

RECOVER's Well-being Framework

RECOVER: Improving Edmonton's Urban Wellness

RECOVER's researchers asked street-involved Edmontonians what mattered most to them for living well or being well. They honed in quickly on things like purpose, respect and connection.

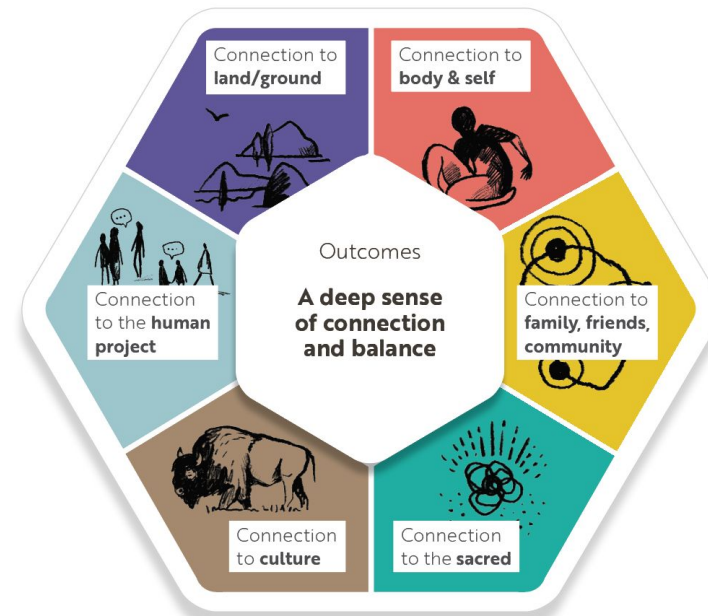
This and other RECOVER research led to the conclusion that:

- wellness is a **relational** situation or concept
- it is something that's about **connection both within and beyond self**

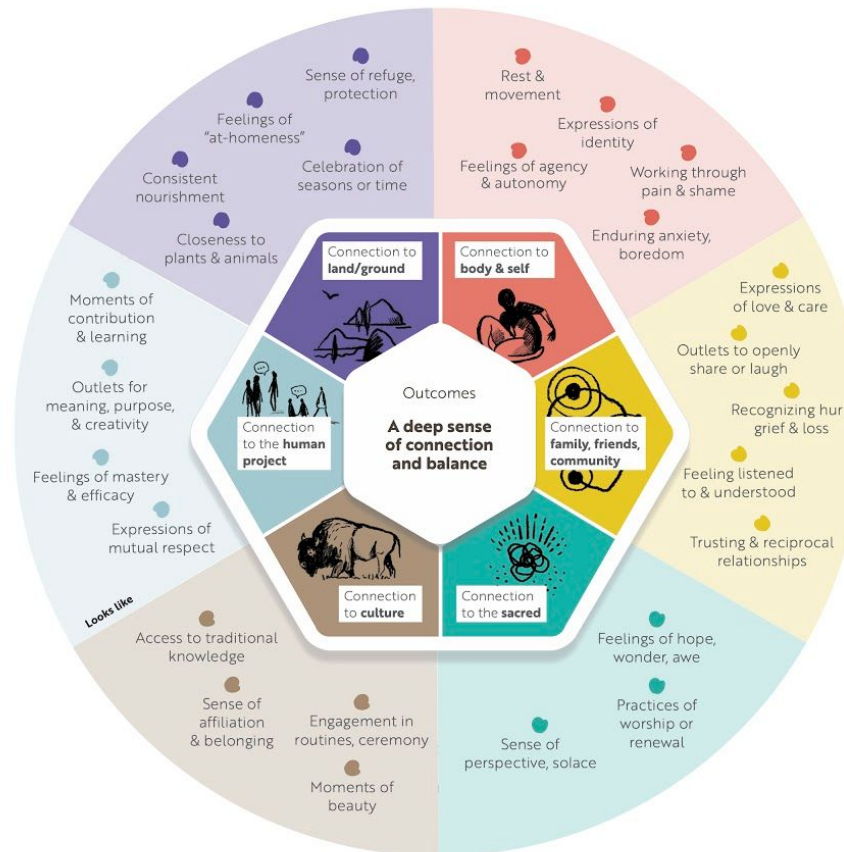
The Target Outcomes

There are six kinds of connections at the core.
These are the desired outcomes for RECOVER:

- Connection to **land/ground**
- Connection to **body & self**
- Connection to **family, friends, community**
- Connection to the **sacred** - however you define it
- Connection to **culture**
- Connection to the **human project** - this refers to one's ability to grow and develop; to realize their potential



Examples of the Outcomes



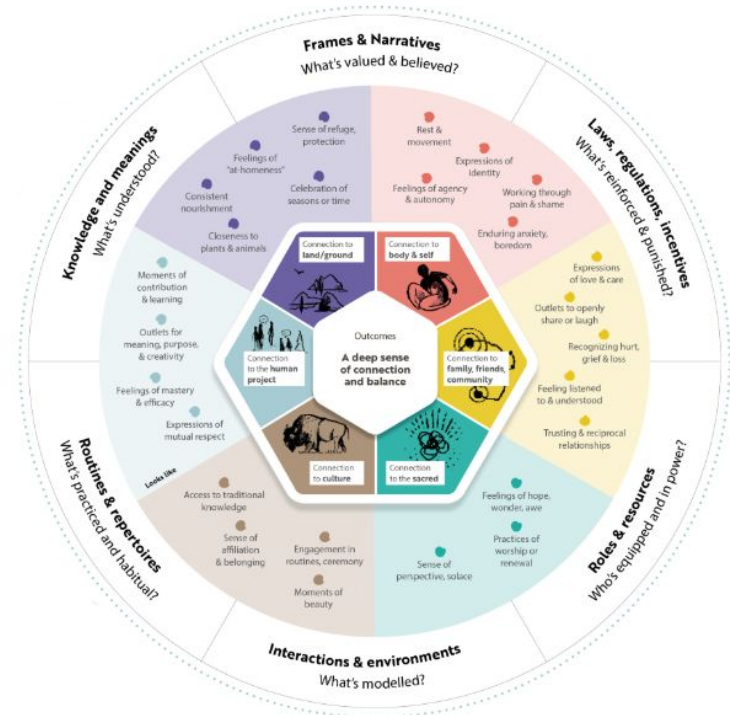
The dots in the pastel ring are examples of what the outcomes might look and feel like. For example:

- connection to land/ground - looks like feeling at home, celebrating the seasons
- connection to friends/family/community - looks like expressions of love and care
- connection to the human project - looks like moments of learning

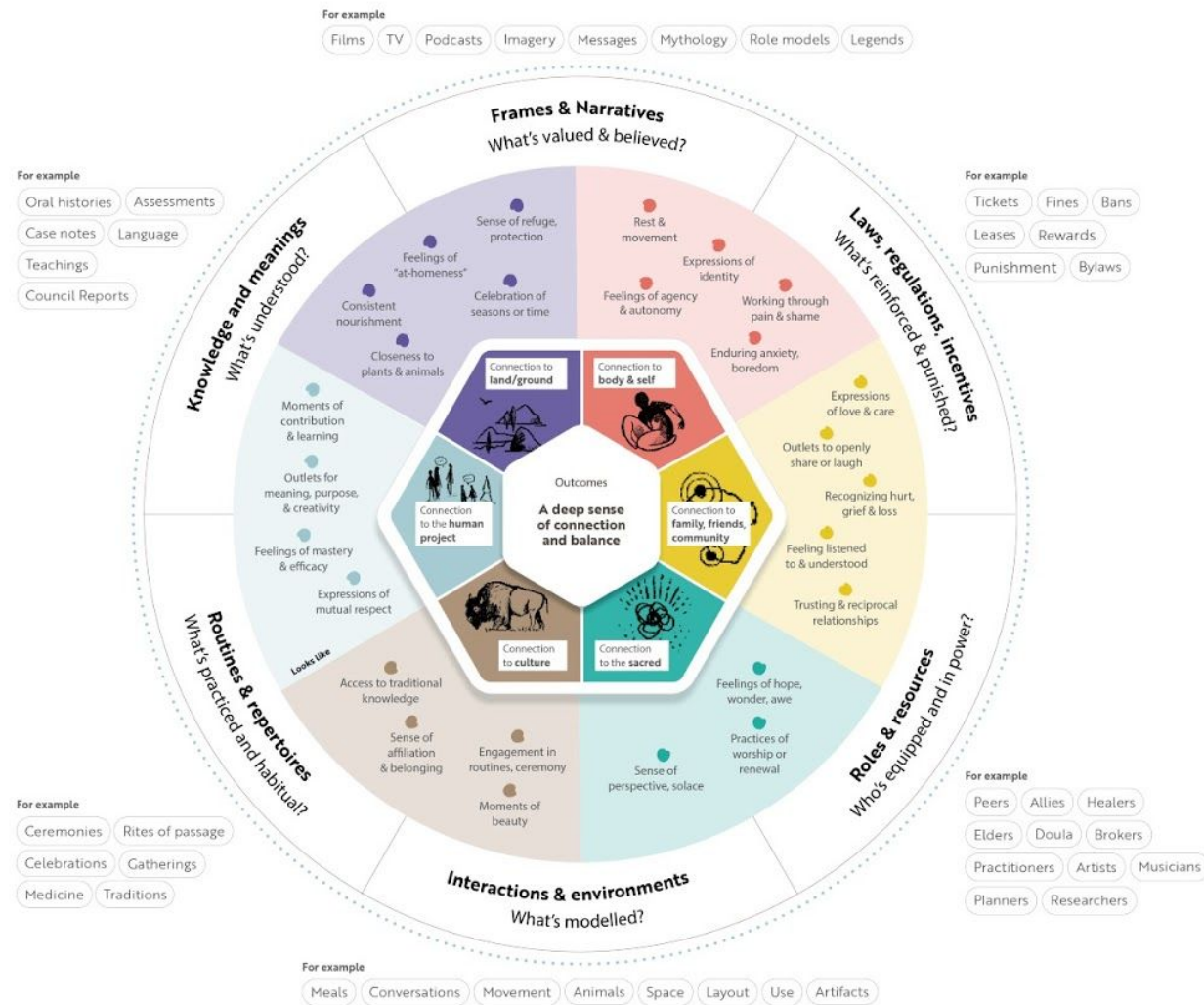
Explanation of the Levers

The other part of the well-being framework is “how” to get to the outcomes. The well-being framework has six levers for change helping service designers think through new interventions that can help someone strengthen a well-being outcome. They correspond to system or cultural change levers:

- **Frames and narratives** - how can new stories shift how we understand ourselves, housed and street-involved, as interdependent?
- **Laws, regulations and incentives** - how can ‘the rules’ and consequences like tickets reinforce healing and the restoration of well-being, rather than retribution, as priority outcomes?
- **Roles and resources** - how might we shift from primarily having one-way helper roles to creating roles that promote a reciprocal relationship and seek to expand people’s natural networks?
- **Interactions and environments** - how can we design spaces that prompt connections to nature and each other?
- **Routines and repertoires** - how can we design inclusive rituals of connection in public space, perhaps ones that can be practiced during COVID?
- **Knowledge and meanings** - how do continually make space to affirm ways of knowing and values that come from different lived experiences and worldviews, expanding what can be appreciated and understood across differences?



The Well-being Framework



RECOVER can use the framework to help design interventions and prototypes that intentionally link levers and outcomes, as well as to help think about additional levers that can be used.

KEY SHIFTS UNDERPINNING RECOVER'S APPROACH

FROM		TO
individual & government responsibility for well-being		whole community responsibility for well-being
well-being as provision of material needs		well-being as connection to non-material needs (and access to material needs)
well-being as connection to professional help		well-being as connection to professional help AND back to community
broader community involved through charitable acts		broader community involved through acts of reciprocity and shared learning
managing needs/deficits		building capabilities
seeing well-being through the dominant Settler eyes only		creating space for Indigenous ways of knowing (along with non-Indigenous ways)

Incorporating Indigenous Knowledges and Meanings

RECOVER is committed to decolonization and reconciliation. RECOVER wants to frame the work in ways that find resonances and connections with Indigenous worldviews. Therefore, RECOVER is guided by the following core principles:

Engaging in Self-Location: Self-location refers to understanding who we are and where we come from, admitting what we do and don't know, and committing to an ongoing relational learning process. This allows us to continually reflect on how we work, who we work with, and how we understand success, as primarily settler people.

Creating Ethical Space: This is the space between world views where honest, safe, and meaningful engagements between peoples can take place. By creating physical spaces that promote both Indigenous and non-Indigenous ways of knowing as whole, separate, but not at odds with one another, we can unlearn and learn what it means to productively work across cultural divides.

Aspiring to see with Two-Eyed Seeing: To see from one eye with the strengths of Indigenous ways of knowing, and to see from the other eye with the strengths of Western ways of knowing, and to use both of these eyes together. Two-Eyed Seeing is about collaboratively working together, learning together, and creating meaning together.

RECOVER also endeavours to deepen and renew our connections to the lands that weave us together.

Key Questions:

RECOVER is about a culture shift, one that changes habitual ways of looking at problems and at people. RECOVER is focused on the following key questions:

- How do we **rebalance language**? It currently focuses on deficits, on vulnerable people, and on social disorder. Can we start to reframe our narratives and stories with examples of strength, resilience and resourcefulness?
- How do we **frame problems in both material and non-material terms**? Problems are often boiled down to material needs. Can we give more consideration for the need for dignity, purpose and connection?
- How do we **rebalance solutions**? Solutions tend to focus on new programs and services, or on buildings or infrastructure. What if solutions were built around new roles, new rules and designing different interactions in those programs or buildings?
- How do we move beyond **expressing knowledge** in only rational and empirical ways? Can we give equal weight to building knowledge through experiences and other ways of knowing such as Indigenous ways?

