

Getting Ahead in a Just –Gettin'-By World

Facilitating the Theory of Change Sarah Brozynski – Food Bank North Central Arkansas /ACCESS Group Kailey Hughes / Getting Ahead Graduate

Choice – Power - Accountability

- Main theme Accountability
- Analyze their own situations
- Assess their own resources
- Choose their plan of Action

Facilitators share:

- The hidden rules of class
- Assist investigators to acquire <u>the power</u> they need to meet their goals
 - Power of oneself
 - Power over one's own thinking and emotions
 - Power of language
 - Negotiation
 - Power of connections and political/economic influence

What's Involved?

- Closed groups of 5–15 people; ideal size is 8–12.
- 9 sessions that are two and a half hours long.
- Done once a week.
- Putting our knowledge into a series of mental models.
- A facilitator who helps us explore solutions, not someone to tell us what to do.

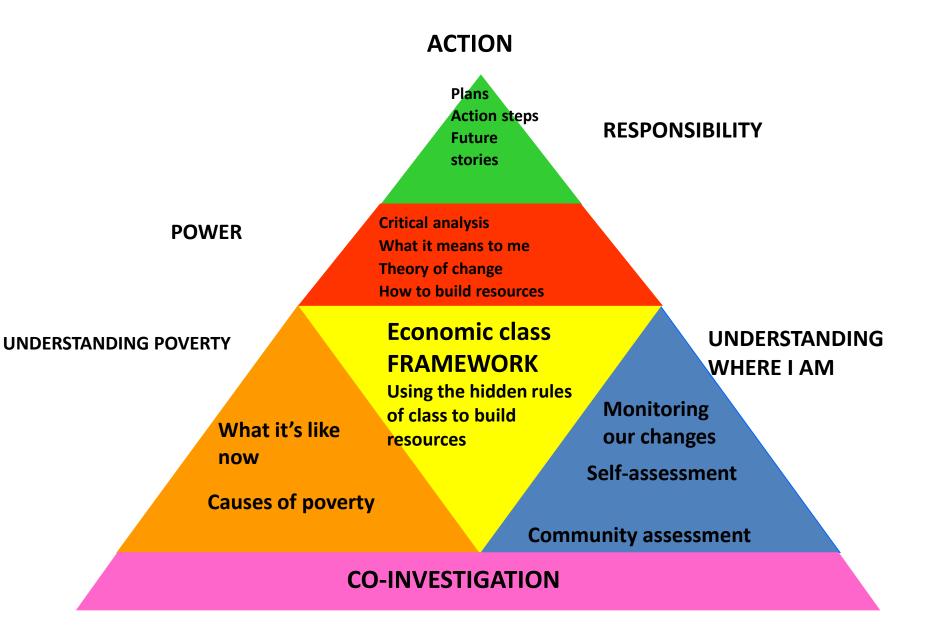
What's Happened So Far ...

- 4 Getting Ahead Classes have been held
 - 1 Ozarka College
 - Career Pathway Students
 - 2 Arkansas State University Mountain Home
 - Participants were from the women's shelter, Career Pathway Students, Food Bank employees, and a ASU-MH Graduate
 - 1 Ranger Boats Manufacturing Plant



- "Kitchen Table"
- NOT a Lecture
- NOT Group Therapy





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Living in the Tyranny of the Moment

- "What's it Like Now"
- Putting out the fires
- Mental Model is created by each participant
- Living life hour by hour, day by day



Theory of Change

- Safe place for people in poverty to examine and analyze how poverty impacts their life
- Opportunity to explore economic realities
- Developing plans for transitions
- Use mental models
- People can move from concrete to abstract

Investigator Comments

"The course starts with a huge reality check that forms an understanding in the group. 'What it's like now' isn't 'how it has to be.' Realizing that I have the power to make my life go up or go down made the rest of the information relevant. Then I learned how to use it."

-Brandy Bates, College Student

Self Assessment

- People can evaluate themselves
- Choose behaviors
- Make plans to build resources and
- Climb out of poverty
- The work of assessing and planning for all aspects of one's life lies with the individual

Motivation

- Investigators make the argument for change
- Our process is designed to promote motivation by creating a discrepancy between life as it is now and what it might be in the future

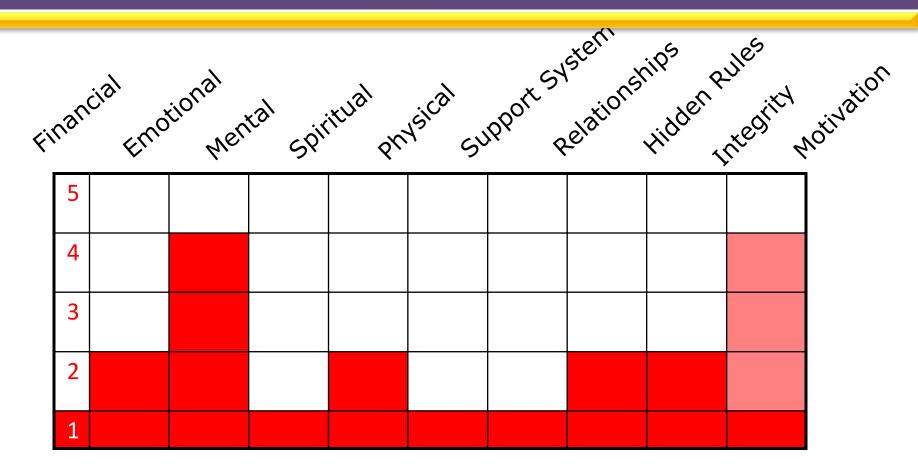
Using Hidden Rules

- Ease the transition to stability
- Learn how to better communicate with agencies
- Learn the rules of the system

A Practice in Abstract Thinking

- Two Story Lines
- Separate the individual from the issue
- Ex: Child Support Order

Resources



House brought out of foreclosure





Changes Happened!



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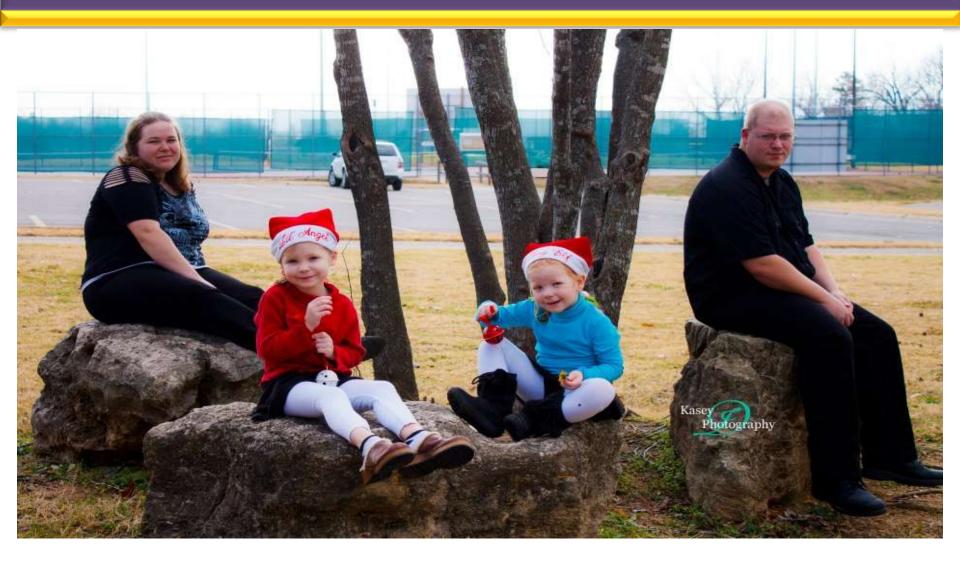
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Investigator Comments

"These things I have learned in this course are not everyday lessons. They are not common sense. The average person has no idea about the world we live in. <u>Now I am teaching</u> <u>my children so they don't experience what I went through.</u> <u>Once you know, you know, and you can never see the</u> <u>world the same way again."</u>

-Tanavia Hodges, College Student

Kailey Hughes



Current Financial Picture

Currently Receiving

- Housing Assistance
- Former TEA
- SNAP
- PELL Grant
- Student Loans
- ABC Program
- Childcare Assistance with Career Pathways

I Am Who I Am

- I am a college graduate with a 4.0
- A mom of two beautiful girls
- A wife
- A sister to six siblings



"I learned that I didn't have to be embarrassed about who I was and where I am from because it was holding me back from reaching my full potential."

Why Getting Ahead?

- Holistic approach
- Finances are affected by many factors/decisions
- Instant support system
- Learn to be self motivated
- Objective problem solving
- Discover your major life purpose
- People will change