



Getting Ahead in a Just –Gettin’-By World

Facilitating the Theory of Change
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Central Arkansas /ACCESS Group
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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 the power 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

Logistics

- “Kitchen Table”
- NOT a Lecture
- NOT Group Therapy



ACTION

Plans
Action steps
Future stories

RESPONSIBILITY

POWER

Critical analysis
What it means to me
Theory of change
How to build resources

UNDERSTANDING POVERTY

Economic class FRAMEWORK

UNDERSTANDING
WHERE I AM

Using the hidden rules
of class to build
resources

What it's like
now

Monitoring
our changes
Self-assessment

Causes of poverty

Community assessment

CO-INVESTIGATION

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

Financial Emotional Mental Spiritual Physical Support System Relationships Hidden Rules Integrity Motivation

5									
4									
3									
2									
1									

House brought out of foreclosure



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near Mountain Home

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Changes Happened!



5/5/2015

FBNCA/ ACCESS Group

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. Now I am teaching my children so they don’t experience what I went through. Once you know, you know, and you can never see the world the same way again.”

–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