Providing Support That Empowers: Evidence-Based Home Visiting Programs and Brain Science–Informed Human Services

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#MobilityFromPoverty
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Mobility Definition

Mobility

- Economic Success
- Being Valued in Community
- Power and Autonomy
Strategies

Change the narrative

Create access to good jobs

Ensure zip code is not destiny

Provide support that empowers

Transform data use
Using Brain Science
to Transform Human Services and
Increase Personal Mobility from Poverty

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New brain science reveals special stress-related challenges to getting out of poverty:

- Thoughts
- Emotions
- Actions
- Future orientation
Understanding this science can transform human services and personal pathways out of poverty through brain science informed:

- Level 1- Environment and Process Improvements
- Level 2- Enhanced Case Management Approaches
- Level 3- Coach-Navigator Interventions
Level III - Coach Navigator Interventions Based on Brain Science

What are they?

1. They produce economic mobility outcomes, up to and including full economic independence (≈80%+ of AMI);

2. They strengthen the personal decision-making and self-management skills most depleted by the stresses of poverty.
Coach Navigator Interventions Produce Full Economic Independence Outcomes
How do they do it?

• Coaching with participant-directed self-assessment and goal-setting across multiple domains: family stability; well-being; money management; education; and career.

• Duration- up to and including full economic independence
Coach Navigator Interventions strengthen the personal decision-making and self-management skills

How do they do it?

• Coaches use brain science-based tools and approaches designed to reduce personal stress, improve decision-making and foster resilience and persistence;

• With frequency and duration, routine practice promotes permanent skill gains.
Coach Navigator Model Outcomes

2009-2014 Boston Mobility Mentoring
• Increased earnings 72% to $27.00/hr;
• Increased post secondary degrees from 30% to 90%;
• Positive ROI in Year 5 alone of $8000pp
  (Prottas, Brandeis, 2015)

Washington State DEL Mobility Mentoring (n=10,000) positive parent outcomes in all 17 areas measured (earnings, education, etc.) p<.001
  (WA DEL, 2017)
US Partnership on Mobility from Poverty
Personal Mobility Pathways Recommendations

1. Expand coach-navigator interventions. Help existing programs add capacity, and create new programs.

2. Educate the field. Educate providers on the brain science of poverty and how brain science-informed strategies can help.

3. Strengthen existing providers. Support providers through funding and technical assistance to implement brain science-informed approaches into their work.

Combining Brain Science–Enhanced Personal Mobility Interventions with Other Partnership Ideas

- Scale Evidence-Based Home Visiting Programs to Reduce Poverty and Improve Health
- Stepping on the Gas: Community Colleges as Engines of Economic Mobility
- Opening Mobility Pathways by Closing the Financial Services Gap
- Opportunity Neighborhoods: Building the Foundation for Economic Mobility in America’s Metros

“The whole is greater than the sum of its parts”
Scaling Evidence-Based Home Visiting

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Early childhood home visiting is a service delivery strategy that connects new and expectant parents with a designated support person—often a trained nurse, social worker, or early childhood specialist—to meet in their home or another preferred location.
The Two-Generation Continuum

- child-focused
  - child-focused with parent elements
    - e.g. early childhood development, parenting skills, family literacy, and health screenings

- whole family

- parent-focused
  - parent-focused with child elements
    - e.g. child care and workforce programs, food and nutrition, and supports for student parents
2Gen Core Components

- **social capital**
  - peer and family networks, coaching, and cohort strategies

- **early childhood development**
  - Head Start, Early Head Start
  - child care partnerships, preK, and home visiting

- **postsecondary & employment pathways**
  - community college, training and certification, workforce partnerships

- **health & well-being**
  - mental, physical, and behavioral health, coverage and access to care, adverse childhood experiences, toxic stress

- **economic assets**
  - asset building, housing and public supports, financial capacity, transportation
Home Visiting: Theory of Change
Families Served Through Evidence-Based Home Visiting

- 3,916,475 home visits provided
- 301,154 families served
- 312,154 children served

Evidence-Based Home Visiting by County (2016)
Families could benefit from home visiting

- Child < 1
- Single mother
- Parent with no high school diploma
- Pregnant woman or mother < 21
- Low income

- 19%
- 26%
- 9%
- 4%
- 26%
Evidence of Effectiveness

Research from Nobel-winning economist James Heckman demonstrates a 13% return on investment in high-quality early childhood for each year of a child’s life.

For families with young children who have an annual income of $25,000 or less, a $3,000 increase during the years of early childhood yields a 17 percent increase in adult earnings for those children.

Brain research shows that the brains of new parents undergo major structural changes just as babies’ brains do.
Recommendations

- Facilitate access to state Medicaid funding
- Remain responsive to ongoing efforts to reform US healthcare system
- Grow the home visiting workforce
- Mobilize strategic partnerships in priority states
- Invest in community-wide efforts to promote population health level change
- Convene stakeholders to identify sustainable funding solutions
- Fund research to support home visiting as a solution to intergenerational poverty
For further information

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What are your reactions and questions?

Type your questions or comments into the Questions box. Be sure to include your name and organization.

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