

Voices of the Poverty Experience

A County of Simcoe Initiative

In support of the Simcoe County Poverty Reduction Strategy

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SOBRIETY

RELATIONSHIP

FRIENOS

VOLUNTEEANL

AKING A DIFFERENCE



TABLE OF CONTENTS

Executive Summary				
Introduction, Background, and Methodology				
Detailed Results: Poverty in Simcoe				
Introduction to the Results: Expanding Beyond Financial Capital	18			
People with Lived Experience: The Individual	25			
Family and Friends	42			
Community	51			
Recommendations: Ideas and Innovations Out of Adversity				
Appendices				

Kathryn Manners & Vireo Research

EXECUTIVE SUMMARY

- The overall goal for the Project was to understand the experience of people living in poverty in Simcoe County through their own voices.
- The research was conducted throughout the summer of 2014.
- We reached 176 survey respondents and conducted 34 peer interviews and 5 focus groups.
- The research tools were focused on moving away from the common lens of scarcity and considered all the different types of assets those living in poverty have and use.



EXECUTIVE SUMMARY

- Limited financial capital can be alleviated by leaning on other more plentiful capitals to move closer to goals, social and human capital which can offer support. But accessing the essential elements of life without financial capital is much more complicated and time consuming.
- Relying on networks can be both uplifting, and a source of stress. Family and friends may provide comfort, but may also keep people stuck in old patterns, or colliding with old arguments and issues.
- Age, gender, and other demographics influence **how** people experience poverty, while things like disability, mental health issues, or early parenthood can push them into poverty.
- Providing housing and food stability isn't just about a roof over someone's head or food in their mouth; it is more fundamental to a person's feelings of security and stability, both physically and emotionally.

EXECUTIVE SUMMARY

- Basic needs, including housing, transportation, and food security, are necessary priorities, without which individuals are unable to address larger challenges, such as completing their education, accessing daycare, or mental health services.
- The goal of any change should not be to fix or service people, but to make room for who they are and what they value within a system that provides access to a variety of services and supports.
- Broadening our definition of poverty and expanding views of available capital will allow for more appropriate, people friendly solutions and strategies.
- Helping people navigate the system by building stronger communities and peer networks would have a big impact.
- Keeping people in their own communities and finding a way to bring services to them would reduce complexity in the poverty experience and decrease the need for investment in substantial transportation infrastructure.
- Pushing for equality and creating opportunities for all is key. It isn't just about serving those living in poverty, but about empowering and enabling all of us, and understanding that the situations that those living in poverty find themselves in, could happen to many of us.



INTRODUCTION, METHODOLOGY & BACKGROUND



Collage Female Collingwood

WELCOME TO THE VOICES OF POVERTY EXPERIENCE

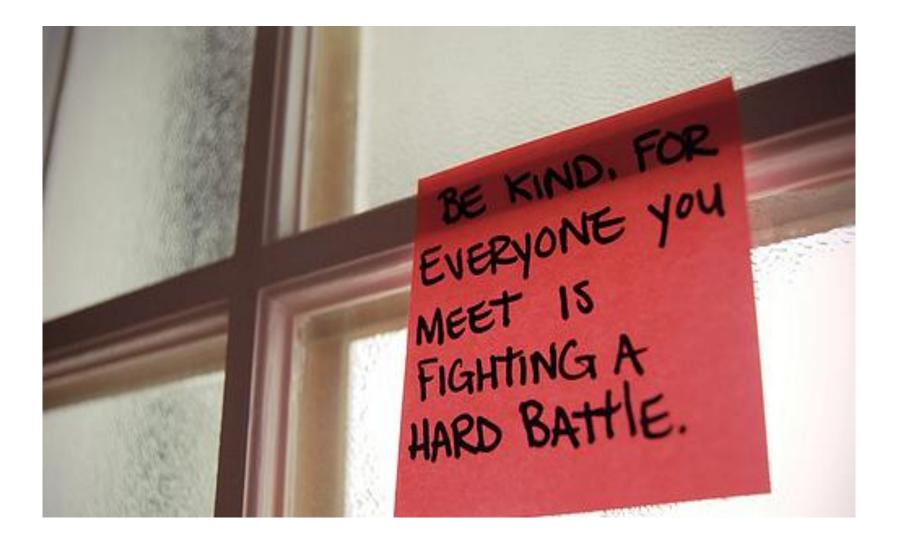
"I would like to see the world end poverty, because there are so many of us that really struggle. A lot of us really do struggle mentally, physically because some of us are isolated. I feel that way a lot because of circumstances in my life. I think that if we didn't have the service that we have here in this building – Breaking Down Barriers - we wouldn't know where to go. This was formed so many years ago – 1985 – and here we are in 2014 and we have grown into a family and we have all shared a lot of things along the way that we wouldn't share with other people. We don't want other people to feel sorry for us or make us feel different than what we are, but we want people to know that we are human and we deserve the same chances as other people, for instance to able to travel and do different things that someone else may take for granted. We wouldn't take it for granted because it's something we want...

And I think with something like what we're doing today [at this focus group]. I think it brings us closer to a world that understands, that's what this is all about - friendship and trying to help get through whatever it is that we need everyday. And I honestly feel that poverty is one of the things we are really not good with."

- Female, Collingwood



STARTING FROM A PLACE OF EMPATHY AND HUMAN CENTRED DESIGN



- Ian Maclaren

INTRODUCTION & BACKGROUND

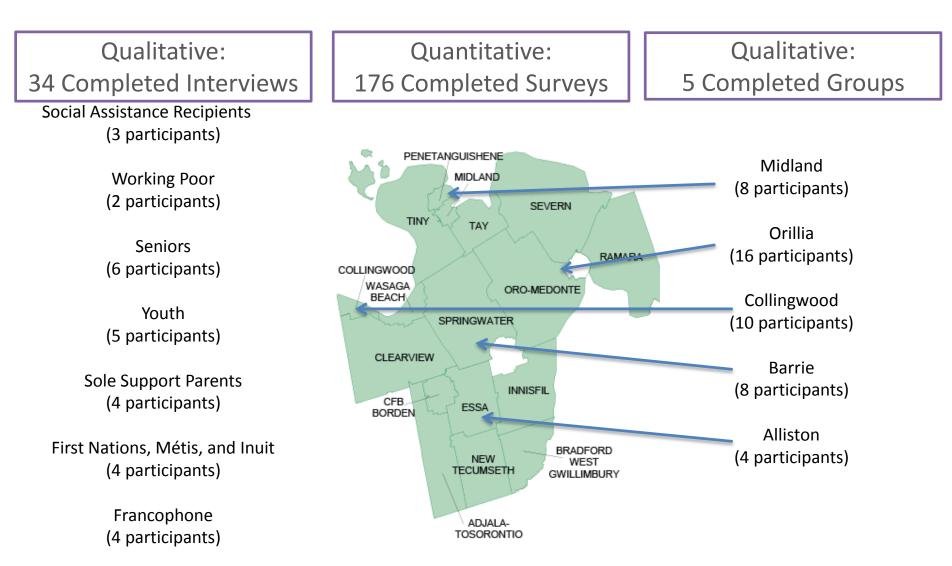
- A Request for Quote (RFQ) was initiated by the Children and Community Services Department of the County of Simcoe to research and report on the local experience of poverty in Simcoe County.
- Simcoe County Poverty Reduction Strategy: In Simcoe County there are a growing number of service providers who are interested in working collectively to reduce poverty locally. With the County of Simcoe and a number of local planning tables, networks and organizations already engaging in poverty reduction work, the emergence and development of a Simcoe County Poverty Reduction Strategy is underway to help focus on priority areas identified by the community.
 - This project is one of the initiatives within the Simcoe County Poverty Reduction Strategy.
 - This project is also in alignment with the recommendations outlined in the 10-year Affordable Housing and Homelessness Prevention Strategy
- This Voices of Poverty Initiative was designed to ensure a lived experience perspective and an asset-based approach.
- Throughout the project we were guided by:
 - Diversity and Inclusion
 - Data Integrity
 - The Power of Personal Narratives
 - Poverty Reduction as part of the County's Strategic Plan

Voices of the Poverty Experience Work Plan Overview

Goal: To understand the experience of individuals living in poverty in Simcoe County

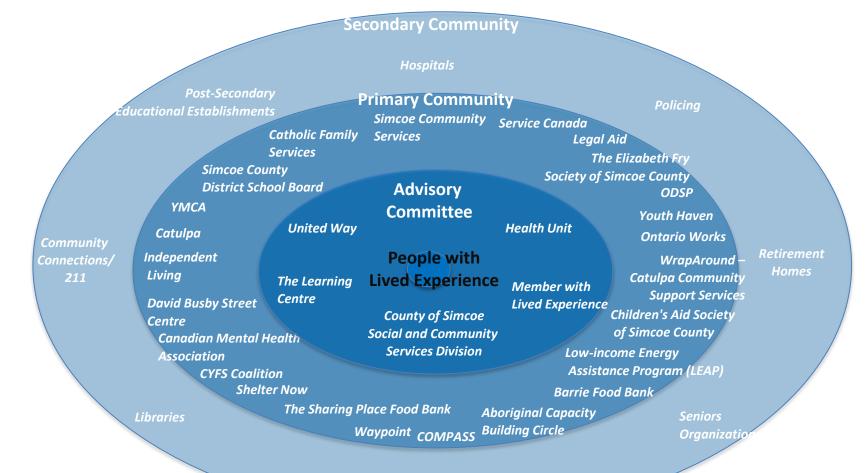
		·		· · · ·		
Define the Project• Determine desired outcomes and measures• Identify consultation groups and develop key questions• Announce project• Schedule key meetings• Quantitative phase	Access Current state • Lessons Learned • Qualitative Phase • Presentations • Consolidate and theme data • Overview of poverty in the county	Develop Strategies • Identity demographic characteristics • Community Event • Develop key recommendations • Present draft report • Presentations	Complete Project Presentations Complete final report Final advisory meeting Access next steps 	Decision to Implement (Y/N)	 Plan to implement Identify and charter the work Analyze stakeholder impact Develop implementation plan and monitoring system Announce approach 	 Implement, monitor and improve Execute plan Community Engagement Communicate and celebrate milestones Monitor and communicate results
APRIL	MAY-JULY	AUGUST	SEPTEMBER	Coι	unty of Simcoe im	plementation
Milestones Advisory Meeting & Kick off call	Milestones Draft Report Advisory Meeting	Milestones Advisory Meetings	Milestones Final Report	 Objectives: Identify individuals with lived experience of poverty who are willing and interested in participating in community mobilization activities related to poverty reduction. Generate a list of priority themes and issues that emerge from the key informants. 		
Consultation and Reporting				 Identify best practice strategies implemented in other jurisdictions that could be used to address local poverty reduction priorities Identify the demographic characteristics of the individuals who were involved in this community engagement process 		

OUR RESPONDENTS AND PARTICIPANTS



Disability (6 participants)

COMMUNITY PARTNERS SUPPORT-STAKEHOLDER MAP



Community Health Centre

Special thanks to:

The Barrie Food Bank, Barrie Public Library, Breaking Down Barriers, Home Horizons, Orillia Youth Centre, The Sharing Place Food Bank, Orillia Native Centre, Le Cle de la Baie, Rosewood Women's Shelter, E3, Simcoe County District School Board, Women & Children's Shelter of Barrie, WrapAround –Catulpa Community Support Services, Bradford Immigrant and Community Services, The Good Shepherd Food Bank and Barrie Community Family Health Team

THE CHALLENGE OF DEFINING POVERTY

- There is no national shared definition of Poverty in Canada.
- The most inclusive definition is in Quebec. Bill 112 is an act to combat poverty and for social inclusion. It defines poverty as "the condition of a human being who is deprived of the resources, means, choices and power necessary to acquire and maintain economic self-sufficiency and participation in society".
- Bridges Out of Poverty uses the definition "the extent to which an individual does without resources." Most often poverty is defined by a lack of financial capital. Stats Canada reports that 14% of Canadians have low income based on the "Basic Needs Poverty Measure", defined as the absolute minimum resources needed to fulfill physical well being. The "Market Basket Measure" created by the Department of Human Resources and Skills Development Canada, takes a similar approach including a broader range of goods and services to estimate the disposable income required to meet basic needs.
- A strong definition should consider the following:
 - Income and deprivation
 - Lack of opportunities
 - Meaningful employment
 - Sense of belonging
 - Sense of citizenship
 - Availability of other capitals

LICO (Low Income Cut Offs):The low income cut-offs (LICOs) are income thresholds below which a family will likely devote a larger share of its income on the necessities of food, shelter and clothing than the average family.

LIM (Low Income Measure): The Low-income measure after tax (LIM-AT) is a fixed percentage (50%) of median adjusted after-tax income of households observed at the person level, where 'adjusted' indicates that a household's needs are taken into account.

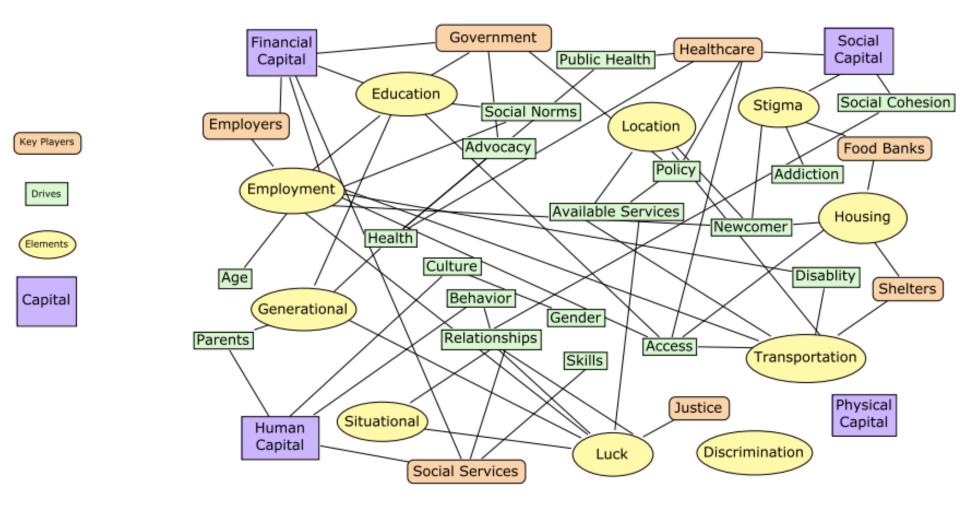
THE IMPORTANCE OF MAPPING THE POVERTY SYSTEM

A **System Map** is a thinking tool which visually describes the structure of the system and highlights the boundaries, key players, elements, and drivers.

A starting point to understanding the system:

- In a poverty system, there are at least 4 capitals to consider: financial, social, physical, and human.
- Key players need to be identified and relationships between them observed.
- By identifying key drivers, you can start to understand and reinforce positive relationships.
- Change can be initiated at different scales (micro, meso and macro) or from the individual experience by understanding the relationship between various elements, which demonstrate ways to influence change.
- It is important to look for both bridges and barriers to advance the system.
- Please find a preliminary system map on the following slide.

POVERTY SYSTEM MAP: VERSION ONE



THE KNOWLEDGE WE STARTED WITH...Secondary Research

- The issue of Poverty has been well researched. When looking at the secondary research in order to find best practice strategies, or other jurisdictions, making a difference, we found:
 - There is an interest and need to hear from the voices of lived experience.
 - There are identified pathways out of poverty.
 - There are shared experiences from around the world.
 - There are a clustering of concerns that low income people need to deal with on a daily basis.
 - There is a need to look at both institutional and individual causes and solutions.
 - There is a need to support basic needs first.
 - There is emerging research about how our minds deals with complexity, adversity, and decision making.
- Generally, solutions are place-based and individually focused, making it more difficult for system or regional approaches.

NOT LIVING ON THIN ANY MORE !!!!! Gooffealth & Self image

DETAILED RESULTS: POVERTY IN SIMCOE COUNTY



Collage Female Orillia

INTRODUCTION TO THE RESULTS: EXPANDING BEYOND FINANCIAL CAPITAL

AN ASSET BASED APPROACH: CAPITALS AND THE DETERMINANTS OF POVERTY

We wanted to move away from a scarcity perspective and consider all the different types of assets accessed by those living in poverty. Any form of capital —material or nonmaterial— represents an asset that produces a stream of benefits for those who have them, or who live in places where they exist.

Financial Capital can offset aSocial, Human & Physical Capital become more important forlack of Social, Human, & Physical.those without financial capital.

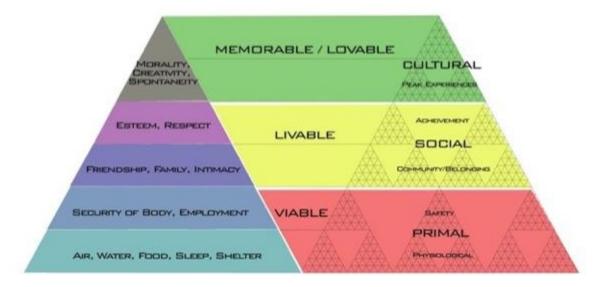


Paul A. Samuelson and William D. Nordhaus (2004). Economics, 18th ed

Kathryn Manners & Vireo Research ¹⁹

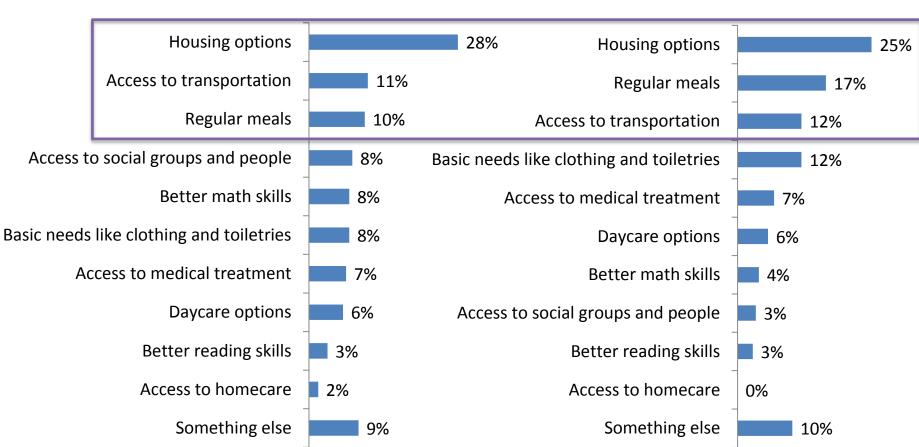
HIERARCHY OF NEEDS AND ROLE OF COMMUNITY

- There is a complexity and a hierarchy to human needs which was apparent with both our survey respondents and focus group participants.
- While basic needs are fundamental to well-being and stability, our respondents often used a social capital to obtain or meet those needs, in the absence of financial resources.
 - Friends, family, and community are key enablers to fulfilling these needs.



TOP THREE CHALLENGES ARE STRUGGLES WITH FINANCIAL CAPITALS

Our respondents prioritized **housing**, **transportation**, & **regular meals** as their biggest challenges. All other needs are less of a priority than these foundational pieces. How can you think about going back to school when you don't have a home you feel comfortable in?



Major Challenges

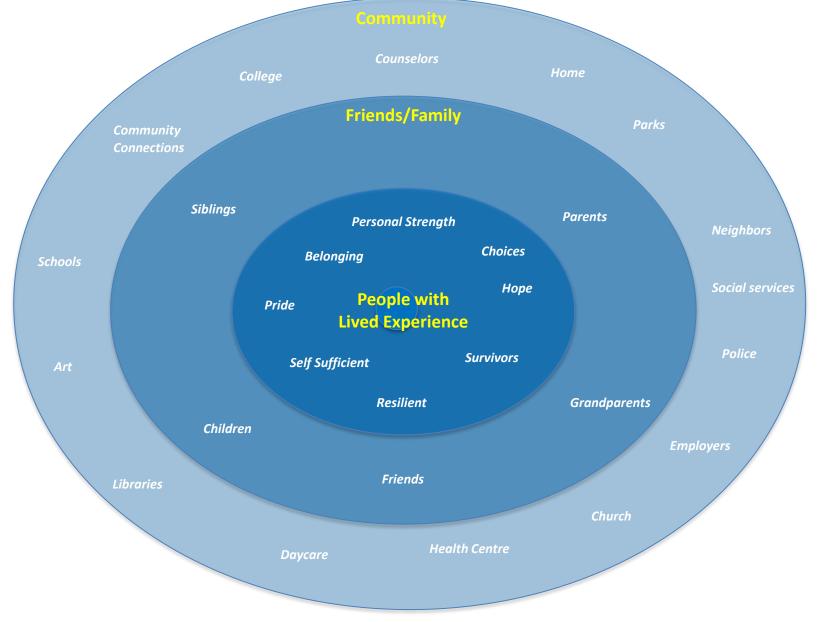
Most Difficult Challenge to Pay For

Quant

Q. If you could have ONE thing on this list taken care of, what would it be?

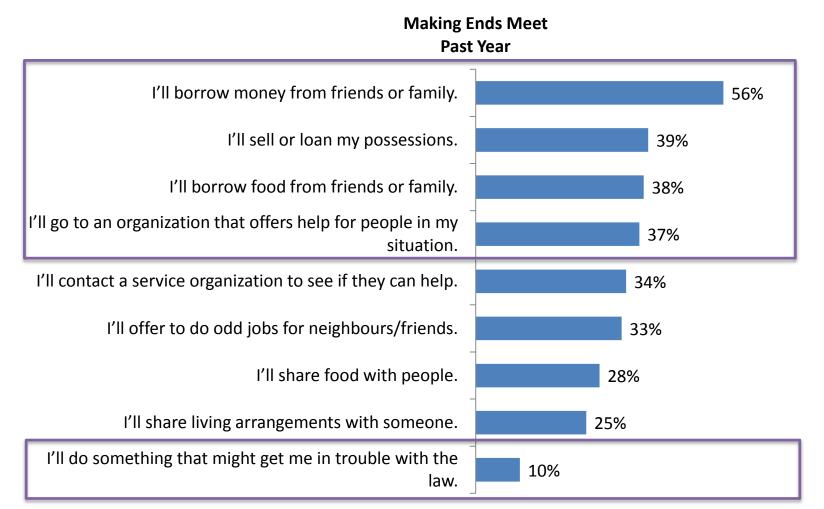
Q. Again, if you had to pick ONE thing, what item do you find it the hardest to pay for on a regular basis? n=176

EVERYONE WE SPOKE TO LEVERAGED **ALL** THEIR ASSETS TO MAKE ENDS MEET AND TO FILL GAPS IN THEIR FINANCIAL CAPITAL...



RECIPROCAL RELATIONSHIPS ARE VITAL TO FILLING THE GAPS

Respondents are able to use reciprocal relationships and connect with organizations to offset their lack of financial capital. Ten percent (10%) of respondents indicated they would consider courses of action at the limits of, or even beyond, the law.



Quant

Q. Think about times when your financial resources are low, what ways have you found to make ends meet in the last year? n=176

ACCESSING THE ESSENTIAL ELEMENTS OF LIFE WITHOUT FINANCIAL CAPITAL IS MUCH MORE COMPLICATED

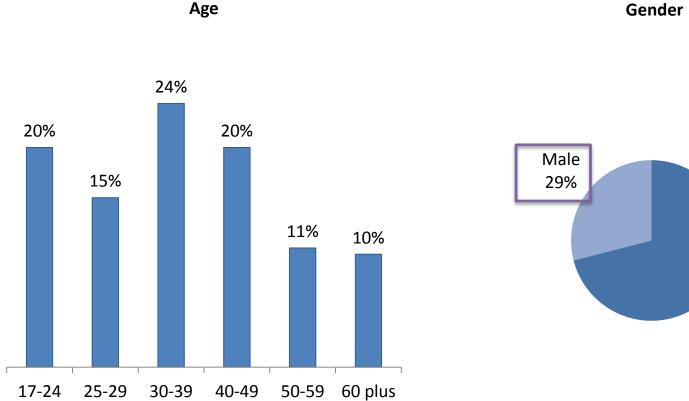
Considering all the challenges that people could, and often did face in a single month. More often than not, a change in one facet of life lead to a chain reaction, increasing the stress related to simply maintaining the status quo. Small changes can have massive implications.

MINIMUM THRESHOLD OF STABILITY & SAFET Housing: Expensive, Low Quality, Unavailable Food: Expensive, Difficult to access regularly Transportation: Non-existent, unreliable **Daycare:** Expensive, unavailable

PEOPLE WITH LIVED EXPERIENCE: THE INDIVIDUAL

AGE AND GENDER DISTRIBUTION LIKELY ILLUSTRATES TRENDS IN POVERTY AND SERVICE ACCESS

Our survey reached more females than males and we received fairly even representation across the age groups. As our survey was distributed through community partners and service groups, we believe these trends illustrate the more common ages and gender of not only those people more likely to be accessing the services, but those more likely to be living in poverty overall; i.e. women with children.



Quant Q: What is your exact age? Q: Are you? n=176

Female 71%

THERE IS NO DENYING GENDER INFLUENCES HOW INDIVIDUALS EXPERIENCE POVERTY

Both men and women reported specific challenges based on their gender.

Male Participants

- Respondents we spoke to cited a lack of services directly addressing men's issues.
- Men tend to slip through the cracks, or are simply unable to find services.

Female Participants

- Women with children are connected-more frequently to organizations providing services related to single parenthood and meeting the needs of children
- Single mothers trying to access work and/or continuing education are challenged by the lack of affordable flexible daycare.

"This is my son, he goes just about everywhere with me" - Male, Collingwood

"I'm not using my abilities to generate income" - Male, Barrie "Without any options for daycare there's so many jobs that I can't even think of applying for, even ones I might be qualified for." - Female, Barrie

"I know I need to get my high school, and it's affecting my life, but how can I with no computer at home, no one to look after my kids and no money? There's so much in the way." - Female, Orillia

INFLUENCES AT EITHER END OF THE AGE SPECTRUM CREATE VERY SPECIFIC EXPERIENCES OF POVERTY

Age also influences an individual's experience of poverty, especially related to education, employment, and housing.

Younger Participants (Approx. Under 30 yrs)

- Younger participants cited a lack of experience, as well as education as significant barriers to gaining employment.
- Women with children were further challenged by the lack of accessible daycare.

"I've been everywhere looking for a job, but it's the same story everywhere, I don't have experience and I don't know anyone to give me a chance." - Male, Collingwood

"I've gone as far as I can with school now, I can't get any further without support for daycare or other financial support." - Female, Midland

Older Participants

(Approx. Over 55 yrs)

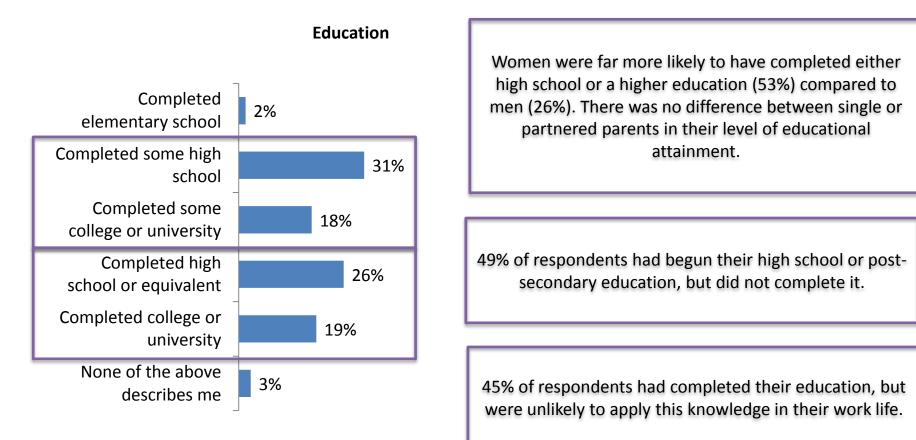
- For older participants the lack of appropriate training for the current job market created barriers to employment.
- Older participants also frequently experienced physical challenges (even if not identified as a specific disability), meaning years' of experience are no longer viable.
- Older participants also cited the hopelessness of long waiting lists to access benefits or qualifying for agerelated benefits that will find them better off.

"I'm 57, the housing list is 10 years long, I'll be dead and gone before I get a house." - Female, Alliston

> "I'll be better off when I'm 65" - Male, Orillia

EDUCATION IS OFTEN INCOMPLETE OR NOT APPLICABLE IN THE CURRENT WORK ENVIRONMENT

Survey respondents fall into **two major categories regarding education**, either they have begun their education without **completing it** fully, or they are **not applying** their attained skills and knowledge.

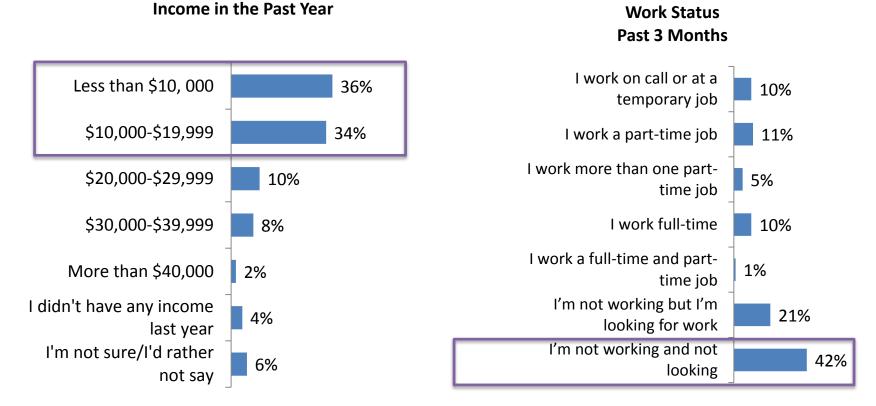


Quant Q. Please tell us what best describes your education. n=176

THE MAJORITY ARE SURVIVING ON LESS THAN 20K PER YEAR AND ARE NO LONGER EVEN HOPING TO PARTICIPATE IN THE WORKFORCE

Although many respondents indicated they had gained skills and knowledge through education, the vast majority are not working. Forty two percent (42%) reported they are not currently able to work and/or are not looking for work.

In 2009, the low income cut-off for a single individual was \$18,421. Seventy percent (70%) of our respondents made less than \$19,999 in the past year.



Quant

Q. Was your income last year ...? n=176

Q. Please select the option below that best describes your work status over the last three months. n=176

Canadian Income Average from Statistics Canada/Canadian Centre for Policy Alternatives (CCPA)

WASTED SKILLS AND TALENTS ABOUND

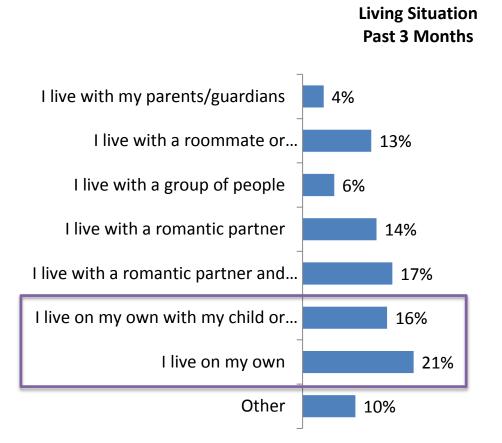
Many focus group participants talked of careers that had stalled because of addiction and mental health issues, work injuries, family issues, or lack of opportunity. The ripple effect compounds the issue and begins to affect other areas of their lives.

Consider this example from one participant in Alliston.

- Injury on the job
 Injury on the job
 Injury on the job
 Injury on the job
 Now without work and unable to work in similar capacity due to injury
 Lacking experience or connections in any other industry
 - Paying the rent or mortgage became a challenge and it was necessary to find an alternate living arrangement
 - Forced to move into smaller, lower quality housing in an unfamiliar area resulted in the loss and Social Isolation of support networks in their old neighbourhood

A LARGE PROPORTION ARE LIVING ON THEIR OWN OR ARE THE SOLE ADULT

Nearly 40% of survey respondents reported living on their own or being the sole adult in their household. This creates concentrated responsibility for expenses, without the option of sharing with another adult when income and expenses fluctuate.

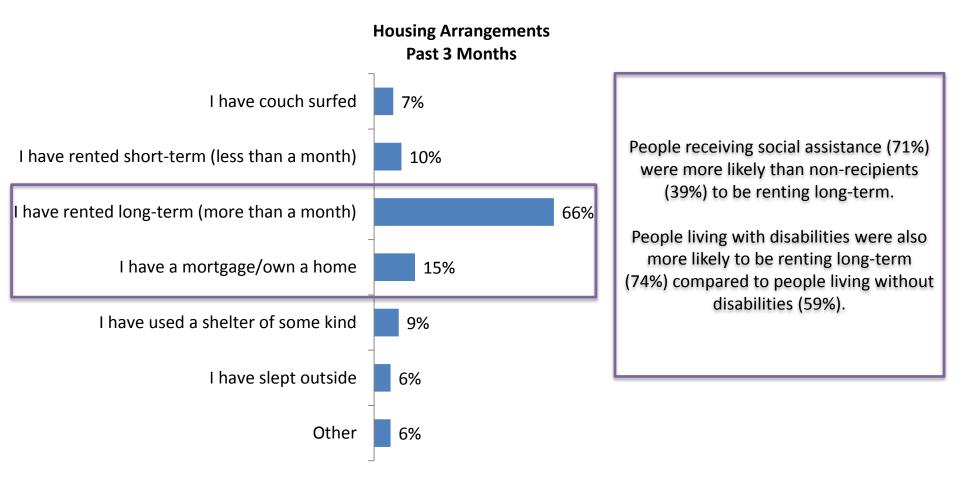


Men were more likely (33%) to report living on their own compared to women (16%).

Women were more likely (20%) to report living with a romantic partner and children (only 10% of men reported the same), and even more likely to report living on their own with children (22%) compared to only 2% of men.

RENTING IS THE DOMINANT FORM OF HOUSING

The majority of survey respondents were long term renters. Fifteen percent (15%) reported having a mortgage or owning a home. Thirty two percent (32%) have used short term rentals or more precarious housing options like shelters or couch surfing.

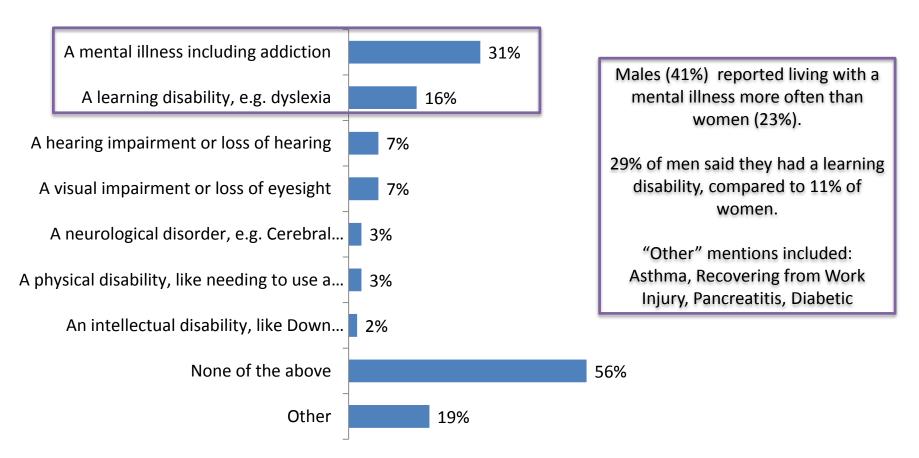


Quant

Q. Please select the options below that best describes your housing arrangements in the past three months. n=176

LIVING WITH A DISABILITY HAS A HUGE IMPACT ON THE EXPERIENCE OF POVERTY

Mental illness was the most common disability cited by survey respondents, followed by a learning disability. And we know from focus group and interview participants that these both affect their personal relationships and ability to gain and hold steady employment.

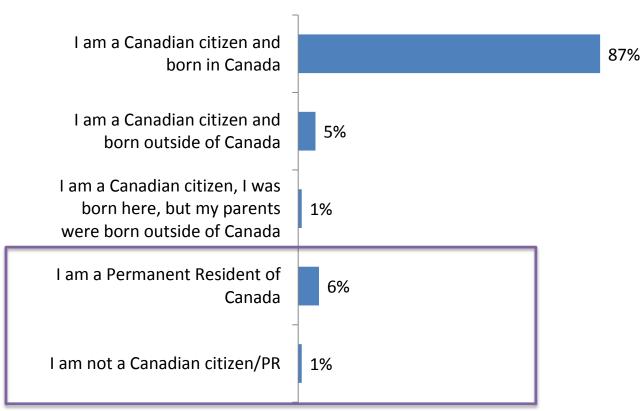


Disabilities

Qual Focus Groups and Peer Interviews Quant Q. Do you have a...? n=176

NEW CANADIANS WERE A CHALLENGING GROUP TO REACH

One of our biggest challenges was reaching newcomers to Canada. We were able to ensure the quantitative survey included respondents who were not originally from Canada, but were unable to engage a group of New Canadians in the qualitative portion of the research. As a result we cannot comment on the specific experience of new comers living in poverty in Simcoe County however studies in other jurisdictions suggest new comers are over represented in poverty statistics.



Citizenship

MONEY AND MONEY RELATED STRESS DOMINATE

Knowing that financial capital is hardest to come by for respondents; money related worries dominated the survey results. Overall, balancing fluctuating situations and cash outlays create even more unpredictable factors in their lives.

	Past 3 N	Vionths	
	I have been worried about money.	71%	
	I have been living paycheck to paycheck.	54%	
	I have run out of food at my house.	37%	
	I have been worried about how I was going to pay rent.	28%	
I ha	we used public transit, ex. ridden the bus, to most places.	21%	
	I have changed where I live at least one time.	21%	
	I have been alone at home and needed help.	19%	
	I have had to find a new place to live in less than a week.	18%	
	I have lost a job.	13%	
	I did not get a job because of my education level.	11%	
	I have been sick and didn't know where to go.	11%	
I ha	ve not known where I would sleep for at least one night.	11%	
	I have wished for better reading skills.	8%	

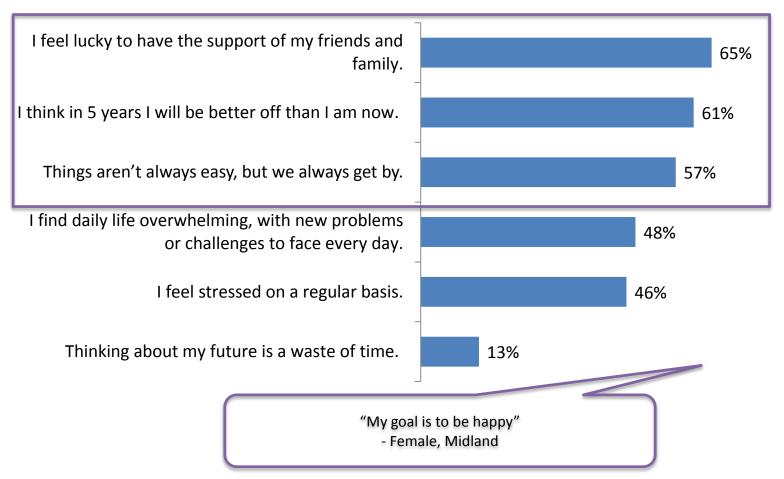
Lived Experiences

Quant

BUT GRATITUDE AND HOPE IS ALWAYS THERE

There continues to be a level of optimism and hope in respondents' lives, even though they must balance dreams with reality and available resources.

Attitude Statements Top 2 Box – Strongly Agree or Agree

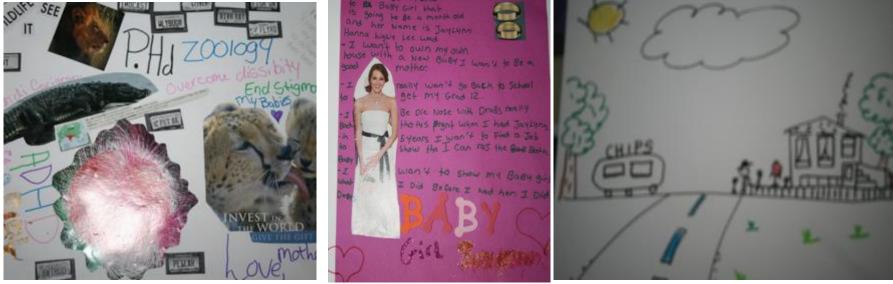


Qual Focus Groups and Peer Interviews

Quant Q. Please tell us how much you agree or disagree with the statements below? n=170

THE HUMANITY OF HOPES AND DREAMS

- Along with aspirations, comes the stress of how to accomplish goals, which can seem so far away.
 - Goals range from small joys like "hugging a koala bear" to educational attainment and "getting a PhD".
- In lives with deep complexity, progressing towards even a simple goal can seem overwhelming and/or impossible.
- Identifying the first step for any goal is very challenging and personal resiliency and hopefulness plays a huge role in moving themselves forward.



Female, Midland

Female, Orillia

DIFFERENT BENEFITS AND CHALLENGES FOR DIFFERENT AGES AND GENDERS

- Age, gender, and other demographics influenced HOW respondents experienced poverty, while disability, or early parenthood were likely to result in a life lived in poverty.
- Participants cited a lack of services directly addressing men's issues.
- However, women are more likely to be caring for children, and therefore, face additional difficulties regarding daycare and employment/education.
- Younger participants cited a lack of experience and lack of education as significant barriers to gaining employment.
- For older participants, lack of appropriate training in the current job market created barriers to employment.

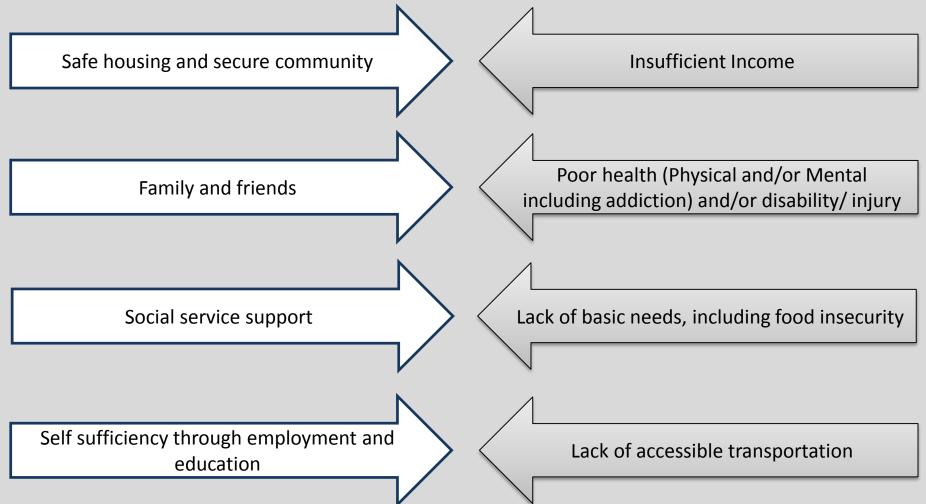


HOUSING + FOOD = A FOUNDATION OF SECURITY AND STABILITY

- Housing should create a home, not just a place to lay one's head. Food isn't just about filling a stomach, it also needs to be healthy and easy to access.
- Housing and food are the foundational elements of human existence.
- Many people are asked to move to other communities to get the services they need or to find a safe and secure place to live.
- If people can't cook their own food, feel safe, access jobs and transportation, the roof that's been provided is just a roof, without all the comfort, benefits, and autonomy that a home provides.

BALANCING FORCES: HELPFUL AND HINDERING

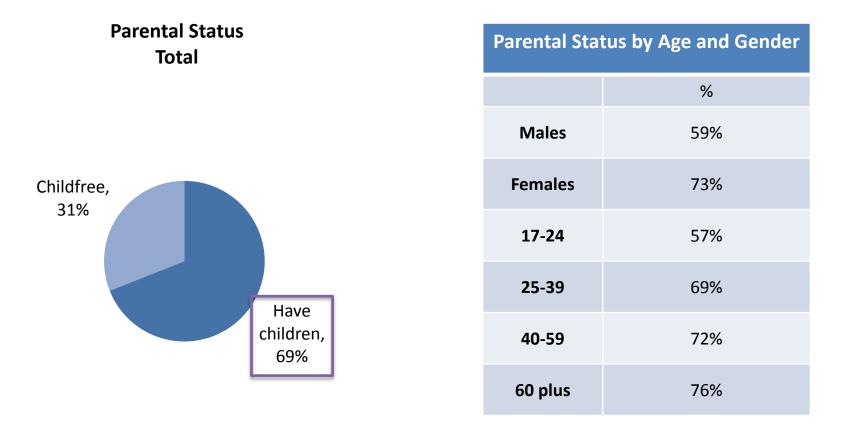
Limited financial capital can be alleviated by leaning on other more plentiful capitals to move closer to goals. Social and human capital can offer a richness of support and a sense of belonging.



FAMILY & FRIENDS

PARENTAL STATUS

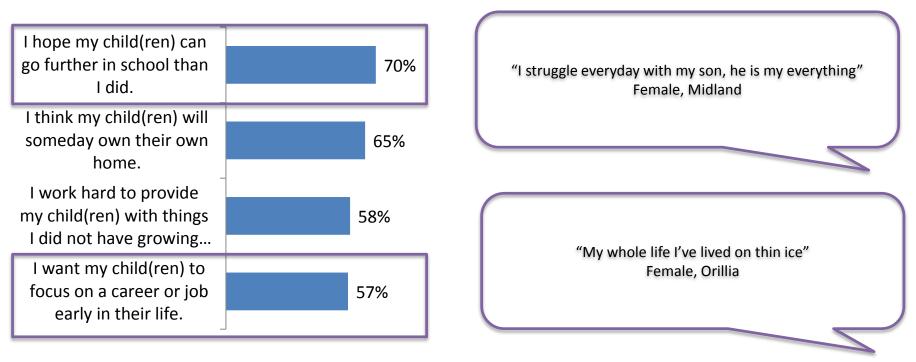
The majority of survey respondents had children, including nearly 60% of those aged 17-24. Which is partially reflective of the sources of our respondents, but also demonstrates the prevalence of women with children living in poverty.



PARENTS ARE MOST CONCERNED THAT THEIR CHILDREN INVEST IN THEIR EDUCATION

For our respondents, 70% hoped that their kids would stay in school longer than themselves, while 57% wanted their children to focus on a career or job earlier in life. Close to two thirds of respondents thought their children will have the stability of owning their own home one day.

Parents Attitude Statements Select all that apply



CARING FOR CHILDREN WHILE LIVING IN POVERTY IS A COMPLEX CHALLENGE

Reliance on Family, Community, and Services

Many young women are able to care for their children only through the support of their parents, or other family members. This, of course, affects how grandparents experience their senior years and can create additional challenges for them.

Respondents indicated that their community overall, and the services within it, are also a huge support. They make use of parks, libraries, and neighbors. Mandated services also have a large impact.

Feelings of Guilt and Inadequacy

Many describe strong feelings of guilt related to their reliance on family due to addiction/mental health issues and poor decision making.

Some services are experienced by participants as judgmental and non-supportive, over what might be seen as an arbitrary, or isolated event. This quick labeling as a "bad parent" results in feelings of stigmatization, fear and disenfranchisement.

CHILDREN ARE A REASON TO HOPE AND PUSH THROUGH

Children were identified as a huge source of pride and strength for parent respondents and they helped to put challenges in their lives into context. For some, their kids are the only reason to push for any stability in their lives and the only constant they have.



FRIENDS AND FAMILY: THE TEETER-TOTTER EFFECT

Respondents often rely on friend and family networks that allow them to survive challenging times, but these networks may also keep them stuck in old patterns and make it harder for them to move forward.

	Positives		Negatives
٠	Support with transportation, daycare, and sharing housing often come from family or friends.	•	Reciprocal relationships can lead to feelings of indebtedness and a constant pressure to return the favours.
٠	These networks create close bonds within communities and the emotional benefits of feeling secure and safe is important in a tumultuous life.	٠	For people who had challenges with addiction or criminal activity, it can be impossible to leave bad habits behind or set goals for the future while still involved with familiar social networks.
		•	Respondents frequently shared experiences of dysfunctional families, angry confrontations, and abusive relationships.
ľ	'Family is everything, as long as you can pay your bills, your life is full" - Female, Orillia	$\left \right $	"I've left where I used to live, I needed new patterns and a new start." - Male, Alliston

Qual Focus Groups and Peer Interviews

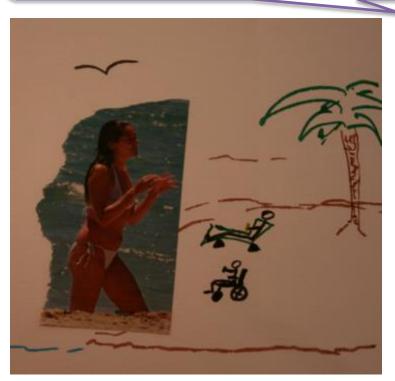
WE ALL NEED SOMEONE TO LOVE

Having a sense of belonging and love is important to us all. For our respondents, these feelings often come from their children or from their pets. Many people cited these dependent relationships as their reason to go out and get on with their day. You can't focus on your own misfortunes when someone else needs you. These relationships provide a foundation and help create future dreams.

"Caring for my cats makes me feel needed and loved" - Male, Orillia "This is me and my son, who I'm with all the time, on a beach vacation." - Male, Orillia



Male, Orillia

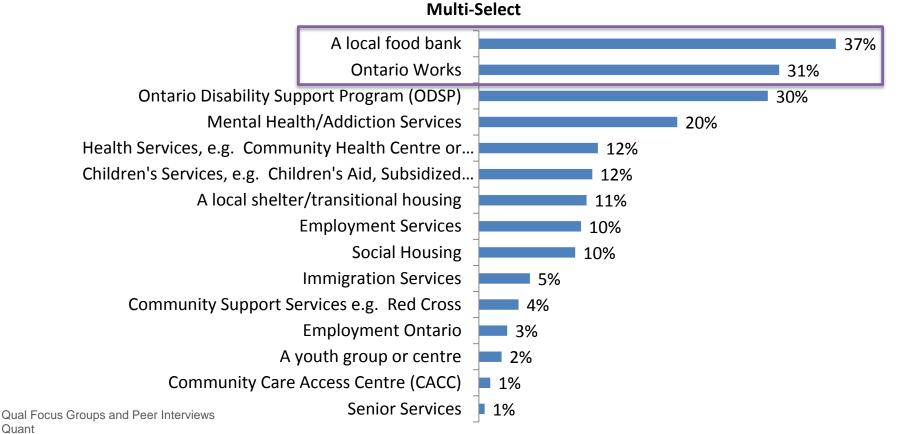


Male, Collingwood

SERVICE PROVIDERS ARE NOT ONLY PART OF THEIR NETWORK, THEY OFTEN **BECOME FRIENDS**

Most respondents indicated they are accessing multiple services, which may be reflective of our method of recruitment for this study. The Barrie Food Bank and The Sharing Place Food Bank in

Orillia were large sources of respondents and food banks were also the most commonly mentioned service. Many people in the focus groups talked about the close relationships they had with those who provide services.



Currently Accessed Services

Q. Please select the situations below that you have found yourself in, within the last three months. n=176

Quant

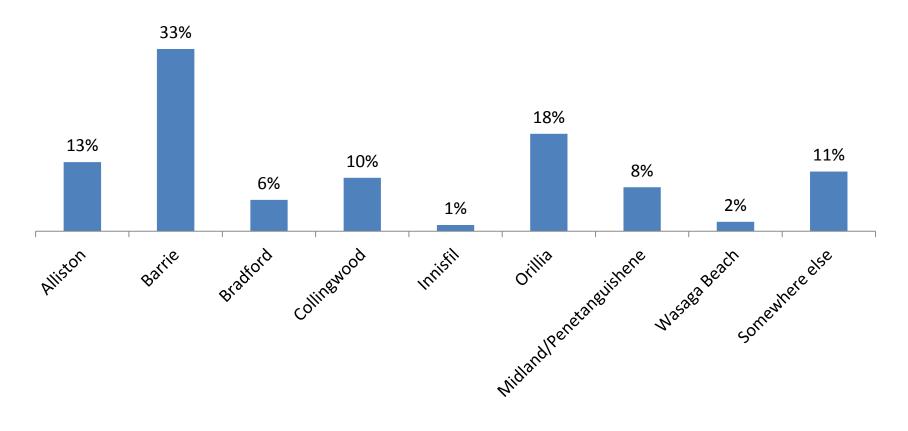
NETWORKS CAN BE UPLIFTING, BUT CAN ALSO BE A SOURCE OF STRESS

- The majority of our survey respondents had children, and we learned how much of an influence their children are on how they focus on the day-to-day and dream for the future.
- Family and friends can be uplifting, but may also keep people stuck in old patterns, or colliding with old arguments and issues.
- For some respondents with ongoing connections to service providers, those relationships are treated like friendships. There is a lot of trust especially within small organizations that meet regularly. These services give people living in poverty a place to belong and feel safe, which is often missing in their lives.
- But service provider schedules, eligibility rules, and limited access can be stressful, and not aligned with the complexity of respondents' lives.

Community

THE SURVEY REACHED THE MANY COMMUNITIES AND TOWNS THAT MAKE UP SIMCOE COUNTY

The survey was successful in reaching out across Simcoe County, with the largest representation coming from our largest centres: Barrie, Orillia, Alliston and Collingwood.

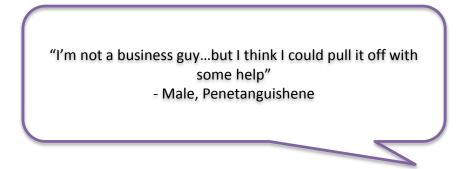


Town/City

HEARTS AND CONNECTIONS ARE IN THE TOWNS AND NEIGHBOURHOODS WHERE THEY LIVE

Simcoe County as a whole isn't perceived as the participants' community and they have little emotional connection to it. Towns and neighbourhoods are where their families are, where the networks they rely on are, and where their support is.

- One of the main reasons for this is lack of public transportation between the different cities and within them.
- The lack of travel connections means that there are services, businesses, and employment opportunities that some people will never be able to access. This is an even larger issue for those who are already isolated from family or friends.
- Those who are connected to their community are able to lean on it.
- Services that are grassroots and community based are the most successful.



TOWNS AND NEIGHBOURHOODS ARE WHERE WE SEE THE STRENGTHS AND WEAKNESSES OF RELYING ON SOCIAL CAPITAL

Social capital can be very effective in helping respondents to fill gaps, complete tasks or get assistance with a financial transaction. But it can also be place specific and vulnerable to changes in relationships.

If you're new to an area or isolated:

- When <u>one relies more on social resources</u> <u>than-financial resources</u>, a move to <u>a new</u> and/or <u>unfamiliar</u> location, may result in significant losses, such as:
 - Loss of support
 - Loss of access to jobs
 - Loss of friends and family

If you have family and connections:

- But for those who are able to stay embedded in their communities, they are able to really benefit from their social capital, and lean on friends and family for services that others might pay for, such as:
 - Daycare
 - Car repairs
 - Food

"We had to move to Collingwood from Oakville. My mom and me were living in an illegal basement apartment and this was the only place with a house for us. I don't have a job, or any friends. I've tried everywhere for a job. My friend called me the other day telling me about a job I could have tomorrow if we were still living in Oakville" - Male, Collingwood

"She's my counselor! I call her that. When things are bad, I just call her and we'll talk for hours when I'm stressed and can't take anymore. I'll also get a ride from her dad when I need one for shopping or whatever, we'll go to No Frills in Angus" - Female, Alliston

54

BEING "BETTER OFF"

Respondents were almost evenly split when evaluating how much better off they are than previous generations or when compared to themselves over the past 5 years.

- 45% think their parents were better off at their age.
- 45% think they are better off now than they were 5 years ago.
- Respondents were more likely to believe they are currently better off if they are...
 - Not accessing social services
 - Employed
 - A newcomer to Canada
 - Living without disability

Compared to	Grand- parents	Parents	Self 5 Years Previous
Yes, I am better off	36%	32%	45%
No, we are about the same	9%	17%	19%
No, I think they were better off	30%	45%	30%

Quant

Q. Do you believe you are better off in your life than your grandparents were at your age?

Q. Do you believe you are better off in your life than your parents were at your age?

Q. Do you think you are better off in your life than you were 5 years ago? n=176

THE BEST SOLUTIONS ARE GOING TO BE FOUND CLOSE TO HOME

- Although Simcoe County has a diverse geographic makeup, many communities share similarities in their strengths and weaknesses of service offerings.
- People tend to identify their community, town or neighbourhood as source of support more than the county at large.
- Due to the size of the county, and the lack of consistent public transportation between communities, many centralized services are not readily accessible.
- Often people are asked to travel to services, instead of providing services locally through mobile or outreach services.
- There are "have" and "have not" communities, for example, those that lack shelters, youth or seniors centres, immigrant services or English language training programs.

Recommendations: Ideas and Innovations Out of Adversity

WORKING WITH STRENGTHS IS A MORE POWERFUL STARTING POINT

Everyone has strengths and assets, we just might not always recognize or utilize them. We need to build from a place of strength.

- Family and friends play a key role in supporting many aspects of the life of someone living in poverty. Programs and services should not only be developed for end users but for the network of friends and family who play such a key role in their life.
- In the complex and fluxing experience of poverty, every decision has to be perfect because the stakes are so high and the margin for error is so small.
 We need to work upstream to help with decision-making and skill development prior to a need for urgent support and services.
- Identification of hopes and dreams can help to empower a person to develop and move forward towards their goals.

"I am good at this and would like to use my skills" - Male, Barrie

IMPROVING CONSISTENCY WILL PROMOTE EQUITY

There appears to be some inconsistency in the available services whether by location, by worker or agency-which leads to inequities in accessibility.

- Resources which are provided in a central location may improve their accessibility by implementing **mobile or outreach services;** and extended hours of operation, including evenings and weekends.
- There is also room to improve referrals and collaboration between agencies to ensure a more direct, tailored approach.
- Also consider how online services and networked communities could create a more consistent accessibility and build connections.
- Communication points and messaging could also be improved to boost awareness of services. Consider non-traditional approaches to marketing programs and services – flyers posted in a hallway aren't going to cut it.

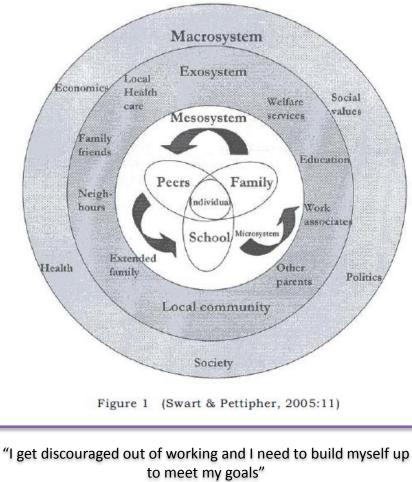
"The places that help people need to have people who like to help, if your not that person, do not work there" - Female, Midland

"I did not even know that was there" - Male, Barrie

WITH COMPLEXITY, COMES ACTION AT ALL LEVELS OF SCALE

Multiple levels and layers need to be looked at to make lasting impact. While many of the changes need to happen at the individual level, there is important work to be done at other levels and to scale. For example:

- MICRO (individual)
 - Develop programs and services that build a desire for self sufficiency and increase self esteem and reduce the impact of situational poverty
 - Expand capital beyond financial
- MESO (Community or Organization)
 - Enhance space and a place for community
 - Offer a sliding fee scale for all services
 - Build peer advocate centres and peer-to-peer support
- MACRO (System or Society)
 - Create a one stop low income centre to simplify the system
 - Create system navigators
 - Utilize a collective impact approach where organizations coordinate and align services to address the root causes of poverty
 - Include the voices of people with lived experience of poverty as subject matter experts in all planning processes



- Female, Francophone

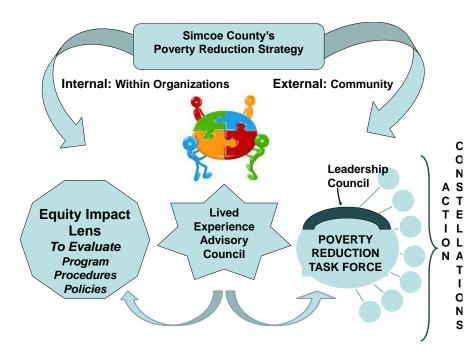
WORKING ON BOTH SUPPLY OF SERVICES AND REDUCTION OF DEMAND

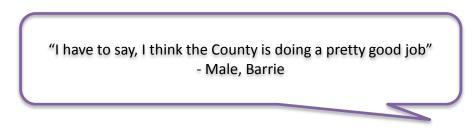
There is not enough energy or resources to supply services for all the issues of poverty. It is only when we begin to address the root causes of poverty that we will reduce demand for services.

SUPPLY	DEMAND	
 Design the hours of operation that best serve the clients Respond to each person as an individual with unique needs rather than fitting them into existing programs Build one stop approaches to helping people Leverage key intermediaries that have the most interaction with low income people Select approaches that are good for people not just for a specific gender or age to best reach as many people as possible Support those who support people living in poverty 	 Identify key root causes, such as injury or location Increase everyone's life skills Help parents be better parents Find employment for those who can work Help people acquire resources using non-financial capital Increase skill development Design educational approaches that work for all people Ensure all have their basic needs met Build community spaces for people to interact 	

ALIGNMENT WITH COUNTY STRATEGIES AND APPROACHES

- Now that this part of the narrative is mapped, it is important to keep the momentum going by understanding the stories in a deeper way.
- The identified action constellations should be linked to the system map.
 Bridges and barriers can then be analyzed.
- We need to build on the good work already done.
- There is a need to keep the conversation going.
- We need look for ways to regain a collaborative, refreshed approach.





THANKS!

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Principal

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www.vireoresearch.com



We would welcome the opportunity to work with you again, as you continue to develop strategies and expand your knowledge, please don't hesitate to contact us for:

- Advisory Boards: Recruitment, Development and Management
- Collective Impact Development
- Community Engagement Events
- Developmental Evaluation Frameworks
- Innovation Labs
- Narrative Mapping
- Poverty Reduction Strategies and Taskforce Development
- Qualitative Research: Focus Groups, Ethnographies, Qual Research Communities
- Quantitative Research: Surveys, Data Analysis, Quant Research Communities
- System Mapping



APPENDIX: Secondary Literature Review Best Practice Engagement Strategies



Collage Female Alliston

Nothing for US without US

2011

http://saskatoonantipovertycoalition.weebly.com/nothing-about-us-without-us.html

Summary

- Working together, the Saskatoon Anti-Poverty Coalition and Passion for Action Against Homelessness is a community of people dedicated to actively seeking social inclusion and prosperity for all.
- They believe in a "poverty first voice" approach to working on key initiatives and policy changes.

Lesson Learned

- Poverty is not just about income, but is also about access to safe and affordable housing and other aspects of living, which are so important to human dignity.
- Any program that merely meets the physical needs of the poor person, or even provides a job, is not by itself a true development program unless it leads to the unfolding of creative energy and personal development.
- We all must call on our civic, provincial, and federal governments to take action so that everyone's health and human rights are respected, protected, and promoted, and we all are involved in decisions that effect our lives.



skatoon Anti-Poverty Coalition

Quotable Quote

"My five words of long

term poverty: 'a brutal experience of torment

lasting decades'"

A Pression for Action Against Homelessness
Celebrating our Past
and
Embracing our Future
An report performance of the second sec

WMERE Crocus Co-up 135 Avenue in South Sorthanson, SK

There is no charge for the lunchese, fue space is limited, please small your RSVP by May 25th to: antipowerty@hankerl.net



Scarcity

2011 http://saskatoonantipovertycoalition.weebly.com/

Quotable Quote

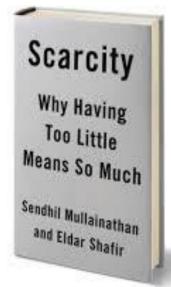
"It is not, as poverty was before, the result of national scarcity, but of a set of priorities imposed upon the rest of the world by the rich"

Summary

- Whether it is time or resources, scarcity forms a common chord across so many society's problems.
- By looking at scarcity, you can both view entrenched approaches to poverty and your ability to get things done.

Lesson Learned

- Scarcity and "our minds bandwidth"; how our mind's capacity is available to deal with issues.
- How we deal with the sense of having more, means that resources are needed to satisfy.
- Look at a new understanding of the dynamics of scarcity and the changing ways to deal with it.
- They look at a public policy appeal for programs that better reflect the reality of our reaction to scarcity.
- It also offers a handy guide to better understanding our inability to ever climb out of the holes we dig.





Poverty Talks - Calgary

February 2010

www.wtep.ca

https://www.facebook.com/pages/Poverty-Talks/7904300278 http://www.vibrantcalgary.com/vibrant-initiatives/povertytalks/

Summary

- · Vision: A community where all people living on low-incomes have a voice that is respected
- Mission: To enable people who are living on low-incomes to become involved in the political process at the municipal, provincial, and federal levels
- Poverty Talks! is a collaborative initiative to support people who live in poverty to become involved in the political process and to raise public awareness of poverty issues
- Poverty Talks! is designed to empower individuals, in their own communities, to develop grassroots initiatives that they can use to change society and governments for the betterment of people living in poverty

 To accomplish this, Poverty Talks! has organized a series of workshops designed to provide people living in poverty with the opportunity to identify issues of concern and develop a campaign to make sure those issues are addressed in municipal, provincial, and federal elections

Lesson Learned

- There is a significant lack of engagement of marginalized groups in the political process
- These workshops have provided participants with the knowledge and skills necessary for effective political activity, as well as the leadership skills to make a difference in their communities



Quotable Quote

"People need a sharp awakening-too (ignorant) to know that life can turn on a dime"

as there been such a need in Calgary for a well the thoughts of low to that ple were asked the following recent community meetings: vincome person, what would make a in your life?" and "What would you like www.wtep.ca overty Talks is the project of a Calg seeking to raise especially as an areness of poverty - especially as an ctoral issue - and to advance and suppor Because poverty can happen to anyone And ending poverty benefits us all. priority changes . Not having a giant hammer hanging over our head. Having heat. Finall Not having to xnlain vourself

Pathways out of Poverty - My personal experience

December 2013

http://www.huffingtonpost.ca/danisha-bhaloo/pathways-out-of-poverty_b_4388505.html

Quotable Quote

"Poverty is a complex issue and once you are in it, it's hard to overcome"

Summary

- Danisha Bhaloo dealt with social issues no child should ever have to deal with: bullying, low self-esteem, and low self-confidence (and their impact on her grades).
- She was raised in a close-knit community where it was taboo to think about poverty and lack of success. She was one of those thousands of youth at risk who could have easily delved into alcohol, drugs, crime.
- Her mother made the best decision when she enrolled Danisha with Big Brothers Big Sisters of Edmonton, a funded partner of United Way of Alberta Capital Region.
- By supporting organizations like the United Way of the Alberta Capital Region, you can help ensure that families like hers are able to get the support they need, so they are able to provide the basic necessities like food and shelter.
- United Way and its community partners focus in income, education, and wellness to create a long-term sustainable change; from early childhood development to high school completion; from homelessness to long-term housing.
- Looking at the root causes of poverty and the greatest impact possible; empowering people to be the best they can be.

Lesson Learned

- Her teenage years were difficult. But they made her the person she is today.
- She had the support of social service agencies like Big Brother Big Sisters and the United Way.
- Need to look for ways to empower people to be the best they can be.



The Poverty Challenge

Started in 2009

http://www.thepovertychallenge.org/the-poverty-challenge/

Summary

- The Poverty Challenge is a day-long event for high school students.
- The Poverty Challenge has five main objectives:
 - 1. To raise awareness in high schools about the realities of poverty
 - 2. To raise awareness in adult volunteers about the realities of poverty and the social assistance system
 - 3. To provide an authentic and empowering opportunity for low-income Kingstonians to share their stories
 - 4. To build community
 - 5. To increase participation in poverty reduction activities
- Powerful part of the day when the students are introduced to a real person living in poverty.
- There is a "Think Tank" to brainstorm improvements to our social safety nets.

Lesson Learned

- This exercise builds knowledge and empathy.
- The challenge helps to break stereotypes.
- We need to understand poverty in our own backyard.
- We need to build more awareness of issues of poverty.



Toolkit





Kathryn Manners & Vireo Research



Quotable Quote

"If you are not successful, you'll have to find another way for you and your family to survive"

Quotable Quote

"there is a need to focus on the national system"

Engagement Strategies for Poverty Reduction

2006

http://www.un.org/esa/socdev/poverty/PovertyForum/Documents/Engagement%20in%20Poverty%20Reduction%20Strategies.pdf

Summary

- Food insecurity and malnutrition are key dimensions of poverty.
- Eliminating hunger is a necessary prerequisite for reducing poverty since hunger impairs people's ability to overcome poverty given its negative impacts on health, education, learning, and labour productivity.
- Hunger reduction is a theme as opposed to a sector. Because country financing is often allocated to sectors cross-sectoral interventions require strong coordination, or an institutional lead, in order to implement national strategies.

Lesson Learned

- By engaging in policy dialogues, WFP can provide government and other stakeholders with vital information about the poorest of the poor so that they can make Poverty-Reduction Strategies that are better informed.
- Policies and strategies need to be translated into operational programs.
- An option that is increasingly being deployed to translate strategies into programs is the SWAP, which are sectoral plans and programs that offer additional opportunities for analytical work and dialogue about policy options and trade-offs.
- SWAPs are by definition based on a sectoral approach, whereas hunger is a multi-sectoral issue and would ideally be considered via a thematic approach. Food insecurity and malnutrition issues will need to be addressed in potential agricultural, educational, and health SWAPs.





Bridges out of Poverty

2011

http://www.ahaprocess.com/

Quotable Quote

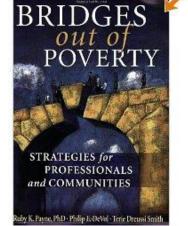
"If you didn't grow up in poverty, you may be unaware of the 'hidden rules' that govern many aspects of life for the poor"

Summary

Process' **Bridges Out of Poverty** community support program provides a family of concepts, workshops, and products to help employers, community organizations, social service agencies, and individuals address and reduce poverty in a comprehensive way. Bridges brings people from all sectors and economic classes together to improve job retention rates, build resources, improve outcomes, and support those who are moving out of poverty.

Lesson Learned:

- Move individuals from poverty to self-sufficiency
- Reduce social costs related to crime, poor health, and welfare
- · Strengthen educational attainment and job skills
- Enhance economic development
- Improve on-the-job productivity
- Revitalize neighborhoods
- Build sustainable communities where everyone can live well



Click to LOOK INSIDE!



The Cost of Poverty: An Analysis of the Economic Cost of Poverty in Ontario

November 2008

http://www.oafb.ca/assets/pdfs/CostofPoverty.pdf

Summary

- Poverty disproportionately affects certain populations, and has a complex mix of institutional and individual causes.
- Poverty has a price tag for all Ontarians.
- The cost of Poverty is reflected in remedial, intergenerational, and opportunity cost.
- Reducing Poverty with targeted policies and investment over the life course generates and economic return. This return is equal to a proportion of the assessed costs of poverty.

Lesson Learned

- Due to it's complex nature, we need to look at a mix of institutional and individual causes of poverty.
- This report does not take the customary approach to poverty-one that is primarily concerned with poverty alleviation and the tools best suited to that end the provision of affordable housing, child benefits, welfare, income supplementation, and tax benefits to ease the plight of the poor. It focused on the significant cost of poverty and the societal benefit that could be realized by attacking the roots of poverty, as opposed to the shortage of money through which they manifest themselves.
- Although improved education training and skills appears to help, not everyone has the ability, unfortunately, to realize the benefits that education can provide.



THE COST OF POVERTY AN ANALYSIS OF THE ECONOMIC COST OF POVERTY IN ONTARIO





Kathryn Manners & Vireo Research

Quotable Quote

"for each and every household in Ontario, the cost of poverty works out to at least \$2,300 a year"

Impact of Quebec's Universal Low-Fee Childcare Program on Female Labour Force Participation, Domestic Income and Government Budgets

Pierre Fortin, Luc Gofbout, Suzie St.Cerny 2011

http://www.oise.utoronto.ca/atkinson/UserFiles/File/News/Fortin-Godbout-St_Cerny_eng.pdf

Quotable Quote

"Childcare programs have a dynamic impact on women's employment"

Summary

- Quebec's income support to families is more extensive, its parental leave plan is more generous, and its universal low-fee childcare is unique in Canada.
- Over the 15 years, there has been a spectacular jump in the proportion of Quebec children who attend regulated daycare.
- Quebec has seen an increased more rapidly that elsewhere for women participation in the workforce.
- More employed women and increased domestic income have had a significant positive impact on government fiscal balances, generating more income and other taxes and lower transfers.

Lesson Learned

- Quebec's low-fee childcare program has been financially "profitable" for the two levels of government.
- The program makes it easier for parents to better balance work and family.



Poverty among Senior Citizens: A Canadian Success Story

Lars Osberg 2000

http://www.csls.ca/events/slt01/osberg.pdf

Quotable Quote

"Canadian Economists take a social safety net for granted"

Summary

- The Canadian retirement security system has achieved reduced poverty among seniors.
- Canadian senior citizens were much more likely to be poor than the general population during the 1950's and 1960's.
- Although the most commonly used statistic on poverty is the poverty rate, since 1976 many authors have recognized that the poverty rate, by itself, is a poor index.
- Simply counting the number of poor, as a percentage of all people, ignores any consideration of the depth of poverty.
- This paper therefore uses the Sen-Shorrocks-Thon (SST) index of poverty intensity, which combines consideration of the poverty rate, average poverty gap ratio and inequality among the poor.
- When that basic income is close to the poverty line, small variations in either the poverty line or the level of basic seniors' benefits has the potential to reclassify large numbers of people either pushing them into or out of poverty.
- Since income and wealth in later life reflect the cumulative influence of many factors which can be strongly and mutually self-reinforcing (e.g., life events such as divorce or ill health, professional success or failure, ability to acquire and retain home ownership, etc.), trends in average incomes can be misleading as a guide to trends in deprivation.

Lesson Learned

- Canada's retirement security system has been relatively successful in protecting the elderly from deprivation.
- It is not designed as a full income replacement scheme.
- The challenge for current policymakers will be how best to build upon the major success story of Canadian social policy in the twentieth century the reduction of poverty among Canadian senior citizens.



Young Lives: An International Study on Youth Poverty Funded from 2001 to 2017 http://www.younglives.org.uk

Quotable Quote

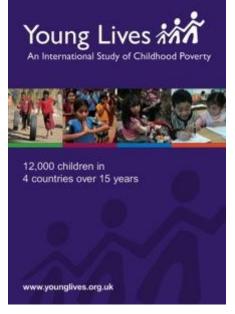
"We are nearly rich...as we have a new cupboard but we haven't got a washing machine"

Summary

- Young Lives produces high-quality evidence to inform and influence policy and practice to reduce childhood poverty and inequality.
- They do it by:
 - Generating new research and analysis on the causes and consequences of childhood poverty
 - Ensuring the findings reach the right people and organizations at the right time
 - Making the data publicly available for others to use
- Young Lives is a unique international study of childhood poverty following the changing lives of 12,000 children in 4 countries (Ethiopia, India, Peru, Vietnam).

Lesson Learned

- We need to end child poverty if we are to break the cycle of poverty.
- Globally, children are the largest age group affected by poverty and deprivation.
- Evidence is critical to the policy debate and program planning.
- There is a direct relationship between malnutrition and educational disadvantage.
- Children are not only most at risk, but early intervention is the key mechanism to affect long-term change.
- Childhood poverty has severe and lifelong consequences for children, households, communities, and countries.



Global Example

Rural Poverty Report

2011

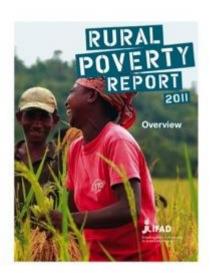
http://www.ifad.org/rpr2011/report/e/overview.pdf

Summary

- International food prices have doubled. The effects of the price surge reverberated globally, though the worst hit were low-income, food-deficit countries with meager stocks.
- Low levels of investment in agriculture, inappropriate policies, thin and uncompetitive markets, weak rural infrastructure, inadequate production and financial services, and a deteriorating natural resource base have all contributed to creating an environment in which it has frequently been risky and unprofitable for smallholders to participate in agricultural markets.
- Despite massive progress in reducing poverty in some parts of the world over the past couple of decades notably in East Asia there are still about 1.4 billion people living on less than US\$1.25 a day, and close to 1 billion people suffering from hunger.
- Agriculture plays a vital role in most countries over 80 per cent of rural households farm to some extent, and typically it is the poorest households that rely most on farming and agricultural labour.
- Poor rural people have less resilience than less-poor people because they have fewer assets to fall back on when shocks occur.

Lesson Learned

- The emerging agenda is characterized by a more systemic approach to sustainably managing natural resources. These include using an agro ecological perspective and with more selective recourse to external inputs, striving to maximize synergies within the farm cycle, and seeking adaptation to climate change.
- Strengthening the capabilities of rural people to take advantage of opportunities in the rural non-farm economy is essential.
- *Improving the overall environment of rural areas* to make them places where people can find greater opportunities and face fewer risks, and where rural youth can build a future.





Kathryn Manners & Vireo Research

Quotable Quote

"We need to enable poor rural people to overcome poverty"

How the Poor Can Save Capitalism

2014

http://www.johnhopebryant.com/john_hope_bryant_/how-the-poor-can-save-capitalism-book/

Summary

- There are more myths than facts about poverty and the poor in America.
- This book challenges us to think and act differently by seeing the poor as the key to stronger economy for all.
- He looks at five erroneous assumptions we all make about the poor.

Lesson Learned

- According to reports by the US department of health and Human services, among men who don't live with their children, Black fathers are statistically more likely than White or Hispanic fathers to have a daily presence in their children's lives.
- The Centre on budget and policy studies confirmed in its research that total welfare funding was only 0.47% of the federal budget.
- Just 3% of homeless people actually indicated they would prefer to be on the streets.
- Recent research by the National Women's Law Centre indicates that the number of households with children living on less that \$2 a day per person has grown 160% since 1996.

Quotable Quote

"Some homeless people can make up to \$80,000 per year panhandling"

When John Hope Bryon tails about how incerpoint the arkitle data. Linem Europercurrence to read this book and discover for themselves johns great ideas are centing as America with some thereid apportunity and shord respondibility. ——PRESIDENT BILL CLINTON

OLUTIO

HOW THE

CAN SAVE

CAPITALISM





Rethinking Poverty

2014

http://www.ssireview.org/articles/entry/rethinking_poverty

Summary

- Recent discoveries in brain science have shed light on what is holding the poor back.
- In this report, there are illustrations of the impact that anti-poverty programs can have if it targets the core circumstance that cause poverty to become intractable.
- The stresses of poverty can effect the ability for critical thinking.
- Carefully structured programs can enable people to improve their skills.

Lesson Learned

- The erosion of the public safety net, the increasing prevalence of low-wage employment, and the decrease in low-wage earning have combined to place low-income families, and to maintain their access to public benefits.
- The more limited the resources the more critical the decision on how to spend the resources is.
- Living in poverty can affect the brains ability to think critically and strategically and the stress associated with poverty can alter the way the brain develops in children.
- Getting out of poverty requires people in low-income families to manage very complicated lives, to optimize decision-making, and to persevere in the face of huge odds.

Quotable Quote

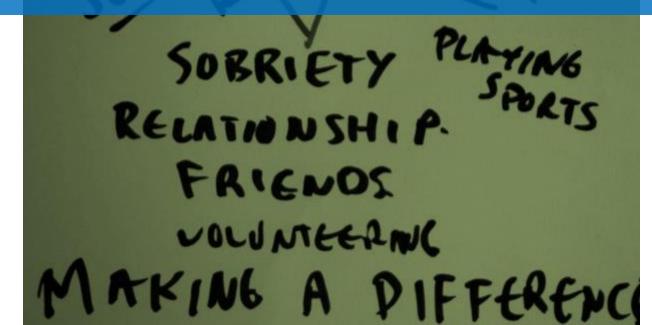
"Scientists have discovered that the stresses of poverty often overwhelm the critical – thinking skills that people need to chart a pathway out of their conditions"







APPENDIX: Project Document List



Collage Male Alliston

THE FOLLOWING DOCUMENTS ARE ALSO AVAILABLE FOR REVIEW

Consent and Release Participant Form

Informed Consent Process

Recruitment Information Pack for Community Partners

Questionnaire

Gallery Presentation

Focus Group Discussion Guide

Peer-to-Peer Interview Discussion Guide

Participant Recordings and Collages

Survey Data Tables