Welcome to the 2020 Online Training

Thank you to our sponsors for supporting quality training for the Iowa Community Action Network!
Demystifying Poverty and Creating Community Action Champions

Presented By: ICAA’s 2020 Emerging Leaders’ Institute for Training and Excellence (ELITE) Cohort:

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Hosted by Tiffany Keimig and Lana Shope, ICAA
Purpose

- Address stereotypes about poverty
  - Share data and stories that counter them
    - Show the incredible challenges individuals and families are often up against and how we can…

Speak Truth

Spread Hope

Educate Others

Create Community Action Champions
“Poverty is a lack of character, not a lack of cash”
A story about the power of ‘cash’...

- North Carolina 1997 Harrah’s Cherokee Resort
- Profits directly impacted Cherokee families
Duke University Study

- Costello Study
- Chicken or the egg
- Casino presents unique opportunity

Duke University Study: Initial Results

- Child behavioral problems down 40%
- Juvenile crime rate, drug & alcohol use declined
- School scores improved

Duke University Study: Long Term Results

- $4,000/year = educational attainment and reduced criminal record

- 10 years later…

- Outcomes for parents

Why do some people living in poverty make poor decisions?

- Mental bandwidth
- You can’t take a break from poverty
- Psychology of scarcity
  - Overloaded computer

How does poverty affect intelligence?

- Effects of poverty on IQ
- Major financial set back impairs cognitive ability for people living in poverty
- Sugar cane farmers from India

How giving money away actually saves money

● Cherokee Casino

● Cost of eradicating poverty

Is poverty really a lack of character?

NO!!!!!!!!!!

Poverty is a lack of cash
“Pull Yourself Up By Your Bootstraps”
Rent, Home Price, College Tuition and Income in the Past Decade

2010 vs. 2019

**Average Rent**
- $1,083 (2010)
- $1,473 (2019)
- Change 36%

**Median Home Price**
- $179,900 (2010)
- $234,983 (2019)
- Change 31%

**Private College Tuition**
- $28,452 (2010)
- $39,513 (2019)
- Change 39%

**Median Household Income**
- $50,046 (2010)
- $63,362 (2019)
- Change 27%

*2019 median household income is based on CPI-adjusted data
Source: Yardi Matrix, PropertyShark, usnews.com, U.S. Census

RENTCafé®
**Grocery Costs**

- $400 on groceries in a month in 2010 cost $470.48 in 2019

- USDA states a thrifty monthly budget for a family of four is $584

- Estimated average monthly SNAP benefit for family of four is $448 (with no income).
Housing Costs 2010 vs. 2019

• Housing costs up 31%
  • $100,000 house now costs $131,000

• Payments jump from $714 to $934 to purchase the same house

• Rent costs up 36%
  • 1 bedroom $500 apartment now $680
    • Plus utilities
# Monthly Budget - Family of Four

<table>
<thead>
<tr>
<th>Item</th>
<th>Without SNAP</th>
<th>With SNAP</th>
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</thead>
<tbody>
<tr>
<td>Rent</td>
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<tr>
<td>Utilities</td>
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</tr>
<tr>
<td>Groceries</td>
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<td>$136</td>
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<tr>
<td>Gas (car)</td>
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<tr>
<td>Insurance (car)</td>
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<tr>
<td>Phone</td>
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<td></td>
</tr>
<tr>
<td>Total</td>
<td>$1,539</td>
<td>$1,095</td>
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</tbody>
</table>

- Net pay @ $7.25: $998/mo, -$541
- Net pay @ $9.20: $1,238/mo, -$301

*Net pay amounts are compared to the total expenses.*
Additional Barriers

• Transportation
• Daycare
• Mental Health
• Substance Abuse
• Psychosocial
• Outstanding debt
How do we, at Community Action, help support our community members?
Rapid Rehousing

• Housing First Model
  • Rent, deposit, and utility assistance
  • Case Management
    • Connection to resources
    • Accountability
    • Life Skills
Housing First vs. Housing Readiness

**Typical “Housing Readiness”**

- **Fail Points**
  - Homeless
  - Medical
  - Behavioral
  - Mental
  - Transitional
- **Permanent**

**Housing First**

- **Permanent**
  - Medical
  - Behavioral
  - Mental
  - Income
  - Landlord Relationship
  - Life Stability
Many families face significant barriers to thrive.
How Do Home Visiting Programs Support Families?

- Provides Personal Visits
- Provides Opportunities for Group Connections
- Provides Developmental and Social/Emotional Child Screenings
- Provides Resource Network Connections
What Are Outcomes from Supporting Families with Home Visiting Opportunities?

Short-term

- Increased healthy pregnancies
- Increased early identification
- Increased parent knowledge
- Improved parenting capacity
- Improved family health
What Are Outcomes from Supporting Families with Home Visiting Opportunities?

Intermediate

- Improved child health and development
- Reduced rates of child abuse and neglect
- Increased school readiness
- Increased parent involvement
What Are Outcomes from Supporting Families with Home Visiting Opportunities?

Long-term

- Strong communities, thriving families and healthy, safe children who are ready to learn
“It’s all right to tell a man to lift himself by his own bootstraps, but it is cruel jest to say to a bootless man that he ought to lift himself by his own bootstraps.”
— Martin Luther King Jr.
“Poverty does not have long term effects on children”
Childhood Poverty Increases Risks to Health & Wellbeing:

- Heart Disease
- **Chronic Stress**
- Changes to Brain Structure
- Anxiety
- **Behavior Disorders**
- Malnutrition
- Learned Helplessness
- Low Self-Esteem
- Exposure to ACES
- Chronic Illness
Kids Who Experience Poverty More Likely To Be Poor As An Adult

National Center for Children in Poverty (www.nccp.org)
Childhood and Intergenerational Poverty: The Long-Term Consequences of Growing Up Poor
Effects of Poverty on Children’s Education

• 90% of children not in poverty obtain a high school diploma

• 62% of children who spend ½ their lives in poverty obtain a high school diploma
  • 3% obtain a college degree
  • 16% of children were either consistently working or in school

*2017 report from the Urban Institute
Effects of Poverty on Children’s Education

• Dropout rate

• Under-resourced schools

• The cycle of poverty continues

*National Center for Education Statistics
Effects of Poverty on Children’s Education

• 25% have seen violence

• 22% have been removed from their biological families

• Violence and being relocated from families causes high stress
  • High stress cause behavior disorders such as:
    • Difficulty getting along with peers
    • ADHD
    • Impulsiveness
    • Aggression
    • Conduct disorder

https://www.apa.org/pi/families/poverty
Development

• Birth to 5 years most important developmental period

• Chronic Stress

• Cognitive

• Social/Emotional

Source: http://www.howkidsdevelop.com/developSkills.html
Development

• Speech and Language
• Fine Motor
• Gross Motor

Source: http://www.howkidsdevelop.com/developSkills.html
Health

• Self Confidence
• Heart Disease
• Learned Helplessness

Source: http://www.howkidsdevelop.com/developSkills.html
Health

- Toxic Stress
- Malnutrition
- Accidental Injuries

Source: http://www.howkidsdevelop.com/developSkills.html
Stress
Illness
Developmental Delays
Family Instability
Malnutrition
Dropout Rates
How Can Community Action Help?

- Quality Child Care
- Food Access
- Affordable Housing
- Resources for Parents
Thank you