



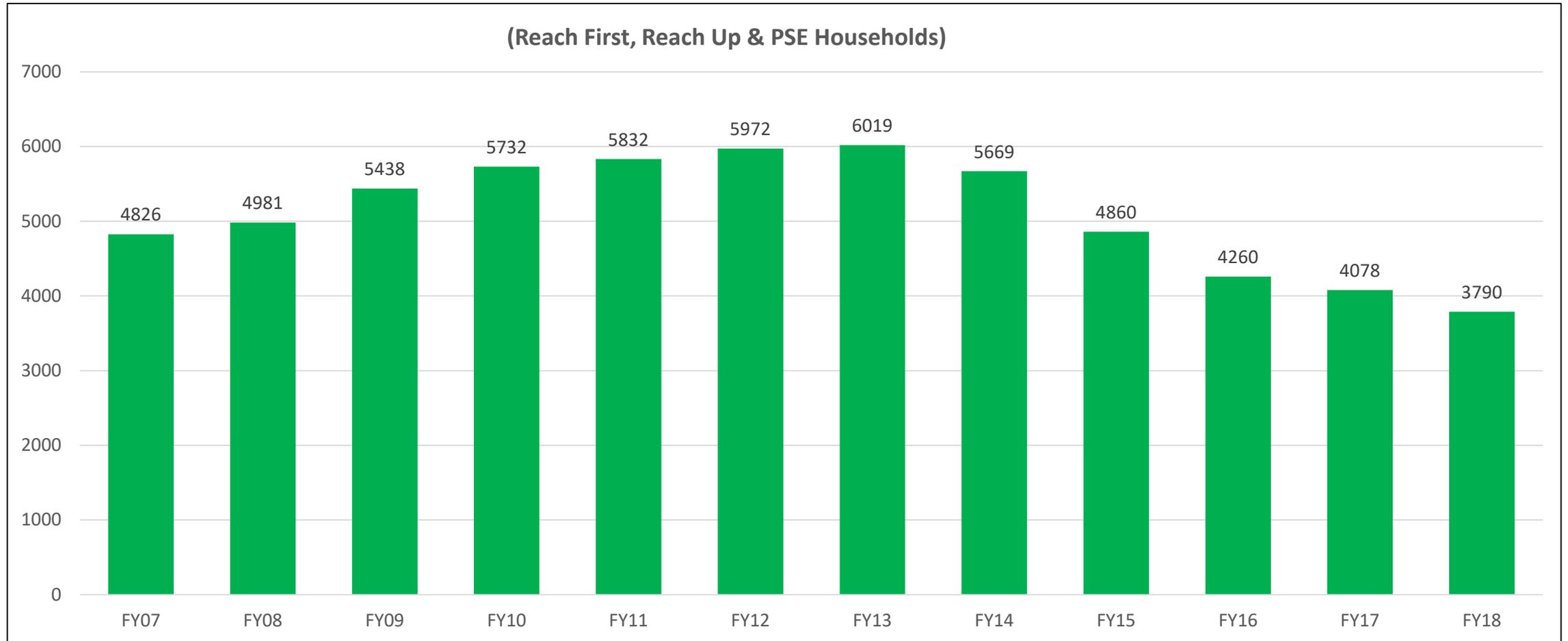
Reach Up – Highlights and Updates

July, 2019

Erin Oalican, Reach Up Director



Historic Average Monthly Caseloads



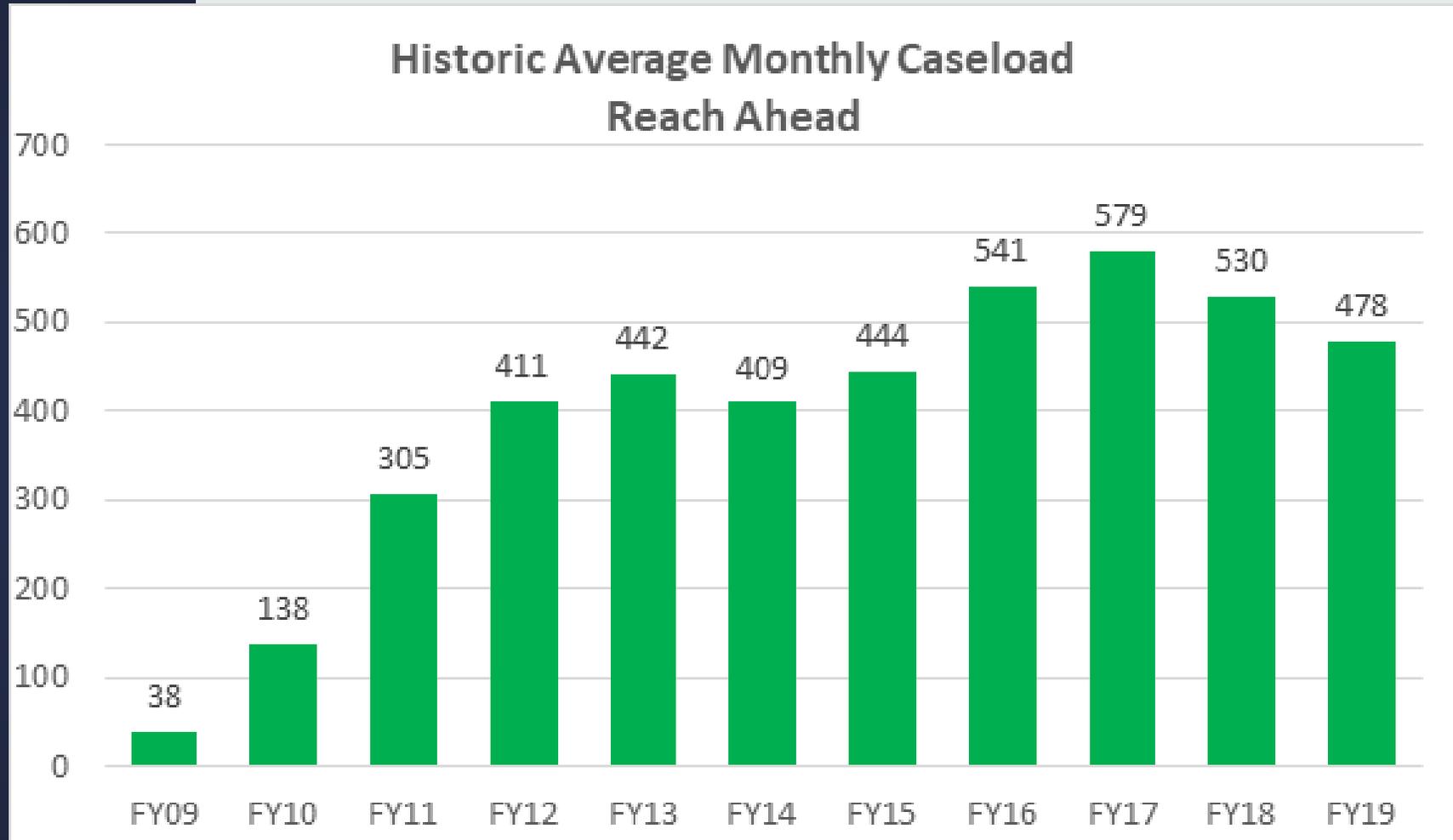
Benefit Increase – August 2019

Type of Household	2004 – July 2019	Beginning August 2019
Family of three, outside Chittenden County	684	744
Family of five, outside Chittenden County	861	946
Family of three, parent receiving SSI	569	667
Family of five, parent receiving SSI	746	869

Outcomes

Reach Ahead – Employment

Increase over time





Mathematica

Progress Together



Reach Up



BUILDING
BETTER
PROGRAMS

A project of the
Center on Budget
and Policy Priorities



Mission:

Reach Up joins families on their journey to overcome obstacles, explore opportunities, improve their finances and reach their goals.

Goal-Oriented Approach

Research has found that people are more likely to stick with a task and make progress toward their long-term goals when they:

- Pursue what interests them
- Create routines that involve the deliberate practice of specific skills
- Find meaning and purpose in what they're doing
- Have hope that the activity will improve their circumstances

Source: Angela Duckworth, "Grit: The Power of Passion and Perseverance." New York, NY: Scribner, May 2016.

From "Goal Practice Activities™"

by Michelle Derr, Jonathan McCay, and Rebecca Dunn

Mathematica Policy Research November 2018

Stepping Stones to Success

PARTICIPANT NAME

CASE MANAGER NAME

DATE / /

1 What is your overall stress level right now? (FILL IN A CIRCLE)

I am VERY stressed



I am not stressed at all.

2 Where do you feel you and your family currently are in these Life Areas? (FILL IN A CIRCLE IN EACH PATHWAY ROW)

		I NEED HELP	IT'S FINE	IT'S A STRENGTH	
HOUSING	My family doesn't have housing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	We have stable and safe housing.
CHILD CARE	We have no child care.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	We have reliable child care and a reliable back up plan.
TRANSPORTATION	We have no transportation.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	We have reliable transportation and a back up plan.
MENTAL/EMOTIONAL/ PHYSICAL WELL-BEING <small>(incl. substance use)</small>	My personal well-being needs my attention.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I am doing well and am fully able to work.
CHILDREN'S WELL-BEING	Family challenges interfere with my progress.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	My family is doing well and supports me.
FAMILY/FRIENDS/ COMMUNITY SUPPORTS	I have no social support or my network is not supportive.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I have consistent and effective social support.
LEGAL	I work certain jobs or I have lost jobs because of my legal issues.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I have no current legal issues.
EDUCATION/ TRAINING	I don't have a high school diploma, GED or entry-level certificate.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I have a degree or industry recognized certificate(s) in a high demand occupation.
JOB SEARCH/ SKILLS	I don't know where to find work, the jobs I apply for don't hire me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I am being invited to interviews and/or I have been offered a job.
EMPLOYMENT	I am working in a survival job that I don't like or I am not working.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I love my job!

3 Is there anything we did not cover or that you want to discuss in your next meeting?

4 Do we need to update any of your information? (Example: address, phone number, email, employment, etc.)

Mental health Outreach for MotherS (MOMS) Partnership®

- Started in New Haven, CT by Yale University Psychiatry Department
- Brings mental health services to moms and pregnant women, in their communities
- Successfully addresses depression and stress, leading to better outcomes for both moms and their children

MOMS Partnership® and Vermont Reach Up

- Vermont is one of the first TANF programs in the US to be chosen to replicate this program



Mental health Outreach for MotherS (MOMS) Partnership®

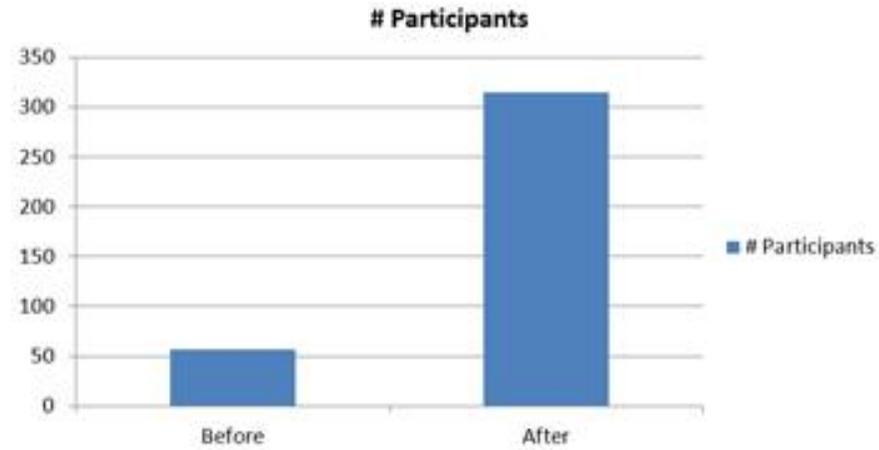
OUTCOMES

- **78% of MOMS participants complete the program compared to average of 30% nationally of a similar population who adhere to their mental health treatment.**
- **76% of MOMS participants experience a decrease in depressive symptoms from beginning to end of the MOMS program. Of those experiencing a decrease, the average participant experiences a 48% drop in depressive symptoms.**
- **MOMS participants have a 67% decrease in parenting stress from beginning to end of the MOMS program.**
- **Children of MOMS participants attend 6 more days of school per year compared to children of non-participants.**
- **The percentage of women working at least 15 hours a week dramatically increases after participating in the MOMS Partnership – from 15% at time of enrollment to 39% at six months after graduating from MOMS.**

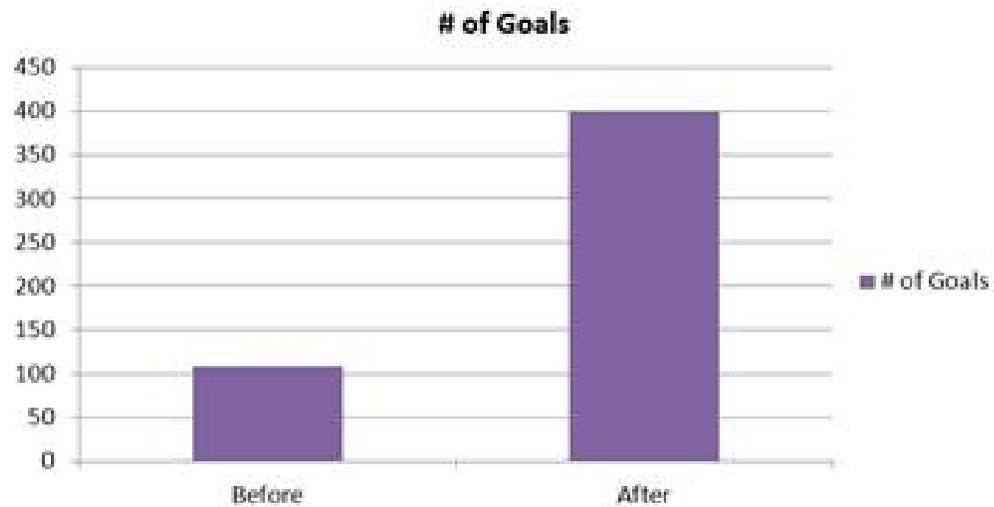
Financial
Empowerment

Building Assets

Project Participants



Goals Met



Incentives Paid



Vision:

*Families will be empowered,
connected and thriving.*

Thank you!

For more information on Reach Up, please see our Annual Report:

- [*Evaluation of Reach Up -*
https://dcf.vermont.gov/sites/dcf/files/DCF/reports/ReachUp2019.pdf](https://dcf.vermont.gov/sites/dcf/files/DCF/reports/ReachUp2019.pdf)