



### *A Thriving Region Initiative*

The Community of Well-Being Initiative represents the critical missing pieces of the data and the tools to enable community leaders—civic visionaries, local government, funders, non-profit organizations, employers, educators and healthcare providers—to align their efforts to realize greater community well-being and economic vibrancy, so we can make Dayton a great place to live for everyone and return the region to the powerhouse it once was.

# WHAT IS WELL-BEING?

The Gallup defines Well-Being by these five domains:

Sense of Purpose	Social Well-Being	Financial Well-Being	Sense of Community	Physical Well-Being
<ul style="list-style-type: none"><li>• Liking what you do each day and being motivated to achieve your goals.</li></ul>	<ul style="list-style-type: none"><li>• Having supportive relationships and love in your life.</li></ul>	<ul style="list-style-type: none"><li>• Managing your economic life to reduce stress and increase security.</li></ul>	<ul style="list-style-type: none"><li>• Liking where you live, feeling safe and having pride in your community.</li></ul>	<ul style="list-style-type: none"><li>• Having good health and enough energy to get things done daily.</li></ul>

By studying the human behavior and wellbeing of more than 98% of the world's population, Gallup uncovered the common elements that people need to thrive in their lives. They describe aspects of our lives that we can do something about.

**REALIZING ONE'S POTENTIAL CAN ONLY HAPPEN IF ONE IS EXPERIENCING WELL-BEING.**

# WHY WELL-BEING?

There is a strong correlation between Well-Being and Community Outcomes. Increased Well-Being can mean:

- Improved Health Outcomes
- Higher Educational Attainment
- Enhanced Employability
- Less Addiction and Mental Health Issues
- Decline in Poverty
- More Productivity and Fewer Sick Days
- Less Strain on Government and Non-Profit Services
- More Community Engagement

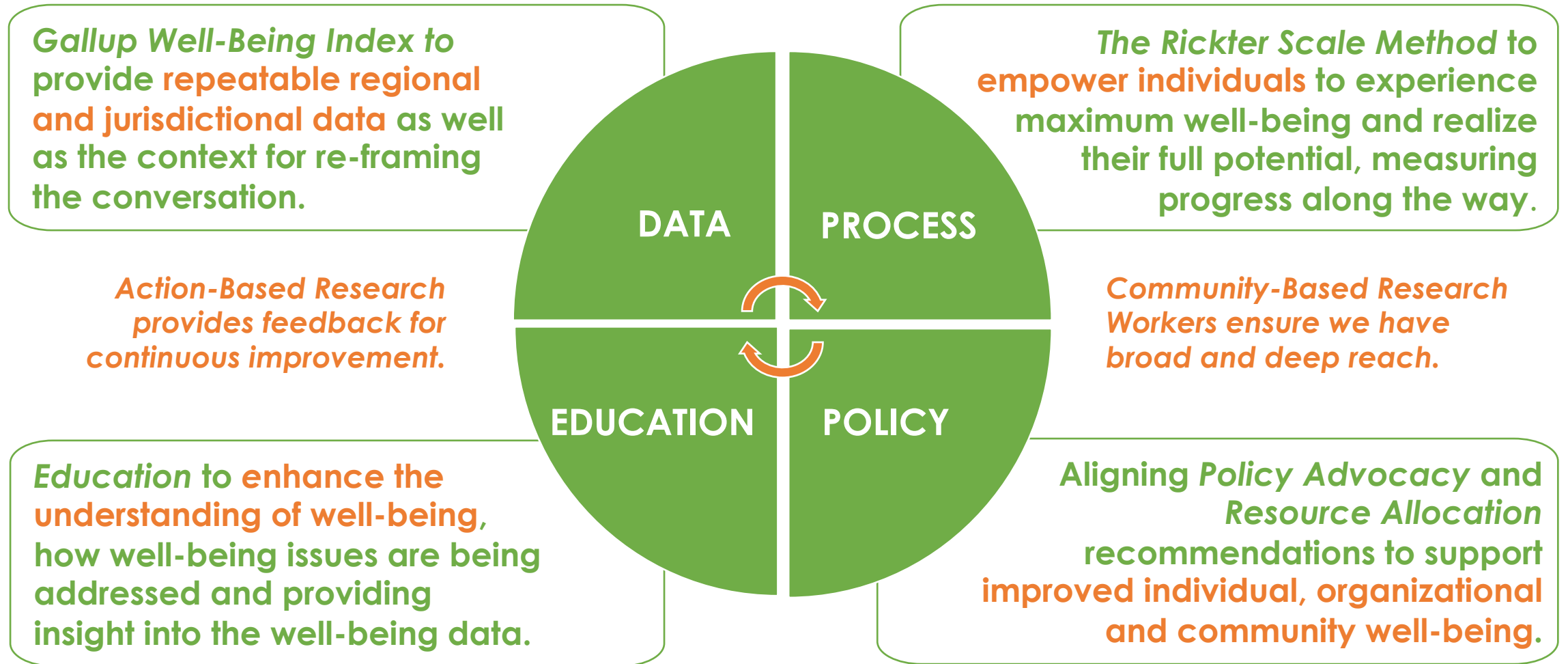
WHAT YOU MEASURE DEFINES YOUR MODEL AND DRIVES YOUR OUTCOMES.

# WHY THE COMMUNITY OF WELL-BEING INITIATIVE

1. To build a more thriving region where every resident has the opportunity to realize their potential by experiencing Well-Being.
2. To listen to the Voices of the Residents.
3. To collect validated, benchmarked data to gain an objective measure to help prioritize and align community investments and track progress.
4. To better hold ourselves and our leaders accountable.

WHAT DOES A MORE THRIVING REGION LOOK LIKE TO YOU? WHO BENEFITS? WE ALL DO.

# FOUR-PRONGED, FIVE-YEAR, DATA-DRIVEN APPROACH



HAVING IMPACT MEANS BEING COMPREHENSIVE IN OUR APPROACH

# THE GALLUP WELL-BEING INDEX

The Gallup Well-Being Index was developed to establish official statistics on the state of well-being in the United States. The Index was piloted in 2007 and launched nationally in 2008.



The Index leveraged the work of psychology and medical science by blending Gallup's behavioral and polling research with health and well-being support services.



The instrument was developed in collaboration with leading experts of well-being across the two major forms of assessment: the evaluating self and the experiencing self.



The instrument has been extensively validated, including in large-scale, multi-year longitudinal studies. To date, over 2.8 million surveys have been completed with randomly selected U.S. adults, including over 40 intensive community-level programs.

UNIVERSALLY-ACCEPTED DATA PROMOTES ACCOUNTABILITY AND DRIVES RESULTS

# EMPOWERING INDIVIDUAL WELL-BEING



Rickter Scale Journey Board

Just like The Richter Scale measures movement in the earth, The Rickter Scale measures movement in people.

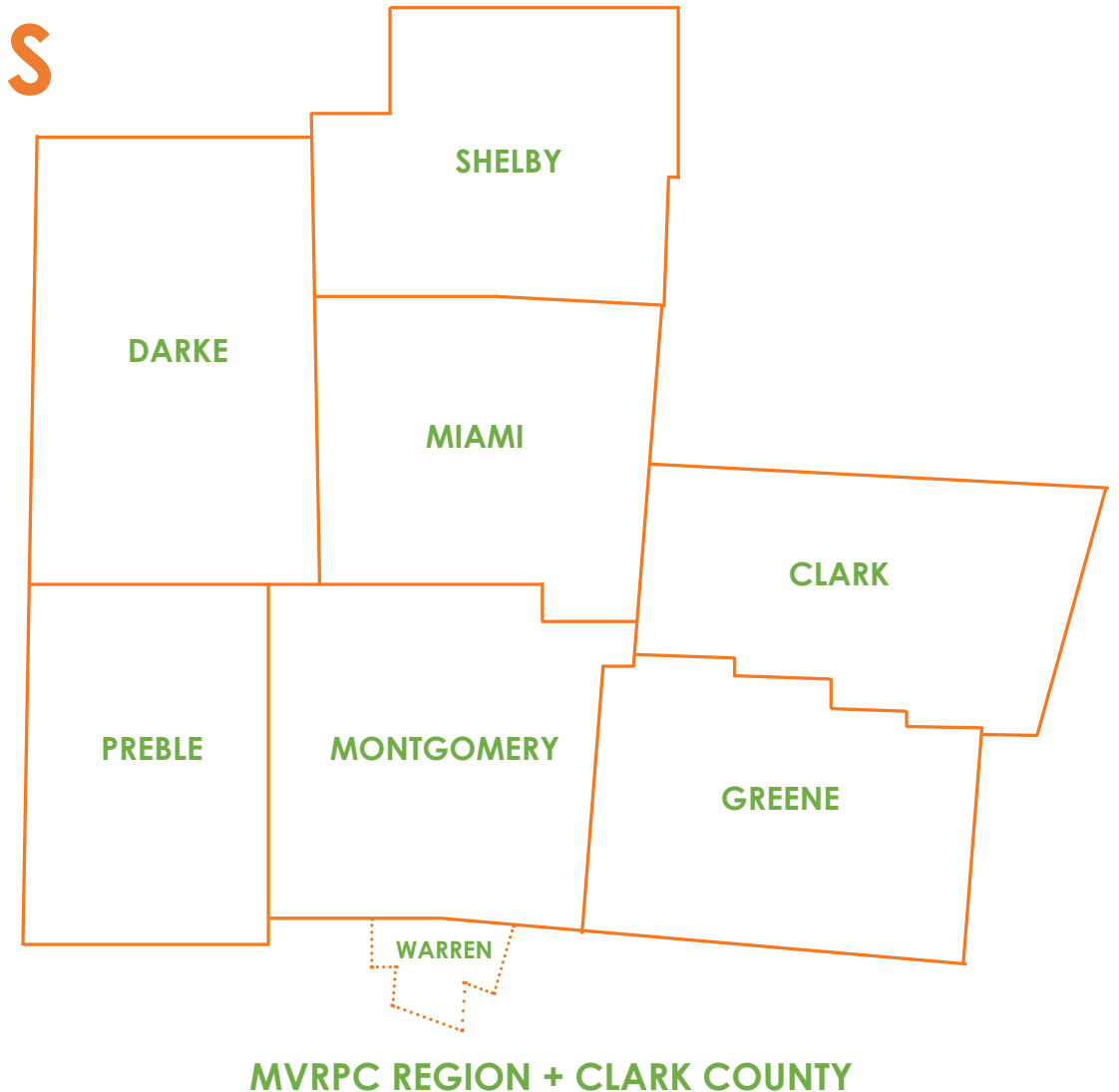
The Rickter Method helps individuals get from where they are now to where they want to be, by articulating and connecting to their thoughts, feelings, emotions, behaviors and language - measuring movement along the journey.

Developed in 1993 in England, initially to use with youth offenders and their families, The Rickter Scale Method has been used more the 1.5 million times by 6000 organizations in 23 countries in the European Union. Dayton is the first community in the US to fully engage Rickter.

UNLOCKING THE POWERS OF CONSCIOUSNESS, MEASUREMENT AND DATA.

# CRITICAL CONSIDERATIONS

- Designed to have impact at four levels:
  1. Regionally
  2. Jurisdictionally
  3. Organizationally
  4. With Individuals and Families
- Places responsibility and accountability at both the community/collective AND individual levels.



A REGIONAL APPROACH IS CRITICAL: ALL OF OUR FUTURES ARE INEXTRICABLY LINKED



## ADVISORY BOARD

**Lisa Barhorst** – President & CEO, The Wilderness Agency

**Debi Chess** – Director of External Relations and Development, Dayton Metro Library

**Emily Cory** – Founder, Airship Consulting

**Rita Cyr** – Executive Director, Ronald McDonald House

**Lainie Dean** – Chief Strategy Officer, Premier Health

**Amy Dingle** – Director of Outdoor Connections, Five Rivers Metroparks

**Jonathan Duffy** – Director of Mission & Ministry, Kettering Health

**Brian Forschner** – Director of Planning, City of Xenia

**Gayle Fowler** – Founder, Gensitute and EPA/MVRPC Environmental Justice Academy

**Richelle Frabotta** – LGBTQ+ Program Manager, Public Health of Dayton Montgomery County

**Kim Frisco** – Executive Director, Montgomery County Veterans Service Organization

**Elizabeth Gish** – Program Officer, The Kettering Foundation

**Lisa Henderson** – Vice President Health Initiatives, Greater Dayton Area Hospital Association

**Eugene Henry** – Executive Director, High Thrive Foundation

**Taylor Johnson** – Founder, Haya Healing and Team Lear at The HEART House

**Fabrice Juin** – Racial Equity Manager, MVRPC Institute for Livable and Equitable Communities,

**Scott Kidd, PsyD** - Director of Clinical and Behavior Support Services, MCBDDS

**Karen Korn, PhD** – Professor of Anthropology and Well-Being Initiative Co-creator, The Collaboratory

**Jan Lepore-Jentleson** – Executive Director, East End Community Services

**Joe Mark** - Retired Hospital CEO

**Mike McDorman** – President, Greater Springfield Partnership

**Moses Mbeseha** – Health Equity Fellow, University of Dayton Fitz Center for Leadership in Community

**Rich Osgood** – Director of the Department of Economic and Community Development, Miami County

**Wendy Roop** – Wendy Roop Coaching

**Leigh Sempeles, JD** – Del Mar Fund Senior Fellow, The Dayton Foundation

**Tracy Szarzi-Fors** – VP of Community Engagement/Executive Director The Sunshine Fund, Wright-Patt Credit Union

**Josephine Wilson, DDS, PhD** – Department of Population & Public Health Sciences, Wright State Boonshoff School of Medicine

COLLABORATION: TO WORK JOINTLY WITH OTHERS ON AN INTELLECTUAL ENDEAVOR

# LETTERS OF SUPPORT

JEFFREY J. MIMS, JR.  
MAYOR



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October 25, 2022

Mr. Peter Benkendorf  
President  
The Collaboratory  
118 West First Street, Suite 114B  
Dayton, Ohio 45402

**RE: Community of Well-Being Initiative**

Dear Mr. Benkendorf:

On behalf of the City of Dayton, thank you for the work you and your team have undertaken to develop and introduce the concept of well-being as part of how we are going to think about community success moving forward. This work very much aligns with the City's development efforts, which recognizes that it is not enough just to attract more than just good-paying jobs, which we are doing. We also need vibrant neighborhoods, strong education, access to affordable housing and healthcare, and people who can realize their full potential if our city and region are going to thrive. This program, with the well-being tools, data and resources you are introducing, can only make our development investments more effective as we move ahead.

We look forward to working with you on this critical regional development initiative. When you need our help or our voices, please do not hesitate to contact me.

Thank you for your commitment to this effort and our region, and all you do to build a better Dayton.

Sincerely,

Jeffrey J. Mims, Jr.  
Mayor



University of Dayton

Fitz Center for Leadership in Community

November 18, 2022

Mr. Peter Benkendorf  
President  
The Collaboratory  
118 West First Street, Suite 114B  
Dayton, Ohio 45402

RE: Community of Well-Being Initiative

Dear Mr. Benkendorf,

The Fitz Center for Leadership in Community at the University of Dayton is enthusiastic and supportive of the Community of Well-Being work you are moving forward in the Dayton region. We are particularly excited by the ways this can increase our partnership with the Collaboratory and the impact this work will have regionally.

There is clear alignment between the Community of Well-Being Initiative and our newly launched Health Equity Fellows Program. I can see areas through which our students could participate in and learn from the Well-Being Initiative, and ways our commitments to health equity can contribute to your well-being work. In addition, there is alignment between the environmental justice work that we do through the Rivers Institute and the engagement of the Dayton Civic Scholars with the priorities of Dayton residents and officials. Thus, there are clear opportunities for collaboration over shared goals and commitments.

We look forward to working with you on this critical regional development initiative. When you need our help or our voices, please do not hesitate to contact me.

Sincerely,

Nancy McHugh  
Executive Director of the Fitz Center for Leadership in Community  
Professor of Philosophy  
University of Dayton  
Dayton, OH 45469

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