



September 2017 NWP CFO Quarterly Report

Data Updates & Limitations:

The following data is based upon what has been collected and entered into the system at this time from both the customized database created by Drury University and the Circles program. Researchers are continuing to work on follow up data and entering this into both systems with the assistance of Missouri State Sociology research assistants. In subsequent reports, it is anticipated that more follow up data will be available, including data regarding social capital, trust, and health.

Cohort Updates:

Demographics (Cohorts 1-5)

Individuals Served in Cohorts:



40

Households Served:



38

Number of Lives Impacted (Number in Households - Accounting for Duplicates):



Average Age:

41

Ethnicity:

- African American = 2
- Caucasian = 36
- Native American = 1

- Other = 1 (Two or more races)

City or Place of Birth:

- Springfield Native = 12 (Northside Native = 5 of 12)
- Other = 27
- Not identified = 1

Size of City or Place of Birth (if Not Springfield)

- Urban (250,000+) = 3
- Suburban (50,000-249,000) = 1
- Rural (Less Than 49,000) = 19
- Not Identified = 5

Education Attained:



These are educational attainments when beginning the program. We see high rates of high school completion requirement to have a high school diploma or equivalent (or be able to attain one in six months after beginning with our the program). All three participants with less than a high school education also had a parent without a high school education. Four participants reported that their parent had a bachelor's degree and one a Master's degree. Only six participants reported less educational attainment than the level attained by their parent.

Employment

- Employed At Project Start = 13 (Full Time - 35hrs+ = 10; Part Time = 3)
- Not Employed At Project Start = 16
- Not Applicable = 11

Average Monthly Household Income At Project Start:

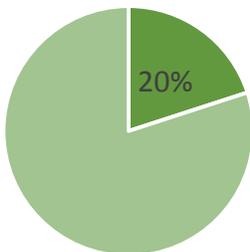
\$2,202

Average Monthly Rent:

\$403.00

36 households in secure housing (name on lease)

Percentage of Rent to Income:



Affordable and Quality Childcare (For Those Needing Before/After School Care and/or Daycare):

- Child Care is Needed/Subsidy is Available but Center will not accept subsidy/Otherwise Unaffordable = 3
- Childcare is Affordable but is not of high quality = 1
- Childcare is Available/Affordable/Quality = 16

Reliable Transportation At Project Start:

31 Individuals

Self Sufficiency Goals and Progress:

- Most commonly reported: Finances, Education, and Employment
- The NWP continues to assist participants in individual and family goals, with the ultimate goal of self sufficiency. Employment that provides enough income to meet basic needs is central in that conversation. For Cohorts 1-3, full time employment has increased by 90% for Cohort 1 and 60% for Cohort 3 since program inception.

Health Insurance:

- Children of Cohorts 1-5 = All have health insurance
- Adults Not Covered Cohorts 1-5 = 10 (Do Not Qualify for Medicaid and/or are unable to afford insurance on the exchange)

ACE Scores

- **Cohort 1:** Average Number of Adverse Childhood Experiences: 4
- **Cohort 2:** Average Number of Adverse Childhood Experiences: 2
- **Cohort 3:** Average Number of Adverse Childhood Experiences: : 2.5
- **Cohorts 4-5:** 3.6
- **Cohort 1-5 Mean:** 3
- **Most common reported:** Verbal abuse and living with alcohol or drug addict and/or mentally ill caregiver

Hope and Resiliency

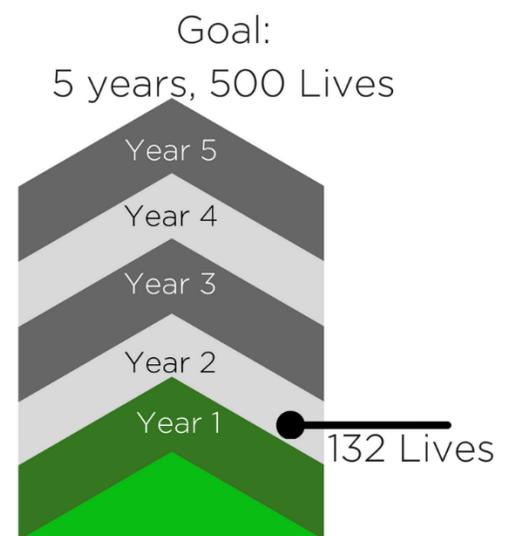
NWP participants are being assessed to determine two key factors: hope and resiliency. Participants are given the FHI (Family Hardiness Index) to measure their internal strength, or ability to deal with stressful life events. Higher levels result in better family coping strategies. The two most common factors cited have been religion/spirituality and personal characteristics of family members. In addition, NWP researchers are conducting personal interviews with each participant to assess their hope factor. In this context, hope is defined as 1) a person's sense of goal-directed energy and 2) a positive motivational state that provides pathways for achieving goals. Goal attainment is associated with positive emotions (Snyder et al, 1996), while negative emotions may lead to goal blockage.

Both quantitative assessments are given upon entry into the program, and upon conclusion of Circles programming to determine changes that have occurred. Researchers are currently collecting baseline as well as updated scores within the first 3-5 Cohorts and the data will be available in the next quarterly report. Initial baseline and updated scores analyzed, suggest double digit positive increases in hope and resiliency for some from project start to Circles programming end.

Results from qualitative assessments demonstrate the impact the Northwest Project is having on participants. In a recent interview, one participant said, "When I first came here, I was dragging, barely making it. This program has literally given me a new life! I've gone from barely surviving with no hope, to thriving now. I can't say enough about this program!" Another participant shared how the Northwest Project helped her get a new car and find a new job (at Life360 daycare). Another milestone --she started checking and savings bank accounts (first time in her life she ever had one).

Interpretation of Demographic Data & Progress Data

- **Numbers Served (132):** The project appears to be on track to serve 500 in 5 yrs.
- **Ethnicity:** Socially disadvantaged racial and ethnic groups have a disproportionate risk for poverty (due to compounded and longitudinal discrimination) and in Springfield, represent a disproportionate percentage of those considered to be in poverty. Additional outreach may be needed to insure that those from socially disadvantaged groups are aware of NWP programming and are given the opportunity to apply.
- **Self-Sufficiency Goals & Progress:** Education, employment, transportation and health related needs remain the biggest reported and statistical needs for participants. Housing, childcare, and several other of the 10 assets (while significant to long term sustainability and while things that are being addressed with each participant) do not appear to be presenting concerns often in intake and screening assessments. Rather, employment, education and transportation remain significant barriers to self-sufficiency. Health circumstances such as disability also present additional challenges. It is possible that things like SNAP, housing subsidies, and child care subsidies are already being utilized which provides for these needs for many participants. In such an event, the sudden loss of assistance programs such as SNAP, childcare or public housing once meeting a specific income threshold can create what is known as the "cliff effect."



Oftentimes an increase of less than \$50 a month can lead to the loss of several hundred dollars' worth of programs. When the gain in income doesn't cover the needs of their family once assistance is lost, it can cause someone to turn down a raise or even promotions. Employment that provides for basic needs and education that provides opportunities to higher paying employment in such an event, remain even more imperative then for these NWP participants.

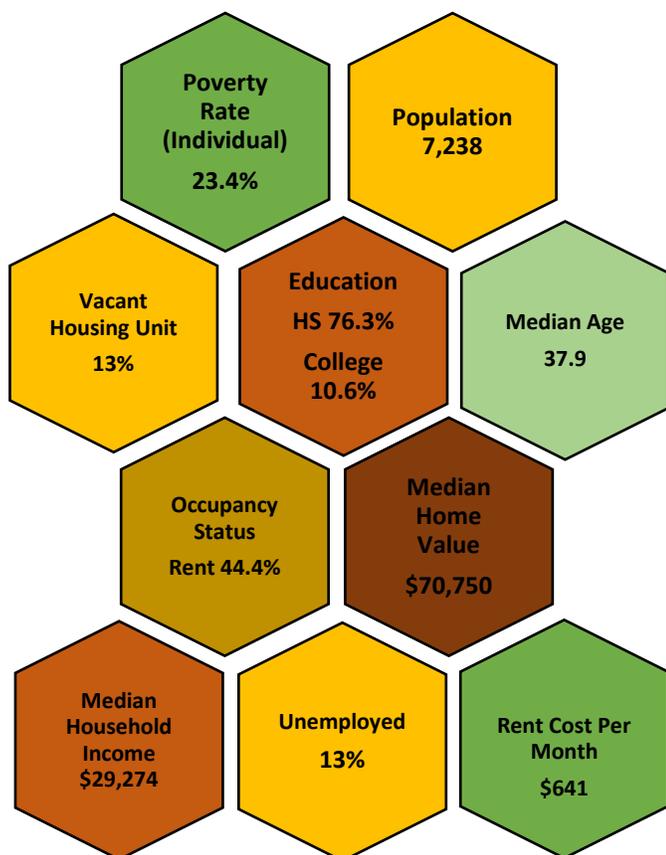
- **Mean ACE score of 3:** The more ACEs one has, the greater the risk for chronic disease, mental illness, violence and being a victim of violence. People have an ACE score of 0 to 10. Each type of trauma counts as one, no matter how many times it occurs. Those with an ACE score of 4 are twice as likely to be smokers and seven times more likely to be alcoholic. Having an ACE score of 4 increases the risk of emphysema or chronic bronchitis by nearly 400 percent, and suicide by 1200 percent. People with high ACE scores are more likely to be violent, to have more marriages, more broken bones, more drug prescriptions, more depression, and more autoimmune diseases. People with an ACE score of 6 or higher are at risk of their lifespan being shortened by 20 years.

Neighborhood Updates

The Northwest Project will launch in the fourth neighborhood, Heart of the Westside, September 18th. The new location is at York Elementary, and it is the second partnership location with Springfield Public Schools. The neighborhood president is a previous NWP participant. She graduated GB001 and will help facilitate in Heart of the Westside. The school principal, Dr. Lora Hopper, the counselor, and the PTA president are all engaged and assisting with recruitment. Up to 15 new families will be selected for HW001 cohort.

Robberson will celebrate its first cohort of seven graduates August 22nd. Woodland Heights will celebrate its first cohort of eight graduates August 30th.

Heart of Westside Neighborhood (City of Springfield Planning and Development 08-12 Census Data)



Community Involvement, Partnership, and Volunteer Updates

- **OCH** - We have recently acquired a partnership with OCH (Ozark Community Hospital) to help meet mental health needs for our participants. We have access to a direct contact who schedules appointments with a psychologist for our participants. This has significantly decreased barriers in seeking mental health services and streamlined the process of getting our participants to an appointment.
- **Children's Division** - We have made increased connections with Children's Division. They have referred several families to our program recently.
- **AARP** - AARP Foundation provides a "re-entry into the workforce" program for senior citizens. Several of our participants are eligible for assistance through this program. We have also been approved as a "host site," meaning that participants in the AARP Foundation program are eligible to complete training hours at the Fairbanks.
- **OACAC - Love & Logic** - OACAC has been teaching Love & Logic parenting training to Northwest Project participants.
- **Behavioral Health Support** - OTC has included the Northwest Project as a possible internship site for their Behavior Health Support students. We also have one of our participants who has applied to enroll in this grant funded program.
- **Greene for Green** - The city offers Greene for Green classes at the Fairbanks. These serve as a resource for our participants. One of our participants has completed this training.
- **1st Evangel Intern** - This fall we will have our first Evangel intern. This student is serving as an intern for Evangel's Bachelor of Social Work program.
- **Literacy Help** - The Northwest Project has been involved in a collaborative focused on increasing literacy for our most at-risk families.
- **Family Counseling Services** - The Dream Center is providing family counseling for our families. We have been able to refer 5 of our families to these services.
- **Central Bank** - Central Bank is a new partner, assisting with financial education for our participants.
- **Camp Fairbanks** - Life360 Family Services offered programming and scholarships for our school age kids to have childcare available over the summer.

Volunteer Hours

- 1,186 hours. Recorded through GivePulse. These are student hours volunteered. We have low student turnout during summer months. We have 548 registered engagements (specific volunteer opportunities) for the Northwest Project
- Dinner service monthly - 12 hours monthly to add to the total from SE Rotary = 144 hours each year

Research and Evaluation Updates

Ally Survey update

Ally survey is set to be collected this fall. Questions will focus on demographics of those who participate as community allies, as well as motivating factors and shifts in community advocacy efforts.

Social Capital Research Efforts

NWP research staff met with the Missouri State Social Work Department in early August to replicate a social capital study conducted by Harvard University . This study looked specifically at neighborhood level trust, relationships, and capital. This study is one that may occur over several years. The Social Work Department has agreed to continue conversations about piloting the study with faculty and students and in one NWP neighborhood and then expanding the study into others as NWP continues to grow.