An Introduction in the Principles of the Positive Health Search to Improve Flourishing at the Population Level

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SUMMARY: Principles of a positive health search

1. Introduction 20 min
2. Brief movie 10 min
3. Brief exercise 20 min
4. Discussion 10 min
The issue:

How to improve health and wellbeing of a population that:

- Cuts mental and somatic diseases
- Improves flourishing and participation

In a cost effective way for the longer term while making visible the impact on a shorter term.
Population approach
Population approach
The improvement of positive health at a population level.

1. It is about physical and mental health
2. It is about all the members of a community during the whole lifecourse
3. It is about strengthening the personal responsibility (selfmanagement and empowerment) for health and so
   ▪ it is about the improvement of the participation of all parties that have a stake in a healthy and flourishing population
1. Body and mind
2. Lifecourse
3. All stakeholders
Stakeholders

- City: participation of citizens, wellbeing
- Health care financing organisations: cost reduction on longer term.
- Schools: good health as base for engaged learning
- Wellfare: interaction health and participation
- Healthcare: empowerment and selfmanagement.
- Companies: good health as base for employee engagement
A positive health search to involve and engage all participants.
Agenda of the positive health search

- Past: where we’ve been
- Present: where we are
- Future: where we want
- Common ground and action: how we get there
Positive health search

- Future and present oriented, not on past
- Solution oriented, not on problems and conflicts
- Based on Future Search (Weisbord and Janoff, 2010)
- Whole health system in one room
- Self management and responsibility for action
- “Improving health and flourishing in our community”
Principles of positive psychology

- Positive experience
- Future oriented
- Solution oriented
- Appreciative
- Positive goals: flourishing, positive health
- Positive constructive interactions
- Based on strengths in community
- Strengthens engagement
Introduction

- Introduction participants
- Goal
- Review agenda
- Review principles
- 8 times 8 mixed groups
Session 1 Focus on the past.

- Build community by shared history.
- Mixed groups
Session 2. Focus on the present.

- Discuss perceptions
- Create shared framework
- Prioritise

- Mindmap (all)
- Key trends (in stakeholder group)
Mindmap
Session 3. Focus on the future

- Imagine and portray a desired future
- Mixed groups
- Creative productions
Future

“The happiness factory”

“People help the people”
UNIVERSITEIT TWENTE.
Session 4. Create common ground

- Agreement of what everybody wants
- List on the base of the scenario’s
- Categorise items
- Mixed groups.
Common ground
Session 5. Action planning.

- From common ground to policies, programs and projects
- Steps and dates
- Groups based on interest.
Action planning
Inbetween to energise
Movie
Imagine that you have created common ground on the conditions for flourishing and health. These are:

- To have a mission
- To be optimistic
- To be mindful
- To engage with other people
- To have a healthy lifestyle
Exercise

The stakeholders are:

- Schools
- Employers
- Healthcare organisations
- Social work organisations
- City council
Exercise

Create an actionplan for one topic in one setting.

1. Formulate a longterm action.
2. Engage in a short term action, to execute within 3 months from now.
3. Formulate who is doing what.
4. Create a measure to know if you make progress.
Success factors

- Positive invitation from aldermen
- Presence of aldermen during whole day
- Pleasant location
- A careful execution of the program on the base of the methodology of the Future Search.
Some comments

• Has given me positive energy
• The fact that we own the actionplans is great
• Feeling of togetherness
• I have come to know many people from our community
• Great that the local city council representatives were present
• This has given me a new way of looking at health”
Points of criticism

- Not all stakeholders present in a representative way
- Time pressure
- 12 hours of active presence is exhausting for some.
- Action plans not well enough developed also because the action planning comes at the end of a long day of work.
Aspects of improvement

- The phase of preparation should be at least four months to build engagement
- More time is needed for action plans
- Action plans next morning?
- More investment in continuity is vital
- How to monitor or measure progress
What did we learn.

- A population approach to improve flourishing and health profits from the involvement of all stakeholders
- A positive health search serves the purpose of involvement in an effective way
- The positive health search was highly appreciated by the participants
- Weakest point is the continuity that needs a lot of investment
Discussion.

- Questions?
- Remarks?
- Observations?
Thank you!

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