

## Community Health Accelerators Initiative (CHAI) Course Library

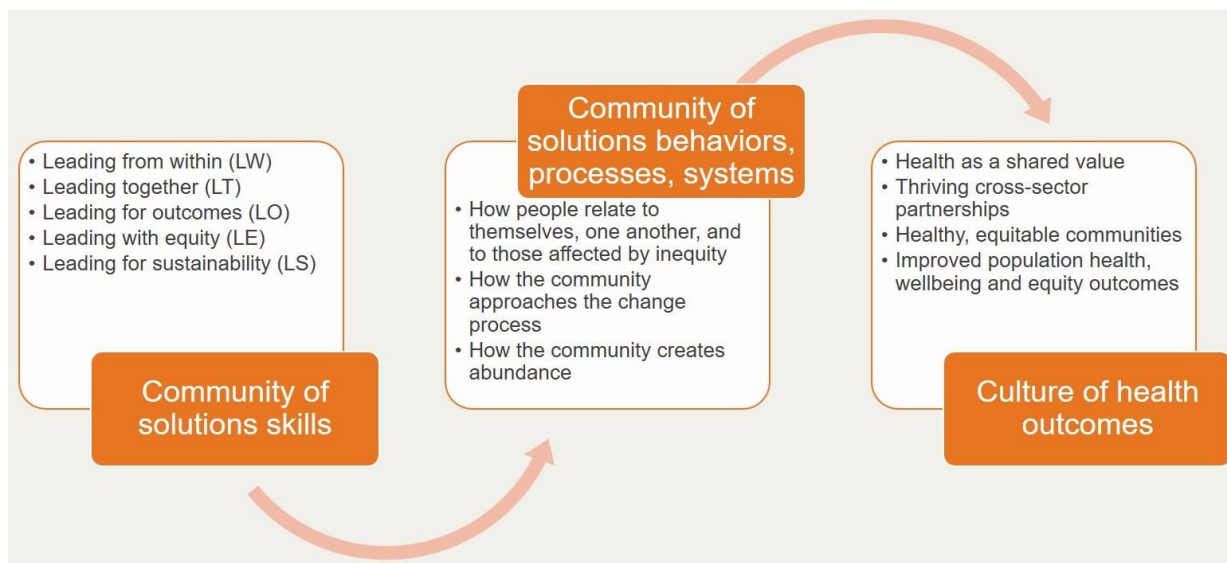
CHAI courses help change agents gain skills and tools to improve community health, well-being, and equity. It is designed for any community, anywhere, at any stage of its transformation journey.

Links to the virtual modules and companion documents are available below. Modules cover an introduction to 100 Million Healthier Lives (100MLives) and leadership concepts for community health improvement. We strongly encourage you to start with the “Introduction to 100 Million Healthier Lives and Community of Solutions Skills” modules before exploring more advanced courses.

## Introduction to 100 Million Healthier Lives and Community of Solutions Skills

### Description

These modules provide an overview of 100MLives and some of the resources that members have used to create change in their communities. It also offers an overview of the Community of Solutions (COS) framework, a core set of skills that we believe will help you to successfully tackle any health, wellbeing, or equity challenge.



*Community of Solutions Framework, 2017.*

### Modules

- [Introduction to the Communities of Solutions Framework](#)
- [100 Million Healthier Lives Tools and Resources](#)

### Companion Documents

- Stout S. *Overview of SCALE and a Community of Solutions: SCALE 1.0 Synthesis Report*. Boston: 100 Million Healthier Lives, convened by the Institute for Healthcare Improvement; 2017. (Available at [www.ihl.org/100MLives](http://www.ihl.org/100MLives))

- Stout S, Howard P, Lewis N, McPherson M, Schall M. *Foundations of a Community of Solutions: SCALE 1.0 Synthesis Report*. Boston: 100 Million Healthier Lives, convened by the Institute for Healthcare Improvement; 2017. (Available at [www.ihl.org/100MLives](http://www.ihl.org/100MLives))

## Leading from Within

### Description

Leading from Within (LW) skills involve one's inner journey as a leader, including the ability to know oneself and what brings one to leadership, reflect, "fail forward," and change as needed. In addition, it involves seeing and committing oneself to unlocking the leadership of others, especially those with lived experience of inequity. Modules in this course cover the practice of asking open and honest questions, Parker J. Palmer's Habits of the Heart, and putting identity and integrity into leadership.

### Modules

- [LW 101: Deep Listening and Reflective Practices](#)
- [LW 102: Story of Your Name, Your Community, Your Gifts](#)
- [LW 103: Habits of the Heart](#)
- [LW 202: Putting our Identity and Integrity Into Our Leadership](#)
- [LW 203: Sustaining Self and Deepening Authentic Voice](#)

### Companion Documents

- Five Habits of the Heart that Help Make Democracy Possible. Adapted from Palmer, PJ. *Healing the Heart of Democracy: The Courage to Create a Politics Worthy of the Human Spirit*. Seattle: Center for Courage and Renewal; 2011. [www.couragerenewal.org/habitsoftheheart/](http://www.couragerenewal.org/habitsoftheheart/).
- *100 Million Healthier Lives Touchstones for Collaboration*. Boston: 100 Million Healthier Lives, convened by the Institute for Healthcare Improvement; 2020. (Available at [www.ihl.org/100MLives](http://www.ihl.org/100MLives))

## Leading Together

### Description

Leading Together (LT) skills are grounded in the perception of the community as a dynamic network of interacting people, organizations, structures, and systems related to a place. It is necessary to lead together with others in a community to create effective, equitable change. Modules in this course cover effective teamwork, creating a space for collaborations, and partnering with people with lived experience of inequity in co-design processes.

### Modules

- [LT 101: Practice of Open and Honest Questions](#)
- [LT 102: Developing Touchstones for Collaboration](#)
- [LT 201: Co-Designing with People with Lived Experience](#)
- [LT 202: Acting in the Face of Tension](#)

### Companion Documents

- Brennan L, Mullin F, Hayes H. *Co-Design/Distributed Leadership Debrief Discussion Tool*. Boston: 100 Million Healthier Lives, convened by the Institute for Healthcare Improvement; 2020. (Available at [www.ihl.org/100MLives](http://www.ihl.org/100MLives))

- Coleman SE, Byrd K, Scaccia J, Stout S, Schall M, Callender S, Anderson J, Behrman N, Budnik A, Smith D, Brown L, Douglas W, Bussey R, McDermott E, Munene E, Mullin F, Hatchett L, Pohorelsky J, VanLanen T, Pairolero B, Mann Z. *Engaging Community Members with Lived Experience: SCALE 1.0 Synthesis Report*. Boston: 100 Million Healthier Lives, convened by the Institute for Healthcare Improvement; 2017. (Available at [www.ihl.org/100MLives](http://www.ihl.org/100MLives))
- Mann Z, McDermott, E, Byrd, K, Stout, S, Callender, S, Anderson, J, Scaccia, J, Budnik, A, Bussey, R, Douglas, W, Fritsch, S, Moorthy, A, Mullin, F, Munene, E, Pohorelsky, J, Rosen, C, Serrano, M, Smith, D, Coleman, SE. *Toolkit for Engaging Community Members with Lived Experience*. Boston: 100 Million Healthier Lives, convened by the Institute for Healthcare Improvement; 2020. [www.communitycommons.org/collections/Engaging-Lived-Experience-Toolkit](http://www.communitycommons.org/collections/Engaging-Lived-Experience-Toolkit).
- Roary Y, Rumala BB, Coleman SE, Knuckles D, Turk A, Glaze E, Canedy C, FallCreek S. *Engaging People with Lived Experience of Inequity: Relationship Building*. Boston: 100 Million Healthier Lives, convened by the Institute for Healthcare Improvement; 2020. (Available at [www.ihl.org/100MLives](http://www.ihl.org/100MLives))
- Rumala BB, Coleman SE, Roary Y, Canedy C, Turk A, Knuckles D, Glaze E, FallCreek S. *Engaging People with Lived Experience of Inequity: Assessment Tool and Resource Guide*. Boston: 100 Million Healthier Lives, convened by the Institute for Healthcare Improvement; 2020. (Available at [www.ihl.org/100MLives](http://www.ihl.org/100MLives))

## Leading for Outcomes

### Description

Leading for Outcomes (LO) skills support communities in applying design skills to co-create a theory of change, identify measures, test the theory, and plan for implementation and scaling up in a way that makes these tasks easier. Modules in this course cover innovation and design thinking, improvement science, and implementation skills.

### Modules

- [LO 101: Switch Thinking, Module 1](#)
- [LO 102: Switch Thinking, Module 2](#)
- [LO 103: Switch Thinking, Module 3](#)
- [LO 104: Design Thinking, Module 1](#)
- [LO 105: Design Thinking, Module 2](#)
- [LO 106: Design Thinking, Module 3](#)
- [LO 107: Using Improvement Methods to Advance Health, Wellbeing and Equity, Part 1](#)
- [LO 108: Using Improvement Methods to Advance Health, Wellbeing and Equity, Part 2](#)
- [LO 109: Using Improvement Methods to Advance Health, Wellbeing and Equity, Part 3](#)
- [LO 110: Using Improvement Methods to Advance Health, Wellbeing and Equity: Part 4](#)

### Companion Document

- Schall M, Howard P, Lewis N, Archer K, Blanton S, Byrd K, Chen S, Douglas W, Ebersole K, Fairley K, Fritsch S, Kendrick C, Klysa E, Munene E, Platson L, VanLanen T, Scaccia J. *Using Improvement Methods and Design Thinking to Guide Action: SCALE 1.0 Synthesis Report*. Boston: 100 Million Healthier Lives, convened by the Institute for Healthcare Improvement, 2017. (Available at [www.ihl.org/100MLives](http://www.ihl.org/100MLives))

## Leading for Equity

### Description

Leading for Equity (LE) skills integrate and apply Leading from Within, Leading Together, and Leading for Outcomes skills to address equity at a population and structural level. Modules in this course cover core principles for addressing equity, understanding implicit bias (LW), touchstones to create safe, equitable spaces for collaboration (LT), and using data to both identify who might not be thriving and map systems that perpetuate inequity (LO).

### Modules

- [LE 101: Equity Fundamentals](#)
- [LE 201: 100 Million Healthier Lives Approach to Equity](#)
- [LE 202: Applying Community of Solutions Skills to Address Equity](#)
- [LE 203: 100 Million Healthier Lives Approach to Equitable Measurement](#)

### Companion Documents

- Douglas W, Fritsch S, Howard P, Muiga R, Munene E. *Equity Action Lab Implementation Guide*. Boston: 100 Million Healthier Lives, convened by the Institute for Healthcare Improvement; 2019. (Available at [www.ihl.org/100MLives](http://www.ihl.org/100MLives))
- Stout, S, Polan, S, Hatchett L, Martin D, Smith F, Peck J, Ayers J, Tucker E. *100 Million Healthier Lives Approach to Equity*. Boston: 100 Million Healthier Lives, convened by the Institute for Healthcare Improvement; 2017. (Available at [www.ihl.org/100MLives](http://www.ihl.org/100MLives))

## Leading for Sustainability

### Description

Leading for Sustainability skills facilitate an ongoing process of transformation in a community (generative sustainability) as opposed to maintaining programs. Modules in this course will discuss approaches to foster sustainability of political and cultural environments, resources needed to maintain and scale change, and people to lead change in the community.

### Modules

- [LS 201: Planning for Resource Sustainability](#)
- [LS 202: Planning for People Sustainability](#)
- [LS 203: Planning for Environmental Sustainability](#)
- [LS 204: Planning for Change Sustainability](#)

### Companion Documents

- Stout S, Anderson J, Brooks K, Munene E, Knox P and Schall M. *Leading for Abundance - Approach to Generative Sustainability. SCALE 1.0 Synthesis Report*. Boston: 100 Million Healthier Lives, convened by the Institute for Healthcare Improvement, 2017. (Available at [www.ihl.org/100MLives](http://www.ihl.org/100MLives))



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