



MIECHV CQI Newsletter: *Self-Sufficiency*

FEBRUARY 2016

Self-Sufficiency & Home Visiting

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The Continuous Quality Improvement (CQI) team is a partnership between MIECHV supervisors and the MIECHV Quality Assurance Coordinator. The CQI team focuses on data-driven quality improvement initiatives for home visiting programs in Iowa.

Self-sufficiency is defined as "able to live or function without support from others" (Merriam-Webster). By this definition, none of us are self-sufficient, nor would we want to be! Everyone in a society gives (tangibly and non-tangibly) and everyone receives. We are healthier and happier when we are able to provide for our needs and our families' needs through working and the income that working generates.

MIECHV families in Iowa face many barriers to employment, such as: intergenerational poverty,

health (including mental health and substance abuse) issues and lack of access to education and job training.

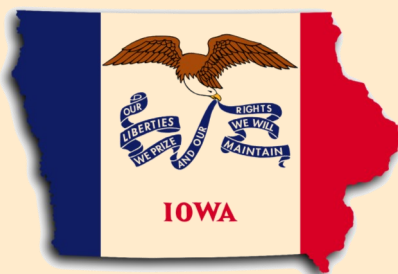
Not everyone is able to work, but many people (with the right support!) are able to eventually work. As the following data shows,

participation in MIECHV programs in Iowa is positively correlated with employment and income gains. These gains contribute to lifelong benefits for the families' health, happiness, and their children's futures.



Data at a Glance: Employment Changes

The **employment rate** for MIECHV families has increased more than **20X** the rate of the general Iowa population's employment increase!



MIECHV Employment Changes from 1st to last QSR, Oct. 2011- Dec. 2015

Employment at enrollment	38.1%
Employed at exit	51.7%
% Increase	26.3%

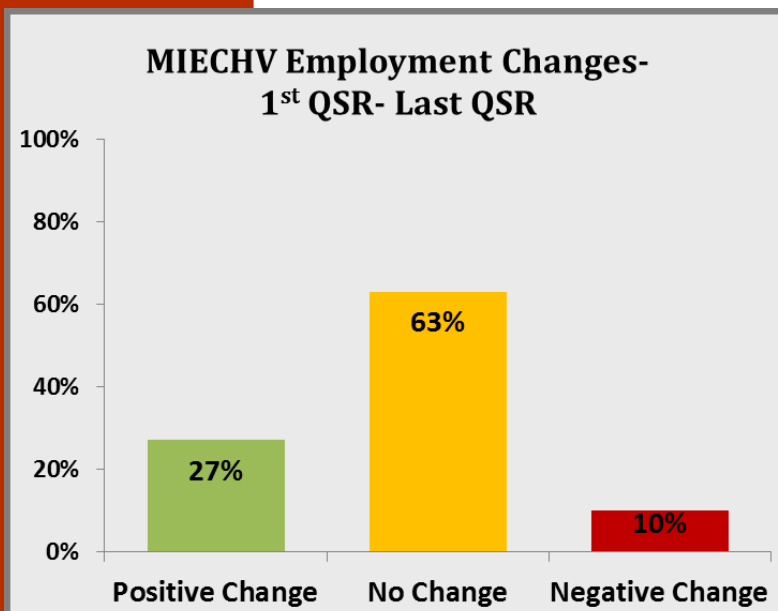
Iowa Employment Changes

Employment rate 2011	94.4%
Employment rate 2014*	95.6%
% Increase	1.3%

Data Source: MIECHV REDCap, 12.31.15.

*Most recent year for which data is available.

Data at a Glance: Employment Changes



Data Source: MIECHV REDCap, 12.31.15.

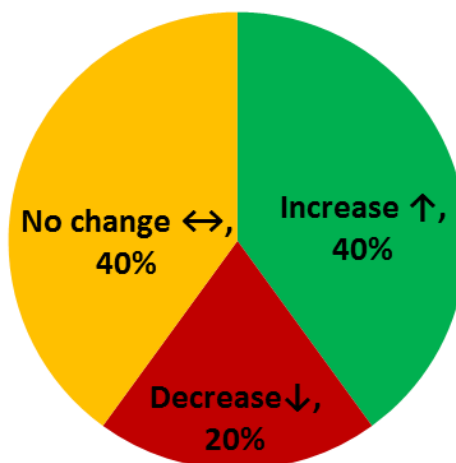
- ♦ **Positive Change** includes:
 - No employment to part-time
 - No employment to full-time
 - Part-time to full-time
- ♦ **Negative Change** includes:
 - Part-time to no employment
 - Full-time to no employment
 - Full-time to Part-time





Data at a Glance: Income Change

MIECHV Family Income Changes, 1st to last QSR



Data Source: MIECHV REDCap, 12.31.15.

Income changes from the beginning to the end of MIECHV service also show a positive trend!

Data at a Glance: Income Change

On average, **the longer a family participated in MIECHV**, the more their income increased!

MIECHV Family Income Changes from 1st to last QSR, Oct. 2011- Dec. 2015

Average change of income	\$2108
Families served ≤3 Quarters (n=767)	\$419
Families served ≥4 Quarters (n=745)	\$3808

Data Source: MIECHV REDCap, 12.31.15.

What other data would be useful to consider in assessing self-sufficiency?



Spotlight: Fostering Self-Sufficiency

Program Spotlight:

LSI's Hi Set program

LSI and Scott Community College have collaborated to offer individualized classroom support (tailored study material and assistance, childcare, and transportation) to adults in order to obtain their high school equivalency.

Last year, 36 home visiting participants were active in working toward their high school equivalency!

From the Field:

I have a participant who is in high school and expecting her first baby next month. She got a part-time job as a waitress at a nursing



*home. This has **increased her confidence tremendously** because she is able to put money away for the baby and start a savings account. She can purchase baby items on her own without having*

to solely rely on family and friends.

*And she considers herself a **responsible, hardworking, expecting mother**. She wants to be the type of mom that her daughter can be proud of. She continues to go to school and work part time with plans to go into nursing.*

*We had a mother that enrolled in the HOPES program following a domestic violence incident the night before. She was pregnant and had a 4 year old. During our time together, **she has battled with depression, poverty, custody, and homelessness**. This young woman is currently working a full time job, part time job, and is now a homeowner- all while saving money. She has been able to give her daughters and herself **a home of their own that is permanent and safe**.*

What can YOUR program do to foster self-sufficiency?

- ◆ When a family is in crisis, **address immediate needs** before self-sufficiency
- ◆ **Support** families in **recognizing, building and nurturing** natural and informal support networks
- ◆ **Assist** families with **budgeting** and home finance
Check out this 3-hour online course for families by ISU!
<http://www.extension.iastate.edu/humansciences/success-budget-basics>
- ◆ **Connect** families with low and no-cost community resources and opportunities, such as parks, libraries, and city events
- ◆ **Promote** educational achievement and opportunities
- ◆ **Provide** opportunities for families to **build** their job skills and resumes through volunteer opportunities in your office
i.e. answering phones, sanitizing toys, collecting craft materials, setting up for events
- ◆ **Assist** families with job **navigation**:
Searching job websites
Resume and cover letter writing
Interview etiquette, attire, and mock interviews
- ◆ **Encourage** families to participate in community **volunteering** for a cause they believe in