

Our Futures in Licking County



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Every month...

Major scientific journals reveal studies showing how our children, youth, families, businesses, and communities can have better futures. The studies show simple actions—done individually and in groups—improve health, reduce serious social problems plus increase well being, economic success and save money. Scientists call these simple proven actions, *evidence-based kernels*^{™,1}

Imagine that Licking County citizens began to know, choose and use these proven low-cost yet powerful discoveries. The future of these citizens could and would be much better.

The Our Futures effort is bringing these low-cost, proven KERNELS[™] to families, schools, businesses and organizations in Licking County. By cited example...

Proven Kernels Can Increase or Improve...

- * Reading and mathematics ability of all our children,²⁻⁷
- * Academic success of children and youth,^{2,8-13}
- * High-school graduation,^{14 15}
- * The health of kids & adults,^{16 17}
- * The talents and abilities of our children and youth,¹⁸
- * The character and social competencies of children & youth,¹⁹
- * Public and school safety,²⁰⁻²²
- * Workplace productivity or getting a job.²³⁻²⁷

Proven Kernels Can Decrease or Reduce...

- * Health-care problems and related costs,^{16 28 29}
- * Costly criminal, safety & child maltreatment problems,^{14 30}
- * Failing grades and dropouts,^{15 31}
- * Reduce developmental disabilities and need for special education,³²
- * All types of addictions,^{14 33-35}
- * Suicidal behaviors,^{36 37}
- * Mental disorder and symptoms in children, youth and adults,^{18 32 38-40}
- * Our taxes for costly problems.^{28 29}

What KERNELS will be promoted? Our Futures Coalition will be promoting *evidence-based kernels*¹ to help with concerns voiced in our communities. The first promoted kernels will be ones that have “early wins,” so that many people can see, hear, and feel the benefits.

Are these KERNELS credible? Yes, KERNELS are scientifically proven to work to help people.¹ You can download and read the scientific articles yourself. KERNELS often reflect grandmotherly wisdom. Proven KERNELS are not expensive or hard to use. Data about KERNELS show adults, children or youth, parents, families, teachers, church members, co-workers, organizations and communities can choose and use KERNELS to change the present and the future for the better.^{1 41 42} People everywhere will soon be able to learn about KERNELS that help themselves or others they care about at a new website debuting in 2009 called, www.GiveSimpleGifts.com.



Why focus on small actions for big changes? Many small daily acts of individuals, families and organizations determine our safety, our health, our economic success, and our well being in Licking County. Our daily acts of relating to others, to leisure or play, to eating, speaking, thinking and learning predict how successful we will be in a marriage or how children will do in school. Our daily acts affect our business, our success, our health and crime in our communities. The big good or bad things in life depend on a thousand small events. KERNELS often change those small events quickly, and in ways almost anyone can see, hear and feel.

What is Happening With Kernels in Licking County? If many people in Licking County learn about, see in action, use, and receive recognition for KERNELS that improve health, safety, and well being on a daily basis, then Licking County will create a “tipping point” for a better present and future. There are many small efforts that all of us can undertake that yield big results in the present and can improve our futures.

Our Futures coalition—representing many people and organizations—will...

- Promote wide access to low-cost, proven kernels people and groups can choose to use to improve their own lives,
- Invite individuals to adopt and spread kernels that work,
- Publicize and reinforce individual and group actions that better our future,
- Keep a scoreboard of our successes in improving Our Futures.

How can I, or my organization, help for Our Futures in Licking County? It's simple...

- Learn about and try the KERNELS for yourself, in your organization, or both,
- Tell others about KERNELS,
- Share stories of KERNELS that work for you with people you care about or your affiliated organizations

And, visit www.GiveSimpleGifts.com or contact Our Futures in Licking County, Lewis Mollica, Ph.D., 740-522-1232.

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