

The Connected Flourishing Framework — Ecosystem Map					
Relational Health · Identity Formation · Human Flourishing Across the Life Course					
Three Pillars of Flourishing When these weaken, risk increases across all life stages		01 GROUNDED IDENTITY A coherent, stable sense of self	02 HEALTHY CONNECTION Reciprocal, deep relationships	03 MEANINGFUL BELONGING Communities of shared purpose	
↑ RISK OUTCOMES WHEN CONDITIONS WEAKEN	🌱 EARLY CHILDHOOD Attachment + Safety	🌱 CHILDHOOD Competence + Socialization	🌀 ADOLESCENCE Identity Formation + Meaning	🧑 ADULTHOOD Contribution + Integration	↑ PROTECTIVE RESPONSES
Mental Health Disorders Social Isolation & Loneliness Violence & Aggression Civic Disengagement Addiction Digital Dependency Identity Instability Existential Despair EMPIRICAL SIGNAL 57% Americans report loneliness (Cigna 2024) 40% teens report persistent hopelessness (CDC 2024) +61% increase in adolescent anxiety, 2016–2023 34% social trust rate, down from 58% in 1960	CORE NEEDS › Emotional attunement › Secure relationships › Co-regulation › Trust & safety MODERN RISKS › Caregiver distraction › Fragmented attention › Weakened attunement THEORY BASE › Bowlby / Ainsworth › Siegel (Interpers. Neuro) › Infant Mental Health › Early SEL Foundations ✂ BRITTLE CONNECTION Presence without relational depth — physical availability without emotional engagement	CORE NEEDS › Encouragement › Peer connection › Moral formation › Contribution › Relational consistency MODERN RISKS › Performance orientation › Transactional peer culture › Conditional acceptance › Weakening community ties THEORY BASE › Erikson (Industry Stage) › Bronfenbrenner (Ecology) › Search Institute / SEL › Character Development ✂ BRITTLE CONNECTION Conditional acceptance — achievement-based worth; unstable social belonging	CORE NEEDS › Belonging & agency › Purpose beyond performance › Healthy autonomy › Digital identity navigation MODERN RISKS › Algorithmic validation › Identity performance › Parasocial attachment › Social comparison THEORY BASE › Erikson (Identity Stage) › Marcia (Identity Status) › Haidt (2024) › Digital Wellbeing Research ✂ BRITTLE CONNECTION Hyper-connection with emotional isolation — visibility substituting for belonging	CORE NEEDS › Community participation › Vocation & meaning › Generativity › Intergenerational ties › Stability & place MODERN RISKS › Loneliness epidemic › Civic fragmentation › Low social trust › Loss of community bonds THEORY BASE › Erikson (Generativity) › Putnam (Social Capital) › Surgeon General, 2023 › Civic Health Research ✂ BRITTLE CONNECTION Networked isolation — acquaintance-rich, community- poor; low social trust	Relational Health Practices Secure Attachment Programs Caregiver Wellbeing Support SEL Curricula (CASEL) Character Development Developmental Relationships Digital Wellbeing Education Purpose & Civic Engagement Community Infrastructure Intergenerational Programming Place Attachment SECTORS FOR ACTION Early Childhood Schools Communities Families Policy Technology Civic Orgs Workforce
ATTACHMENT THEORY Bowlby · Ainsworth · Siegel Secure bonds as the biological substrate of all relational capacity and identity development		ECOLOGICAL DEVELOPMENT Bronfenbrenner · Erikson Nested systems and life-course psychosocial stages shaping developmental outcomes	IDENTITY FORMATION Marcia · Haidt Identity status theory and the digital rewiring of adolescent development	SOCIAL CAPITAL Putnam · Search Institute Community infrastructure and developmental relationships as protective factors	SEL RESEARCH CASEL · Durlak et al. (2011) Meta-analytic evidence base: 213 programs, n = 270,034 students
✕ NOT SAYING "Technology causes mental illness." ✓ SAYING "When developmental environments prioritize speed, visibility, and performance over stable relational depth, people experience increasingly brittle forms of connection that weaken identity formation, belonging, and resilience." — Dr. T. Hardy-Sellers 1 in 2 U.S. adults report loneliness 40% of teens report persistent hopelessness +61% adolescent anxiety diagnoses (2016–23) 34% of Americans trust each other					