

# Welcome!

Please introduce yourself in chat by sharing:

- Your name and organization
- Where you're calling in from
- One way you have helped support your community

## NEW! ReThink Health Toolbox Webinars





ReThink  
Health®  
A RIPPEL INITIATIVE



X in @RippelHealth






# Cultivating Belonging and Civic Muscle

**Anna Creegan** | Director, Systems Change, The Rippel Foundation

**Cierra Bryant** | Senior Learning and Impact Associate, The Rippel Foundation

# About the ReThink Health Toolbox Webinar Series

<https://rippel.org/the-rethinkhealth-toolbox-webinars/>

May 25	Sept 12	Nov 9	Jan 25	Mar 5
				
<p><b>Introduction to the Vital Conditions for Health and Well-Being</b></p>	<p><b>Introduction to Shared Stewardship</b></p>	<p><b>Introduction to Cultivating Belonging &amp; Civic Muscle</b></p>	<p><b>Introduction to Multisolving</b></p>	<p><b>Introduction to Three Horizons Framework</b></p>

# Setting the Stage

## ReThink Health Toolbox

- Help you transform the future of equitable health and well-being
- Introduce ReThink Health tools and practices
- Explore cultivating belonging and civic muscle
- Share examples, practices, stories, and impact
- Q&A



# Vital Conditions for Health and Well-Being

Thriving Natural World



Basic Needs for Health & Safety



Humane Housing



Meaningful Work & Wealth



Lifelong Learning



Reliable Transportation



Belonging & Civic Muscle



<http://Thriving.US>; <https://go.rippel.org/VitalConditions>

# WHO does this work?



# STEWARDS

Stewards are people and organizations who work with others to create conditions that everyone needs to thrive together, beginning with those who are struggling and suffering.

Who are Stewards?  
<https://rippel.org/shared-stewardship/>  
Amplifying Stewardship  
<http://bit.ly/AmplifyingStewardship>



# Meet the Presenters



**Anna Creegan**  
Director of Systems Change



**Cierra Bryant**  
Senior Learning and Impact Associate

# Guest Speaker



**Frank Nam**  
Civic Commons: We Belong Here, Project Director



# Vital Conditions for Health and Well-Being



## BELONGING AND CIVIC MUSCLE:

Sense of belonging and power to shape a common world



**Belonging and Civic Muscle** is at the center because it is both a **vital condition** and a **practical capacity** that is necessary for equitable success in every other kind of work

See: <https://rippel.org/vital-conditions-for-health-and-well-being/>

“What legacies will make us good ancestors for generations to come?”



**Belonging is** feeling part of a community, embraced for who you are and valued for what you bring.

**Civic Muscle is** the power of people in a plural society to work across differences as shared stewards of an equitable, thriving future.

# Vital Conditions for Health and Well-Being

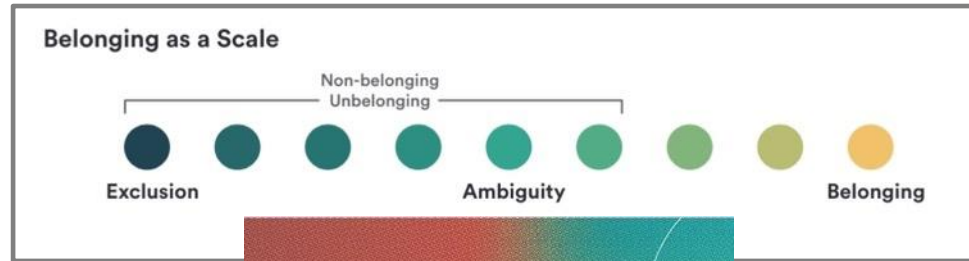


## **BELONGING + CIVIC MUSCLE**

Sense of belonging and power to shape a common world

- social support
- civic association
- freedom from stigma, discrimination, oppression
- civil rights, human rights
- civic agency
- collective efficacy
- vibrant arts, culture, and spiritual life
- equitable access to information
- many opportunities for civic engagement (voting, volunteering, public work)

See: <https://rippel.org/vital-conditions-for-health-and-well-being/>



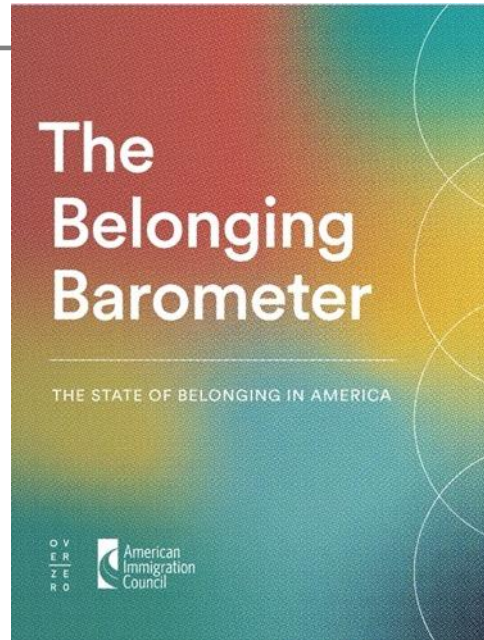
The New York Times

## Surgeon General: We Have Become a Lonely Nation. It's Time to Fix That.


April 30, 2023

*“Social connection stands out as a largely unrecognized and underappreciated force for addressing many of the critical problems we’re dealing with, both as individuals and as a society. Overcoming loneliness and building a more connected future is an urgent mission that we can and must tackle together.”*

**Vivek Murthy**  
U.S. Surgeon General



The All-America City Award recognizes communities that leverage civic engagement, collaboration, inclusiveness and innovation to successfully address local issues.



**What are ways we  
can cultivate  
belonging and civic  
muscle?**

# Things we can all do to cultivate belonging and civic muscle....

- Cultivate partnership and leadership
- Resist the rise of hate and dismantle structural oppression
- Build vibrant and inclusive communities



# Cultivate Participation and Leadership



# Communities RISE Together: Community Vaccine Mobilization



**RISE**

COMMUNITIES RISE TOGETHER

### RISE Partners



[Community RISE Together: Building Belonging and Civic Muscle Through Community Vaccine Mobilization](#)



# Resist the Rise of Hate and Dismantle Structural Oppression



# Restorative Justice in Education Systems



*“Restorative practices keep students in school, learning, rather than removing them for suspension or expulsion...”*

—Albemarle County Public Schools



[https://www.alianzacv.org/wp-content/uploads/RJParents\\_casestudy.pdf](https://www.alianzacv.org/wp-content/uploads/RJParents_casestudy.pdf)

# Build Vibrant and Inclusive Communities



# Expanding Thriving Communities Through the Arts

## More Than a Mural: How Arts and Culture Advance the Mission of the Seattle Housing Authority

*Arts programs at one public housing development in Seattle have eased the challenges of redevelopment by helping residents define what the community means to them.*

By Laurie Mazur - April 30, 2021



*Yesler residents participate in a sewing workshop. Photo courtesy of Seattle Housing Authority*



*“One day I may not live, but all my artwork, what I’ve given out to the community, will be here.”*

—Yesler Resident

[More Than a Mural: How Arts and Culture Advance the Mission of the Seattle Housing Authority](#)

- **Story of Self** — Introduction
- **Story of Us** — Civic Commons background
- **Story of Now** — What are we working on now?



# Story of Self



**Frank Kwang Woo Nam**

Born in Seoul. Grew up in NYC.  
Moved to Seattle after University

Microsoft and Start-ups 1996-2002

Education NGOs – 2003-2013

Mentoring Program Manager —Treehouse  
Managing Director of City Year, Inc.

Leadership Tomorrow — 2013-2020

Graduated and then led the curriculum  
development for the class

Civic Commons — 2018 to now

Ultimate Frisbee — Coach for over 10 years in  
Seattle — middle school, high school, club

# Story of Us:



Origin Story – ReThink Health – King County, Gates Foundation, Seattle Foundation, Healthier Here, Communities of Opportunity

Civic Commons – Belonging Moon Shot

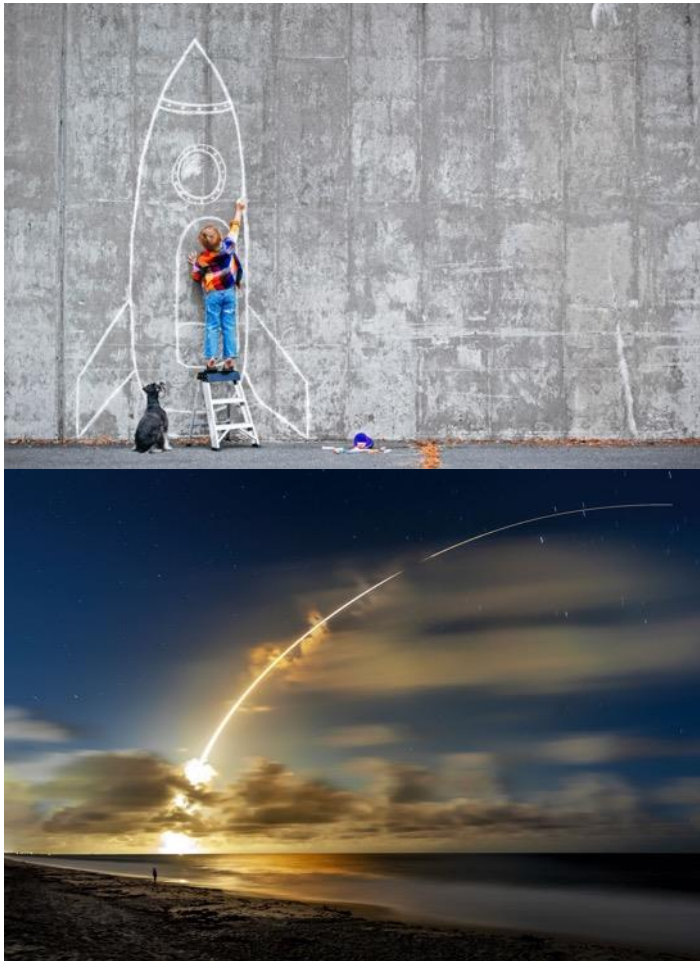
Belonging Gatherings

We Belong Here Podcast

Greater Seattle Compact for Belonging



# Our Belonging Moonshot



## NAVIGATION: SCORECARD

Measure Change Towards  
Collective Action

Shared Prosperity

5 Dimensions

33 Indicators

## VEHICLE: NETWORK WEAVING

Cross-Sector Table

Issue Agnostic

Democracy – Phase 1

Black Home Initiative

## FUEL: BELONGING

Narrative Shift

Anti-Scarcity Mindset

Social Capital

Relationships before

Transactions

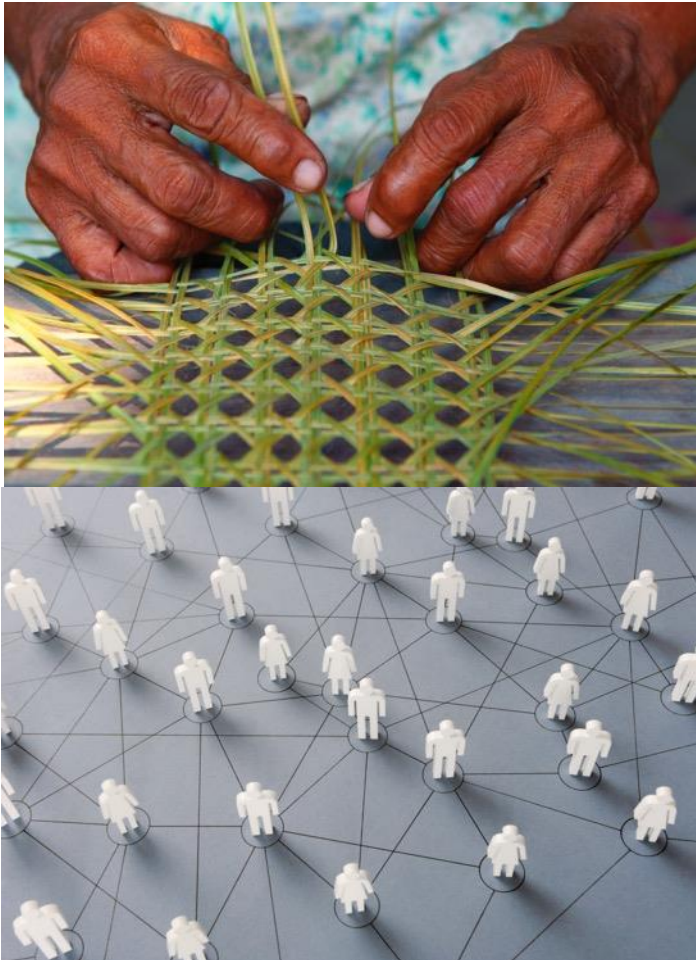
[Primer on Essential Stewardship Practices](#)



# Inaugural Belonging Gathering 2020



# Belonging Gathering Objectives



**CONNECT ACROSS SECTORS, IDENTITIES, AND AFFILIATIONS**

Nourish a Safe Space  
Foster Unexpected Connections  
Willingly Build Brave Bridges

**WEAVE OUR VALUES, INTERESTS, AND NARRATIVES**

Explore Our Differences and Similarities  
Make Space for Individual Narratives  
Connect Individual Narratives into a Living Tapestry

**CREATE A NEW COMPACT TO PROMOTE COLLECTIVE ACTION**

Distill Multi-Faceted Narratives  
Explore Values, Practices and Action  
Commit to Future Work Together

[Primer on Essential Stewardship Practices](#)

# We Belong Here Podcast



# Narrative Shift Through Podcasting



## ORIGIN STORY

Story-telling is at the core of our work. We ask our guests to tell us who, what, where shaped them to become who they are now.

## HOW DOES BELONGING FIT IN?

Each episode has a theme (education, public space, art and culture), and we ask our guests to ponder how Belonging fits into their work.

## AMPLIFY, AUGMENT, ACCELERATE

We close each episode by giving space for guests to plug anything from their work, side-hustle, or passion project

# Greater Seattle Compact for Belonging



# Values, Practices, Sign Your Name



## VALUES

Belonging

Love

Justice

## PRACTICES

Storytelling

Advocacy

Community Building

Personal Growth

## CALL TO ACTION

Toolkit

Signatories

Belonging  
Ambassadors



# Learn More

- Browse curated resources on Belonging and Civic Muscle:  
<https://thriving.us/vital-conditions/belonging-civic-muscle/>
- Explore how to measure Belonging and Civic Muscle:  
<https://www.communitycommons.org/collections/Exploratory-Measures-for-Belonging-and-Civic-Muscle>





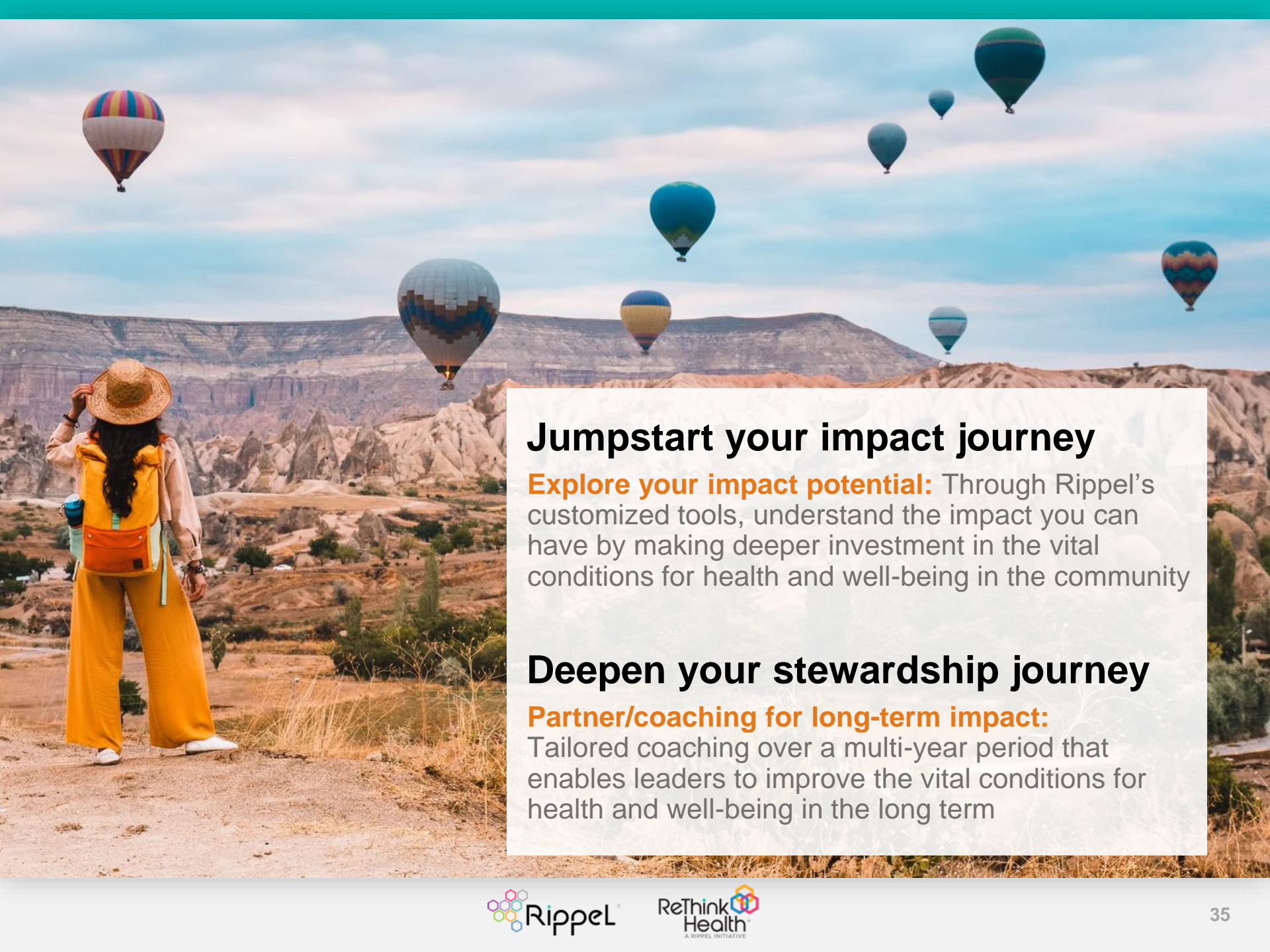
# Next Steps



- Share feedback on today's session:  
<https://www.surveymonkey.com/r/FVXHP33>
- Surface stories of cultivating belonging and civic muscle (including yours!)  
Write to Laila Hussain  
[lhussain@rippel.org](mailto:lhussain@rippel.org)
- Register for our next session:  
<https://go.rippel.org/RTHToolbox4>
- Resource materials will be forthcoming







## Jumpstart your impact journey

**Explore your impact potential:** Through Rippel's customized tools, understand the impact you can have by making deeper investment in the vital conditions for health and well-being in the community

## Deepen your stewardship journey

**Partner/coaching for long-term impact:** Tailored coaching over a multi-year period that enables leaders to improve the vital conditions for health and well-being in the long term



## Get connected

**Sign up for our emails and follow us** on X and LinkedIn for updates on our work and curated resources on shared stewardship, vital conditions, and equitable health and well-being. [Sign Up Here](#)

## Are you interested in partnering with us?

**If so, please fill out this brief [form](#).**

  @rippelhealth

[info@rippel.org](mailto:info@rippel.org)

[Rippel.org](http://Rippel.org)



This work **may** be used, photocopied, and distributed for educational purposes only and as long as the copyright notice remains intact. For use on a website or social media platform, link directly to the work on our website. Unless prior written permission is given by **The Rippel Foundation**, this material **may not** be (i) used or distributed for monetary purposes (i.e., do not sell our work), and (ii) edited or changed in any way.

Please email requests or questions to: [\*\*info@rippel.org\*\*](mailto:info@rippel.org)