



Activity Preparation and Facilitation Guide: ABCD Community Mapping Exercise

ABCD Community Mapping Overview

<u>Asset-based community development (ABCD)</u> is a methodology for the sustainable development of communities based on their strengths and potentials. The ABCD process involves:

- 1. Assessing the resources, skills, and experience available in a community
- 2. Organizing the community around issues that are important to its members
- 3. Determining and taking appropriate action

Capacity building within communities often involves working directly with community groups. In the <u>Systems Thinking and Community Assets</u> video, Lisa Hadden, Executive Director of the Mid Central Area Health Education Center at the CMU College of Medicine, uses the <u>Technology of Participation tool</u> or ToP to increase participatory decision-making and effective action.

Activity

This brainstorming activity will assess community resources and identify the themes and properties of these resources.

Materials

- A large wall that you can stick Post-it notes on (or a Facilitation Sticky Wall)
- Large Post-it notes (8" x 6") in two colors (one color for brainstorming, a second color for theming)
- Flip chart

Assumptions

Each team reflects on their own community assets for this activity. This activity is normally conducted in a single community or area.

Brain Storming Technique and Facilitation

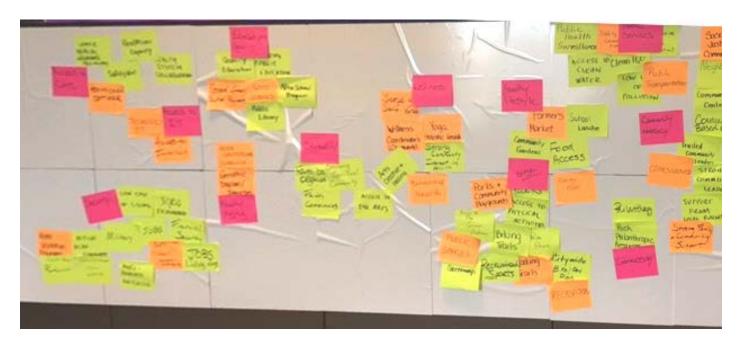
- 1. Have each group choose a scribe.
- 2. Ask the question: What helps create and sustain health in your community?
- 3. Small group:
 - Brainstorm answers to the question (building consensus)
 - When the team agrees with an asset the scribe writes it down in 3 5 words on a large Post-it note and holds the note up for collection
 - Runners pick up all thoughts generated and visually post all thoughts in random order on wall
- 4. Facilitator ends the brainstorming process once a sufficient number of thoughts have been collected (or once the groups run out of ideas).







- 5. Facilitator brings the full group up to the wall and asks the group to organize the thoughts by common themes and properties (by consensus)
 - Runner(s) help the facilitator to move and group the Post-it notes as directed by the group
 - Sorting and discussion continues until all Post-it notes have been clustered into groups
- 6. Facilitator asks the full group to discuss the properties of each cluster of community assets. The group must come up with names for each cluster (by consensus)
 - Once a name for a cluster is agreed upon, the runner writes the name down on a different colored Post-it note (Pink in the example below)







ABCD Post-Brainstorming Action Setting

In the community setting, the facilitator would then ask the community to:

- Prioritize areas they are interested in focusing on
- Set a time sequence for action
- Establish responsibilities
- Determine follow-up and evaluation activities

Thoughts for consideration

- Does your CHNA include community assets?
- Has the community been engaged with the determination of their health priorities?
- How can we ensure that community voices are heard and incorporated when we set our health equity initiatives?