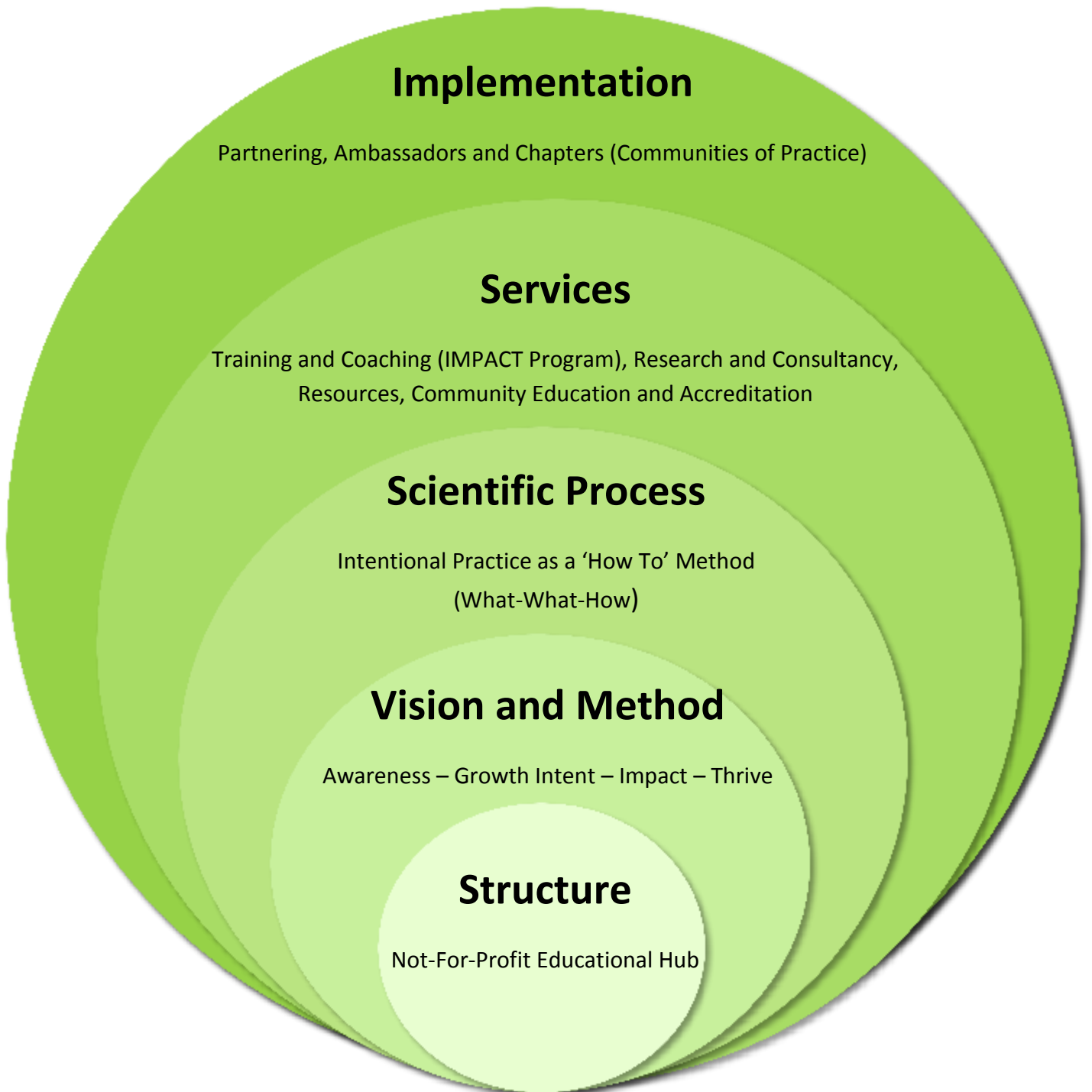


LBI at a Glance



What is LBI?

LBI is transitioning into a not-for-profit educational hub that brings people, agencies and institutions together through knowledge and resources that focus on ‘how to’ activate safe and higher impact learning, wellbeing and whole-of-life outcomes, and build collective capacity to thrive.

It is a ‘how to’ organisation, dedicated to building the capacity of individuals, agencies and institutions to:

- Activate learning, wellbeing and whole-of-life outcomes in themselves and the people they support.
- Bring high and ongoing mindful awareness to their supporting roles, including:
 1. Their intent.
 2. Client needs and experiences.
 3. Growth outcomes they are seeking to achieve.
 4. How they can safely achieve those outcomes (with consideration to context).
- Articulate and implement growth-focused intentional methods.

LBI’s Structure and Funding

LBI will be governed by a Board, with day-to-day operations managed by an Executive Director, and with all service provision and quality assurance overseen by a Clinical, Research and Education Director (Dr Ivan Raymond). Expert Hubs (or committees) will bring a content focus to specific functions (e.g., Clinical and Research, Accreditation). Two-way knowledge exchange will occur with LBI endorsed Ambassadors embedded within communities and agencies.

LBI will be part funded through its fee-for-service programs such as IMPACT, as well as consultancy partnerships. Ongoing development and growth of resources is supported by philanthropic and government funding for broader community education and administration functions. LBI is also supported ‘in kind’ by a range of sponsors and program partners.

How is LBI Different from Other Educational Organisations?

A number of educational organisations offer prescriptive content, activities or learning methods to support collective thriving. LBI does not offer a prescriptive or content driven approach. LBI offers a flexible method to support the design, review and implementation of programs, interventions and support that respond to individual needs, situation and context. LBI works to strengthen, not replace, existing services.

The LBI Vision and Method

Awareness - Growth Intent - Impact - Thrive

LBI's vision is to promote collective thriving within diverse communities, in response to the significant rise in rates of mental illness and psychological problems in Australia and internationally.

LBI is founded on the premise that the environment to promote thriving states can be developed through acquired skills and intentional methods. These skills and methods can be enacted through supporting relationships, agencies and institutions that bring high **awareness** and a **growth intent** to their supporting roles to activate safe and higher **impact** outcomes and collective capacity to **thrive**.

Founder: Dr Ivan Raymond

The founder of LBI, Dr Ivan Raymond, has nearly 20 years experience working with children, young people and adults with backgrounds of complex trauma, mental health problems, at-risk behaviours, disability, offending and impaired wellbeing. Having directly observed increased mental illness and complexity of problems within the community, Ivan, alongside colleagues, have grappled with the following question:

'how can we make a difference in the lives of the people we support?'

This question has been projected into many roles, including wilderness therapy facilitator, mentor, youth worker, residential care worker, clinical psychologist, program developer, evaluator and trainer. It culminated in his PhD which thoroughly analysed the question, reviewed the science, and triggered the development of *Intentional Practice* as a 'how to' method to guide institutions, agencies and all supporting adults to bring focus to increasing collective capacity to thrive (or life buoyancy).

This intentional method was tested and refined through a number of collaborations, and found to resonate with teachers, parents, semi-skilled staff, program developers, clinicians, evaluators and community personnel in a way that also enabled them to understand the 'how to' and empowered them to draw upon their own skills, knowledge and experience. LBI was born out of a desire to increase the reach and impact of the approach, and to bring people, agencies and institutions together around a collective vision and method for thriving.

What Key Problems is LBI Seeking to Address?

While many people, programs and institutions are working hard towards collective thriving, there are three key problems that impact on the capacity of interventions to hit the mark or make a difference in the lives of the people they support.

Problem 1: The limitations of a ‘One Size Fits All’ approach

Human beings are unique and therefore generic programs, manual-based interventions or prescriptive approaches are only effective for some people, some of the time.

***Solution:** Methods that bring ongoing and high awareness of individual client needs, context and experiences.*

Problem 2: Unclear or counterproductive intent

In their supporting roles, some agencies and individuals don't always have a clear, beneficial intent in the way they support others. This can encourage the focus to shift to the supporting adult's or agencies' needs (managing risk, managing behaviour, compliance) and less awareness is brought to growing the capacity of people they support.

***Solution:** Methods that enables the development of interventions with a clear, growth intent.*

Problem 3: Low awareness of desired outcomes and methods

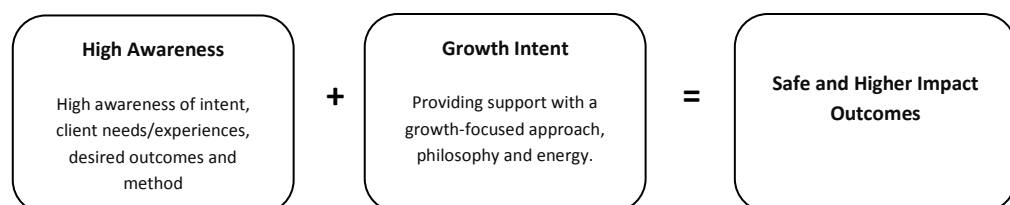
In their supporting roles, individuals and agencies can struggle to articulate the outcomes they are seeking to achieve and the method they are employing to achieve them. Sometimes the outcomes are too 'big picture' and they cannot be brought to focus in moment-to-moment supporting relationships or interventions.

***Solution:** Methods that bring ongoing awareness of outcomes and process.*

Intentional Practice: A Scientifically Grounded ‘How To’ Method (or Process)

Intentional practice is a ‘how to’ method where individuals, agencies, programs or institutions bring mindful awareness to three key questions:

- What is the intent, or energy, behind my intervention or support?
- What growth outcome am I working to achieve?
- How, or by which method, am I working to achieve this outcome?



The method is underpinned by a scientific model (Life Buoyancy Model), developed within a PhD Program, and tested and refined through multiple working collaborations. It is drawn from:

- Positive psychology science (including mindfulness).
- Trauma-informed science.
- Implementation science.

For further information: <http://www.lifebuoyancy.org/research-and-evidence/>

LBI's 'How To' Services

LBI provides services for individuals, agencies and institutions that focus on the 'how to'. This includes, but is not limited, to the following:

For individuals, 'how to':

- Grow wellbeing and thriving states in self and others.
- Activate learning, wellbeing and behavioural outcomes through moment-to-moment supporting relationships.
- Coach, supervise and support others.
- Implement intentional trauma-informed practice.
- Respond to the needs of clients, and not react to their behaviours.
- Work with other people around a common approach and shared intent.

For agencies, 'how to':

- Design and implement learning, wellbeing and behavioural programs.
- Embed therapeutic practice across systems.
- Strengthen and integrate existing program components or services around a common approach.
- Implement intentional trauma-informed practice.
- Implement and embed reflective practice.
- Deliver services in an outcome and strength-focused manner.
- Collaborate with other agencies around a shared intent.

For institutions, 'how to'

- Implement a unifying and cohesive practice approach and philosophy.
- Change organisational practice culture.
- Professionalise semi-skilled or non-clinical staff.
- Design and implement strategic change processes.
- Implement programs and services 'at-scale'.

These services are achieved through:

1. **Training and Coaching** – IMPACT Program, content workshops, online training.
2. **Research and Consultancy** – research and program development collaborations.
3. **Community Education** – conference presentations, community forums.
4. **Resources** - videos, What-What-How Factsheets, tools.
5. **Accreditation** – individual and agency accreditation in intentional practice.

Our Flagship Program: IMPACT (What-What-How)

IMPACT stands for Intentional **M**odel and **P**ractice **A**pproach for **C**lients to **T**hrive. This three-tier program builds core skills in resilience, wellbeing, intentional practice and coaching or supporting others.

The IMPACT Program provides individuals and agencies an accreditation pathway in intentional trauma-informed practice and intentional practice, and the opportunity to embed key tools and systems (Growth Action Plan) within their agencies.

IMPACT is underpinned by a common framework or mnemonic of 'What-What-How' which is represented by three questions:

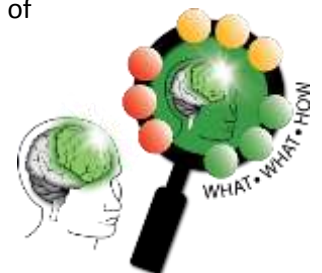
- What's Happening?
- What's Important (Intent)?
- How can we act?

The What-What-How enables intentional practice to be applied to all supporting adult contexts (teaching, parenting, supervision, clinical support, caring), and client needs and presenting behaviours.

The IMPACT Program is founded upon a trauma-informed framework and has been mapped against the SMART Program (Strategies for Managing Abuse Related Trauma), developed by the Australian Childhood Foundation. When the IMPACT Program is delivered by a LBI accredited psychologist, with significant experience in trauma and its impact, trainees receive accreditation in intentional trauma-informed practice.

LBI Implementation and Community Development

LBI delivers its services under a partnering model, where there is two-way knowledge exchange between LBI and individual, agency or institution. LBI supports and coaches endorsed Ambassadors, embedded within agencies and the community, to facilitate this two-way exchange, and strengthen service outcomes.



Ambassador and Chapter Programs

Ambassadors are individuals who share LBI's vision for collective thriving, and work side-by-side with LBI to support and advocate for interventions and supporting relationships that are underpinned by high awareness and a growth intent. These individuals receive additional support, training and coaching from LBI, in particular the methods to embed intentional approaches.

It is through the Ambassador Program that LBI seeks interest for individuals to join an Expert Hub (or committee) which supports LBI's strategic objectives. The Ambassador Program is the entry pathway for IMPACT Train-The-Trainer accreditation.

LBI Ambassadors are provided opportunities to work alongside LBI to facilitate 'communities of practice' or *Chapters* of individuals and/or agencies. These Chapters can pool together resources for training (e.g., IMPACT Program), facilitate peer-to-peer learning, and access specialist workshops from LBI around specific content areas (e.g., motivational interviewing and intentional methods, intentional parenting). They are also supported by LBI to develop tools and resources specific to their context.

A Chapter can be brought together either by:

- **Geographic Location** – individuals, schools, providers, non-government agencies or programs working within a geographic region.
- **Content Focus** - individuals, schools, providers, government and non-government agencies or programs working around a specific content focus.
For example:

- Residential group-based care.
- Schools and wellbeing.
- Delivering foster carer services.
- Aged care.
- Trauma-informed practice.
- Program design.

How Can I Learn More About LBI?

For more information on LBI, please go to

W: www.lifebuoyancy.org

F: www.facebook.com/lifebuoyancy

E: info@lifebuoyancy.org