavioral Health Equity



What, So What, Now What





Mechanics

Agreements

- Suspend judgment as best you can
- Seek to understand rather than persuade
- Invite and honor diverse opinions
- Speak what has personal heart and meaning
- Go for honesty & depth without going on & on & on

Steps

1. 1st and 2nd rounds each person has an opportunity to speak without interruption. Option to pass. People not speaking are invited *to listen*.
2. 3rd round of lively conversation
3. 4th round to share “take-aways”



What So What Now What

- **WHAT? 1st Round**
 - What did you notice about this conversation? What observations or patterns stood out?
- **SO WHAT? 2nd Round**
 - How do you explain these facts? Assumptions? Patterns? What is important?
- **NOW WHAT? TAKEAWAYS? 3rd Round**
 - What action may help you move forward? Who else should be here?

1st Round: Individual Noticings. 2nd Round: Open Discussion. 3rd Round: Takeaways



15% Solutions

Discover And Focus On What Each Person Has The Freedom And Responsibility
To Do Now



Sequence of Steps & Timing

1. Invite each person alone to identify their 15% Solutions (2-3 mins)
2. In pairs or trios, each person has 2-3 mins to test their 15% Solutions and invite their partners to lovingly provoke additional possibilities (6-12 mins)

*A 15% Solution is something you can do right now without needing **any more freedom, resources, permission, authority, or control.** Where you have discretion to act right now.*

*What is your **15% Solution** for advancing behavioral health equity?*



Share 15% Solutions in pairs and try to extend your partners' thinking about where they have discretion & responsibility to act



Let's Call it a Day!

- Same time, same place.
- Health Equity Idea Jam folks: arrive a few minutes early tomorrow so you can see where your station is.



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Opening Reflections



Reflections

- What stuck with you yesterday? Why?
- What is your power?
- Where can you leverage your power to optimize change?
- Does anything feel too big to take on?
- What feels exciting?



The Future of the College for Behavioral Health Leadership



Troika: Peer Consulting

Get practical and imaginative help from colleagues immediately







Troika Consulting/ Wise Crowds

1 minute reflection to prepare your challenge (All together)

Groups of 3

Choose who will receive consultation first

2 minute to share your challenge with your consultants

2 minutes for your consultants to ask questions

4 minutes “eavesdropping”

1 minute debrief and appreciation (then SWITCH)





What was your experience with Troika?

How might you use this in your own work? How might the College use this tool?



Leading in Complex Environments: Skills for Encouraging and Distributing Participation

An Interview with Anna Jackson



Liberating Structures

www.liberatingstructures.com



Health Equity Leadership In Action

Innovator Highlight: Jose Villegas, Gould Farm



Lunch



Health Equity Idea Jam: Showcasing Innovations in Policy and Practice



Health Equity Idea Jam: Mechanics

- You will have 8 minutes to hear from innovators at each station
- A total of 10 stations, but just 7 rounds-
-you decide where you spend your time
- *A ding!* will signal time for participants to move to their next station



Health Equity Idea Jam Map

STAGE

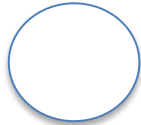
K: Joe Powell



A: Dana Fogelsong



J: Jose Villegas



D: Lenora Reid-Rose
& Nancy Shelton



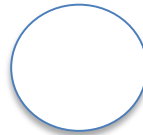
I: Sheila Savannah/
Justine Ginsberg

H: Kathy Delaney

F: Marianne Burdison



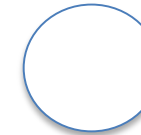
B: Zoe Adams



C: Allie Middleton



G: Shannon Mong



Door

Synthesis and Reflection Session



Thank yous and Farewell

