Instructions: As a group identify an issue or problem your TTC would like to address (or are already addressing) using this system change model. If you have several TTCs in your room, you can work through this exercise on one or two common issues.

What is the intractable problem or issue your TTC is addressing? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Use the following table to explore what system conditions are holding the issue or problem you want to change in place. The second column just provides some examples of what this looks like for stigma.

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| --- | --- | --- |
| **DIAGNOSIS:**  **ASSESSING SYSTEMS CONDITIONS** | | |
| System Change Condition | Example  (using SUD stigma) | What existing elements are reinforcing the current conditions and hindering our progress? |
| **Policies** | Criminalization of Substance Use, rejection of harm reduction strategies, sustained abstinence as a precondition to entering certain services. |  |
| **Practices** | Blaming people with SUD for their condition, rejecting people with SUDs, denying medical care. Individuals hide their substance use to avoid being judged. |  |
| **Resource Flows** | SUD services receive the least amount of funding of all health conditions. |  |
| **Relationships & Connections** | Individuals with SUDs avoid asking for help from others, feel inferior, isolated from family and friends. |  |
| **Power Dynamics** | People without SU issues look down on individuals with SUDs. |  |
| **Mental Models** | Moral model, Responsible for their behavior, weak, and unreliable. |  |

Adapted from the: [FSG Water of Systems Change Action Learning Exercise](https://www.fsg.org/resource/water-systems-change-action-learning-exercise/)