Every Piece Matters:
Increasing Skills for a Civil Society

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The Cultivating SEEDS System™ (CSS™):
A Potential Framework to increase Social Emotional Wellness and Mental Health Resources

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GCSCORED, INC.
VISION
GCSCORED envisions individuals of all ages living their best lives within and across diverse settings in which they are embedded.
GCSCORED Mission:

Renew Minds, Transform Lives and Create Safer Communities

Practice Philosophy

We Believe that:

• **Isolated** training events aren’t enough; you need a more integrated approach to achieve optimal results.

• **Every** individual has innate strengths and abilities that can promote healthy growth and development.

We Believe that:

• As humans we find ourselves simultaneously enmeshed in different contexts, such as home, school, work, community, institutions, etc. Throughout our lifespan we interact with, are influenced by, and influence each of these contexts. Inevitably our knowledge, attitudes, mindsets, skills, personality, emotions and behaviors are shaped by these contexts.
The 4 Agreements: https://www.youtube.com/watch?v=SBielOoXDuE

Don Miguel Ruiz

The 4 Agreements:
1. Be impeccable w/ your words
2. Don’t take things personally
3. Never make assumptions
4. Be your best selves

* Tied to Social Work Code of Ethics

Civility Defined:

• Civility Defined - ci·vil·i·ty - formal politeness and courtesy in behavior or speech. "I hope we can treat each other with civility and respect"

• synonyms: courtesy, courteousness, politeness, good manners, manliness, gentlemanliness, chivalry, gallantry, graciousness, consideration, respect, gentility; More ...

Civil Society – the Assumption

A. We have sacred spaces
B. We believe our spaces for learning & worship are safe;
C. We believe the primary purpose for schools is to learn about the 3 R’s - Reading, Writing and Rithmetic

D. Civics = a social science dealing with the rights and duties of citizens and of how government works.
Course still offered? Could that be a contributing factor to some root causes?
Civil Society – the Reality

A. No sacred spaces – deemed trivial
B. Interactions with each other are too often caustic and crass,
C. Tolerance for the intolerable and normalizing of incivility seems to be without limits and boundaries.
D. Despite the abundance of knowledge, information and technology, there remains a Presence of incivility –
   • Bullying,
   • School shootings,
   • Domestic violence,
   • Child & Elder abuse & neglect,
   • Marital/family discord, Disposable relationships, and the beat goes on ...
   • We must ask WHY?

A Civil Society requires more than the basics of reading, writing and arithmetic or STEM

“Know better – Do better” – NOT!
Despite increased knowledge and information, every single day around the world, in one way or another, we repeat the same incivilities to each other - over and over again – in homes, schools & communities

Inadequate Resources & Treatment Gaps

There is an acute health crisis happening among members of the youngest generation of Americans, with critical implications for the country's future.

1 in 5 American children ages 3 through 17 (about 15 million) have a diagnosable mental, emotional or behavioral disorder in a given year(CDC, 2017).

Only 20 percent of these children are ever diagnosed and receive treatment; 80 percent — about 12 million — aren't receiving treatment(CDC, 2017).

Recent research indicates that serious depression is worsened in teens, especially girls, and the suicide rate among girls reached a 40-year high in 2015 (CDC, August 2017)
Social Emotional Wellness is Essential for a Civil Society

- The promotion of emotional well-being should be a universal public health concern; “Everyone has mental health needs, whether or not they have a mental illness; just as everyone has physical health needs, whether or not they are sick.” Lynne Friedli, 2015

- There is no health without mental health. (World Health Organization – WHO)

What's lacking? Basic fundamental skills to be our best selves and to live our best lives with others

A. Social Emotional Skills / Competence – foundational to creating a civil society
B. SECs at every level of social organization
   - Personal relationships
   - Families
   - Schools
   - Businesses
   - National & International Communities
   - Communities of faith
Everyone at every age in every culture/country (regardless of ranking on the human development index) needs social-emotional skills to create and contribute to a civil society.

Roots & Fruits TREE ACTIVITY

• If you were a tree, what tree would you be? (e.g., I am an oak tree)
• Identify characteristics of your tree.
• Identify similarities between yourself and the tree.
• What type of roots?
• What types of soil?
• What type of fruits?
• What type of branches?
• Identify the role your tree plays in the wider ecology?

The Cultivating SEEDS System™ (CSS™) Overview

• What? An organizing framework that uses social-emotional competencies and the social determinants of a person's life course to explain human behavior.

• How? By identifying culturally responsive approaches that influence and transform lives and communities.
THE GOALS OF THE CSS™ FRAMEWORK

- To increase access so that individuals in diverse settings globally will acquire the Mindsets, Attitudes, Relationships/Resources, Knowledge, Skills/Strategies (MARKS™) associated with healthy social emotional development.

- To assist individuals in the effective utilization of social emotional competencies in transforming lives and creating safer communities.

RUMERTIME PROCESS™ DEFINED

The RUMERTIME Process™ is a five-step psychosocial problem-solving strategy that supports individuals as they move from a position of intra- and interpersonal imbalance to intra- and interpersonal balance and from unconscious living to conscious living.
IMBALANCE TO BALANCE

The RUMER-TIME process™ moves us from a position of interpersonal and intrapersonal imbalance to a position of balance.

- Burnout to Renewed Energy
- Hopelessness to Hope
- De-motivation to Motivation
- Denial to Awareness
- Loser to Champion
- Self-Hate to Self-Love
- Trauma to Non-Trauma

RUMERTIME Process™

- Recognize
- Understand
- Manage
- Express
- Reflect
- Thoughts
- Interactions
- Mindsets
- Emotions

SOCIAL EMOTIONAL COMPETENCIES
RUMERTIME: Aims to provide the skills needed to build civility in every aspect of one's life and relationships

Recognize = Self Awareness
Understand = Self-Awareness
Manage = Self & Relationship Management
Express = Self & Social Awareness
Reflect = Responsible (Healthy) Decision-making

• Thoughts, Interactions, Mindsets and Emotions

RUMERTIME

Full engagement w/ this process will allow us to become our best selves and to live and function positively and productively in relationships and community.

RUMERTIME

Recognize and Understand: What are the essential elements for being civil?

Manage and Express: How do I use my TIME to relate to self, others and situations?

Reflect: How well did I do in relating to self, others and situations?
Every Piece Matters

As a Social Worker in your respective setting, what piece do you contribute?

Based on your new-found knowledge of the RUMERTIME process™, how can you better relate to self, others and situations?

Conclusion -

Dr. Yvonne Larrier: RUMERTIME is not a magic act or mystical trip. It is not a one-time trick or one-off deal – it is NOT a band aid or quick fix! It requires tenacity and patience. It requires that you stay the course, whether you are teaching it to others or applying to yourself. Just as it takes time, process and nurturing for a seed to become what it is meant to be, so too, there is a time and season for personal growth, blossoming and bearing fruit. A civil society cannot be built in a day; it cannot be speed-dialed into existence. However with patience, perseverance and commitment, we can create a civil society.

Imagine if …

Thank you!
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