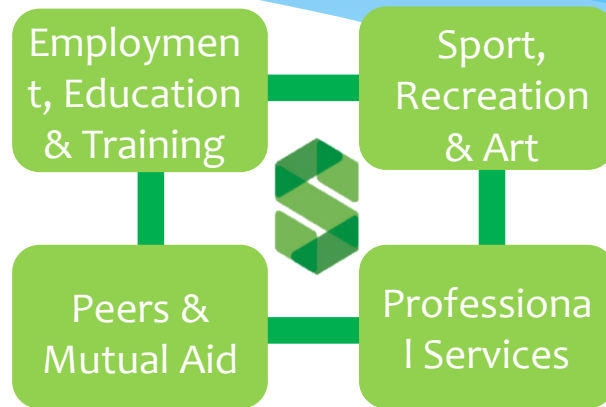


# Asset Based Community Development

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# Asset Based Community Development (ABCD)



# What is the point of ABCD?

- \* Based on work by Kretzmann and McKnight (1993), focus on strengths and resources:
  - \* People
  - \* Informal groups
  - \* Institutions and organisations
- \* McKnight and Block (2010): community connectors
- \* Principles of 'assertive linkage'

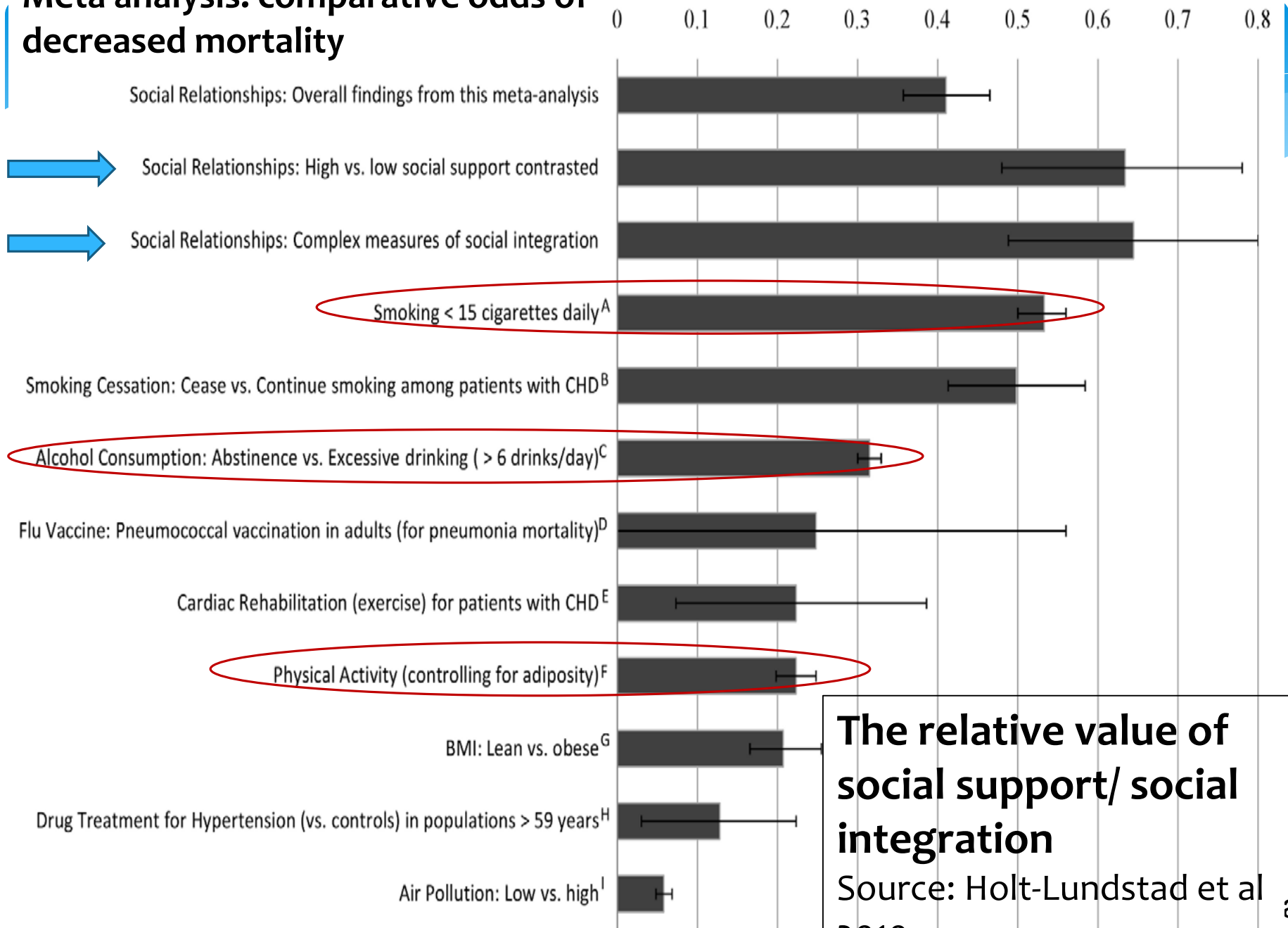
# Why should you want to be involved?

- \* Connection to other people and engagement in meaningful activities not only predict your recovery from addiction but also predict who is likely to live longest and who is likely to have the best physical and mental health .....

# Social networks and quality of life

- \* Holt-Lunstad et al (2010): meta-analysis: “individuals with adequate social relationships have a 50% greater likelihood of survival compared to those with poor or insufficient social relationships” (p.14)
- \* Participation in groups is associated with less psychological distress (Ellaway and MacIntyre, 2007)
- \* Volunteering is associated with reduced mortality (Ayalon, 2008) and higher levels of reported wellbeing (Morrow-Howell et al, 2003)

# Meta analysis: comparative odds of decreased mortality



**The relative value of social support/ social integration**  
Source: Holt-Lundstad et al al  
2010  
wellbeing in

# Task 1: identifying assets you know

	Sports and recreation	Education, training and employment	Mutual aid	Peer, community and volunteering	Other (although these might not fit directly into the groups they are other positives about your neighbourhood)
What assets are there?					
What makes them work					
How would you find out about new groups and activities?					

# Task 2: Mapping community assets

- \* In the tables you are sat at, divide up a large piece of paper into the four sections
  - 1) Sport and recreation
  - 2) Education, training and employment
  - 3) Mutual aid
  - 4) Volunteering and community engagement
- \* Separate colours for inside, outside and bridging across the two



# Task 3: Community Connections

WHAT SKILLS DO YOU HAVE AS  
CONNECTORS,  
SUPPORTS AND RESOURCES  
THAT YOU CAN DRAW ON?

WHAT CHALLENGES DO YOU  
FACE?  
WHAT SKILLS DO YOU NEED TO  
BE DEVELOP?

# Task 4: Becoming an asset to mobilise other assets

- \* So what are we trying to achieve?
- \* How can you make existing assets more accessible?
- \* How can you become effective connectors:
  - \* To resources inside the prison
  - \* To resources outside the prison
  - \* To bridging resources
- \* How can this group support the process?
- \* What are the next steps?