ABLe Simple Rules Checklist

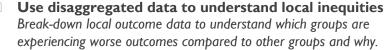
Consider how the ABLe Change simple rules could help in pursuing your goals.

ABLe Simple Rules Everyday Habits Understand root causes before jumping to solutions Think Systemically Ask why problems are happening (several times if needed) so you can Understand and address understand and target root causes instead of symptoms. multiple interacting causes of Design powerful strategies to change the system local problems – and do so in Shift system policies, practices, environments, roles, narratives, and ways that change the system processes at multiple levels instead of only building knowledge and skills itself (not just people). (as people move and staff turnover). **Engage Diverse** Use input from local residents to help design your efforts Ask local youth and adults - especially those experiencing inequities -**Perspectives** about their dreams, what needs to change in the community to help Engage different perspectives reach those dreams, and strategy ideas. to better understand local problems, why they are Engage local residents and partners as change agents Provide opportunities and capacity-building to engage residents in cohappening, possible solutions, designing strategies and carrying out change actions. and change progress. Identify feasible, quick win actions to promote change **Incubate Change** Help different stakeholders identify and initiate quick actions they can Help people in different roles accomplish within 3 months to move efforts forward. across the community (leaders, **Support action behind the scenes** staff, and residents) initiate Track which actions have been initiated and completed over time to quick, small actions to move pursue different goals, and use this information to inform decisionchange efforts forward. making and provide follow up support between meetings. Identify and address anticipated implementation needs **Implement Change** Build needed buy-in, capacity, reach, and system alignment to help **Effectively** people and settings effectively implement changes Put conditions in place to Gather and use rapid feedback to support implementation ensure strategies are carried Gather rapid feedback about whether efforts are being adopted, used, out effectively. and reaching intended stakeholders and settings. Ask powerful questions to identify and address emerging **Adapt Quickly** problems and opportunities Quickly identify, understand, Ask questions during meetings and conversations to understand and and respond to emerging address new problems, and learn for continuous improvement. problems and opportunities -Weave information to relevant people and settings and share insights with relevant Share relevant information and questions with local individuals, others in the community. organizations, or collaborative efforts to support the change process. Use disaggregated data to understand local inequities



Pursue Equity

Identify, acknowledge, and tackle local inequities - and build conditions promoting equity.



Pursue change using a targeted universalism approach Design change efforts to address the unique needs and circumstances of groups experiencing inequities, and then expand to benefit other groups.



These materials are copyrighted by Michigan State University. You may not distribute, copy or otherwise reproduce any portion of these materials without permission. For more information, visit ablechange.msu.edu



