



Toxic Stress & Homelessness

TANF Directors East Coast Meeting
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Public Health

Overview

- Food Insecurity -Housing Insecurity
- Toxic Stress
- Adversity in Philadelphia
- Building Wealth and Health Network
- Participant characteristics
- The way forward



Federal Assistance Programs-- monitored by



- Food Stamps (SNAP)
- Temporary Assistance for Needy Families (TANF)
- Women, Infants and Children (WIC)
- Medicaid
- Housing Subsidies
- Energy Assistance



Health

- Food Insecurity
- Hospitalizations
- Child Wellbeing
- Maternal Depression
- Child Growth
- Child Development

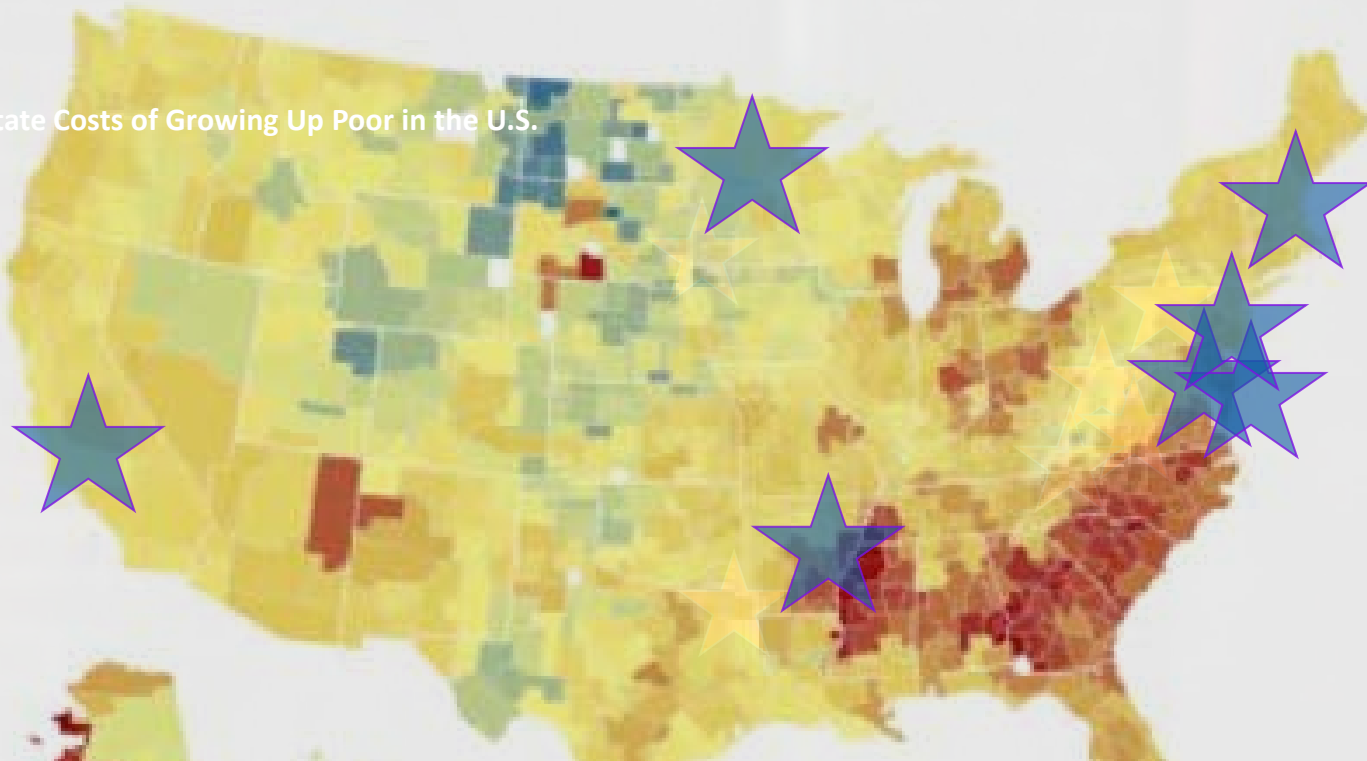


CHILDREN'S
HealthWatch

Informing Evidence-Based
Policy from front-lines of
care

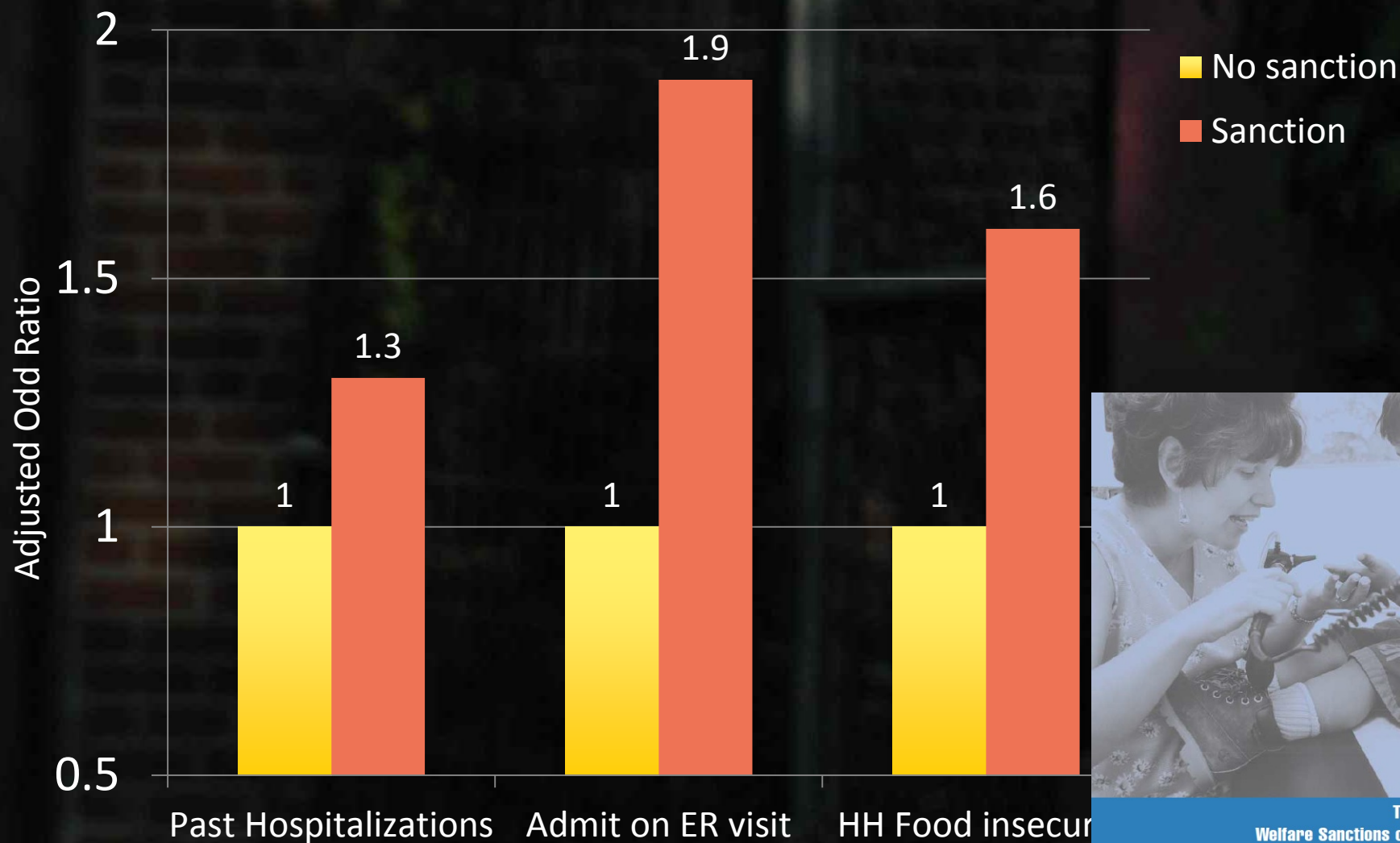
Economic Mobility in the United States

State Costs of Growing Up Poor in the U.S.



**65,000 children & families
(6,500 in Philadelphia)**

TANF Sanctions on Child Health (2002)

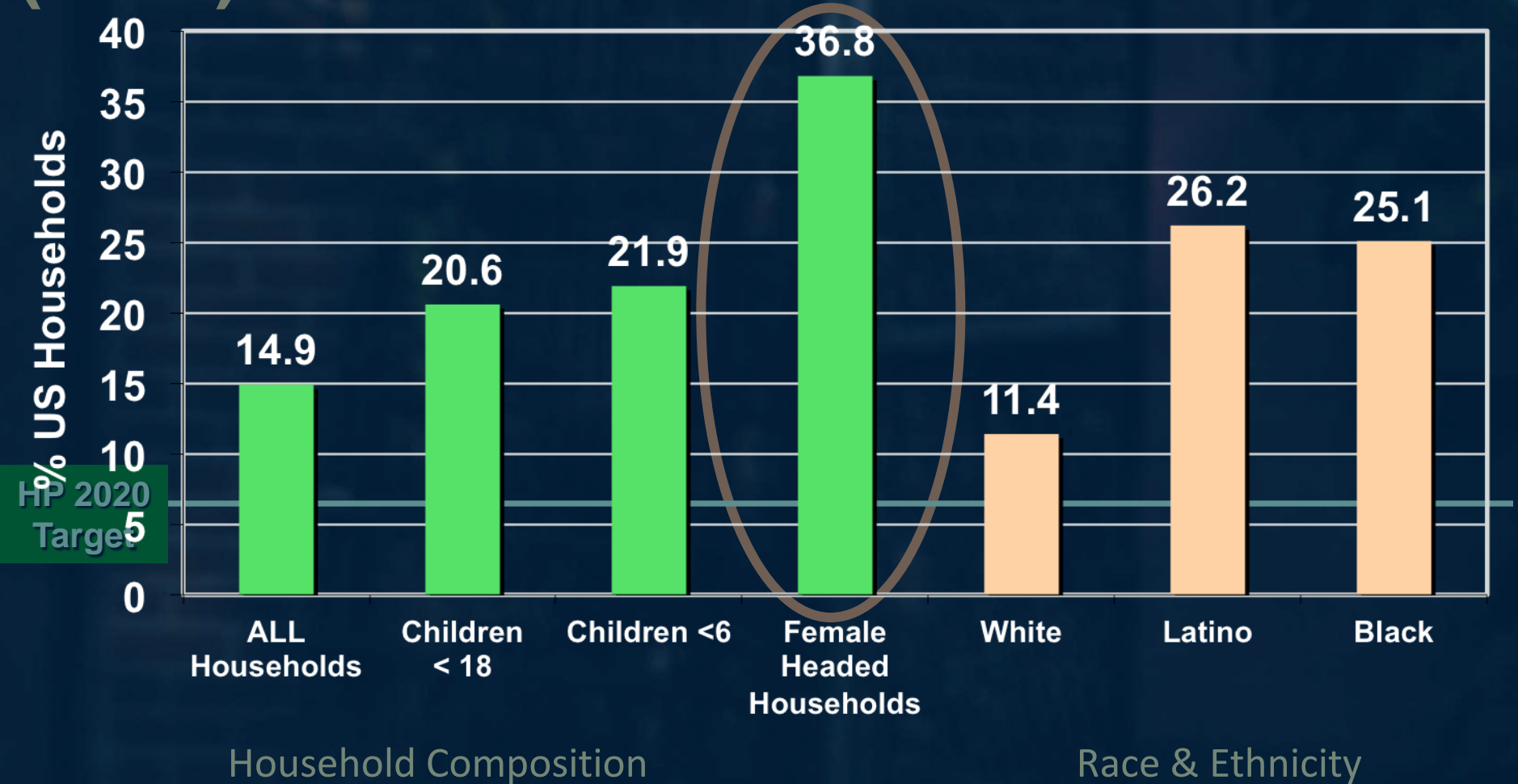




Food Insecurity Definition

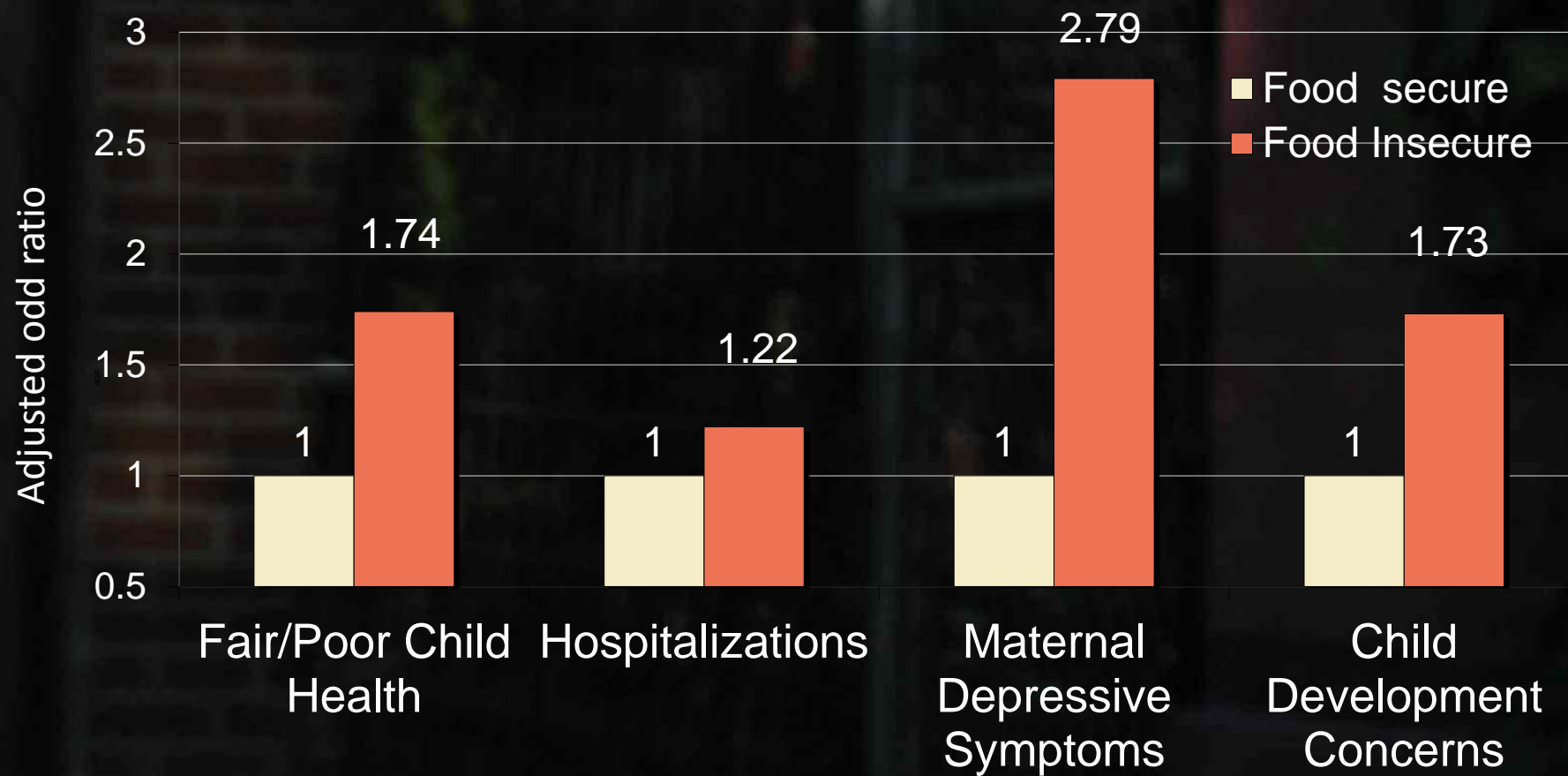
- Lack of access to enough food for an active and healthy life

Food insecurity in the United States (2011)



Food Insecurity & Health Outcomes

Adjusted Odds Ratios

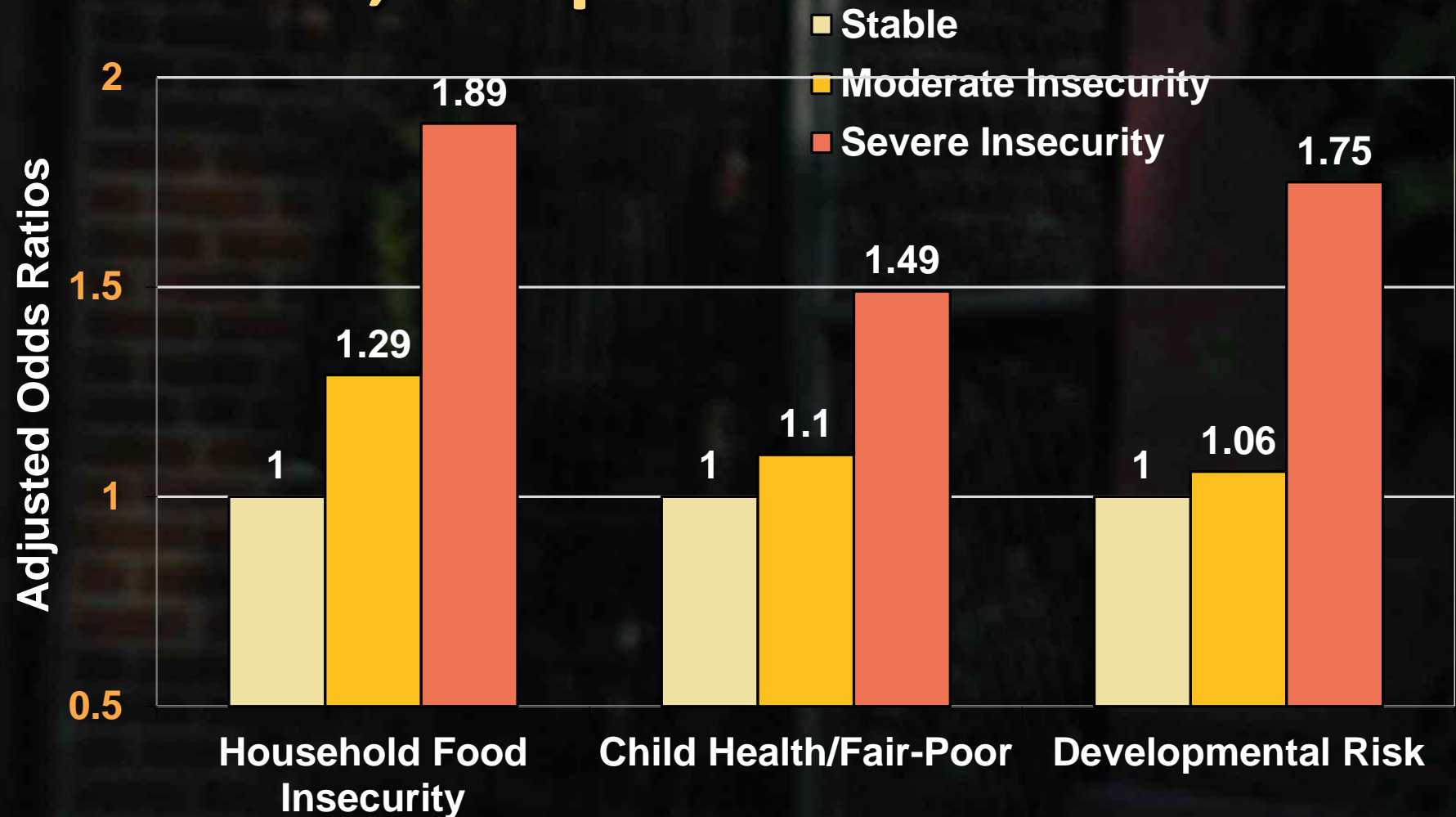


* All differences p value $< .0001$

Developmental effects of Food Insecurity happen *before* school



Housing Insecurity: Crowded, Frequent Moves or both



Economic hardship = poor health



Food Insecurity



Housing Insecurity



Energy Insecurity

Trauma & adversity

- **Trauma causes...**
 - Changes to neurological / brain landscape
 - Mental health problems
 - Poor self-regulation
 - Inability to focus
 - Triggers/flashbacks, hyper-arousal
 - Disrupted eating/sleeping
- **Exposure to trauma affects...**
 - Financial stability
 - Educational outcomes

Toxic Stress

- Strong, frequent, and/or prolonged adversity without adequate support

- Abuse / neglect
- Caregiver substance abuse or mental illness
- Exposure to violence
- Burdens of family economic hardship

- Disruption in brain architecture & organ systems
- Stress-related disease, cognitive impairment



(Shonkoff, 2012)

Adverse Childhood Experiences

ACEs

TOXIC STRESS

- ACEs are experiences in childhood that are unhappy, unpleasant, hurtful
 - Emotional
 - Physical
 - Household

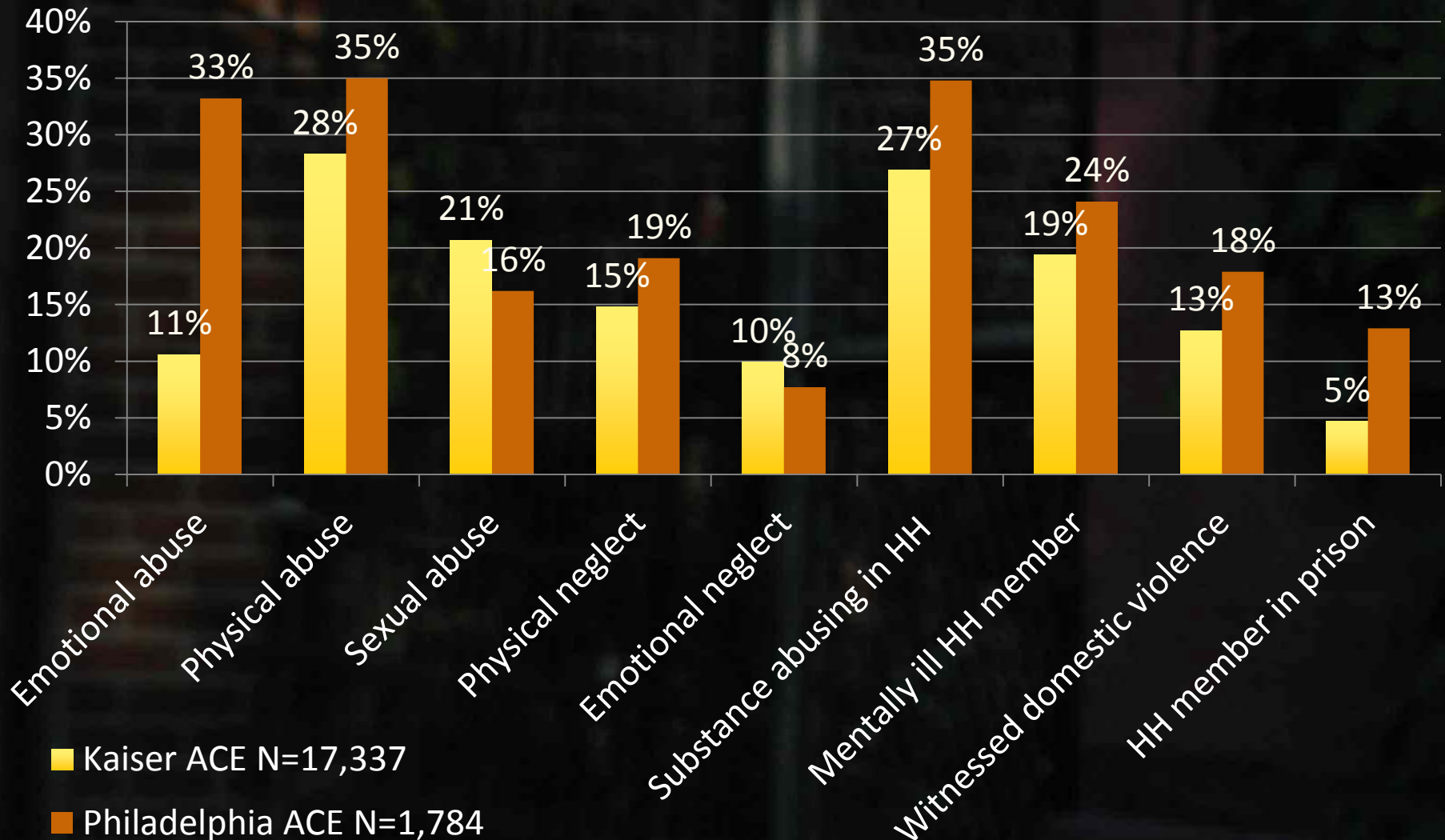
Category	Subcategory	Example Questions
Abuse	Emotional	Emotional Abuse (Did a parent or other adult in the household...) Often or very often swear at you, insult you, put you down, or humiliate you? OR act in a way that made you afraid you might be physically hurt?
	Physical	
	Sexual	
Neglect	Emotional	Physical Neglect (Did you often or very often feel that...) You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? OR your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
	Physical	
Household Instability	Parental Separation	Mother Abused (Was your mother or stepmother...) Often or very often pushed, grabbed, slapped, or had something thrown at her? OR sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? OR ever repeatedly hit for at least a few minutes or threatened with a gun or a knife?
	Mother Abused	
	Mental Illness	
	Substance Abuse	
	Incarceration	

ACEs

Strong, graded relation to childhood adversity

Smoking	Attempted suicide
COPD	Revictimization
Heart Disease	Teen pregnancy
Diabetes	Fractures
Obesity	Promiscuity; STDs
Hepatitis	Poor self-rated health
Alcoholism	Violent relationships
Other substance abuse	Low educational attainment
Depression	Poor job performance

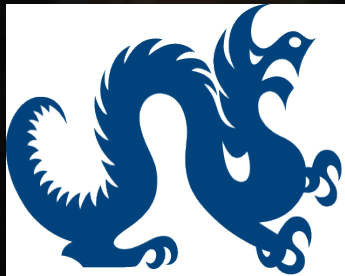
Example Prevalence of ACEs



Data Source: Philadelphia Urban ACE Survey, 2013 and Felitti et al., 1998

Data Prepared by: The Research and Evaluation Group at PHMC

Building Wealth & Health Network TANF Demonstration



DREXEL UNIVERSITY

Center for

Hunger-Free Communities



Demonstration Design (RCT)

Building Wealth & Health Network

Caregivers that are

WORK MANDATORY w/ at least one
child < 6 yrs

Control

N=250

TANF as is

Intervention

N=250

Savings & Financial
Education •



N=250

Savings & Financial
Education

- Trauma-informed
Peer Support

Enriching what's already there

Desire to Help
Others

- Peer Mentoring,
Self Help Groups

Entrepreneurship

- Asset Building:
Changing the system



Building Wealth and Health Network



Core Component

1. Savings Match w/ Credit Union (Now shareholders)

- \$5 per wk
- 1:1 match
- = ~ \$500 per yr
- **Restrictions**
 - 6 months, then Unrestricted Use

Core Component

2. Group Financial Education

1. Bank Accounts 101
2. Savings and possibilities
3. Reducing Debt
4. Savings for the Family
5. Credit Score
6. Tax help
7. Business planning
8. Planning for an education / home
9. One-on-one counseling

In partnership with PathWays PA and CFED

Core Component

3. Peer Support Groups



Trauma-informed

(Sanctuary Model)

5-wk sessions

- S.E.L.F.
 - Safety
 - Emotions
 - Loss
 - Future

Group Goals

- Career / Business
- Education
- Housing
- Disability
- Community violence
- Food Access

Work readiness

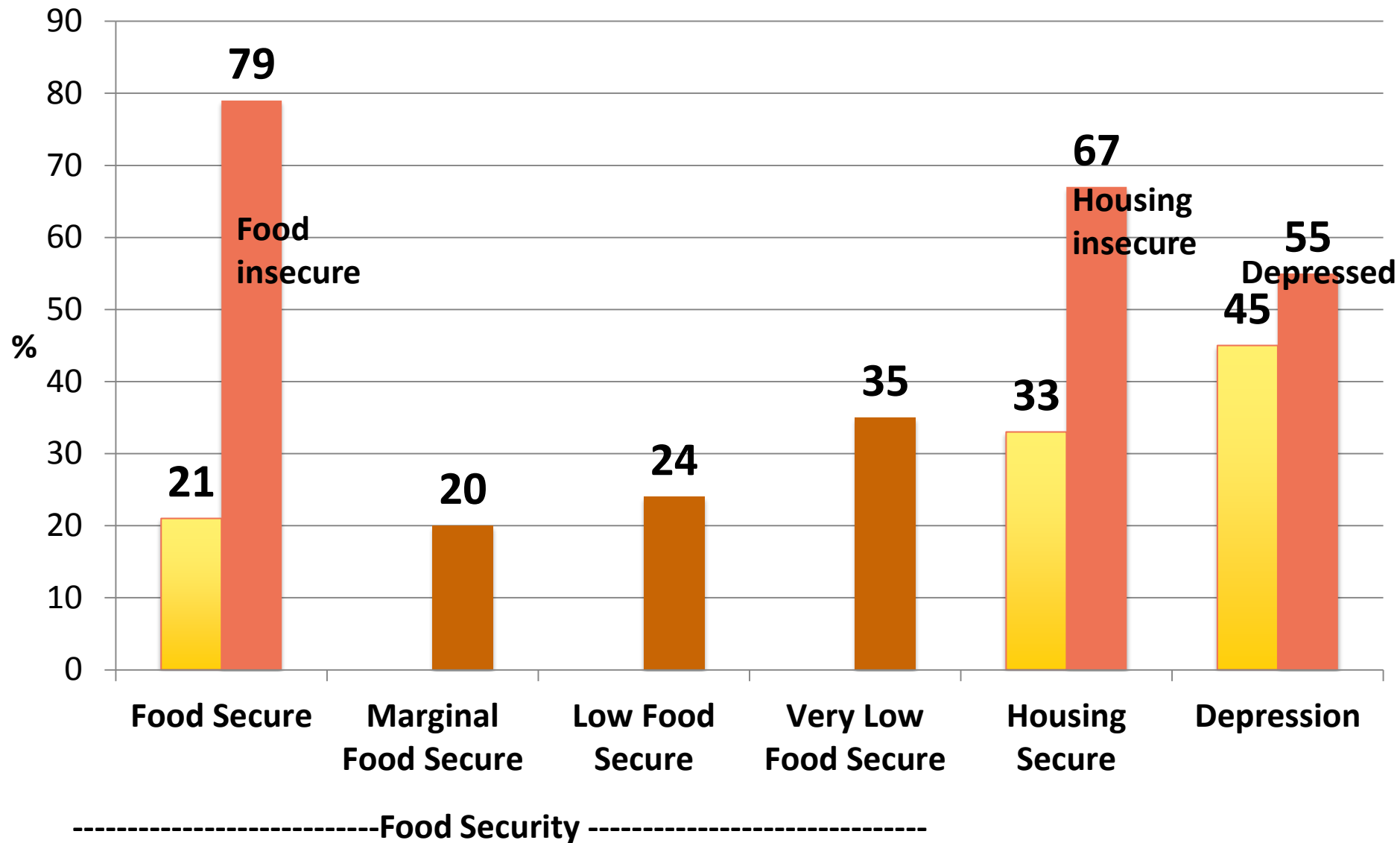
- How to attend a meeting
- How to run a meeting
- Showing up on time
- Group accountability

Outcomes Measured

6 month intervals

- 1. Income, Education & Program Participation**
- 2. Financial Wellbeing**
- 3. Economic Security**
- 4. Maternal & Child Health and Development**

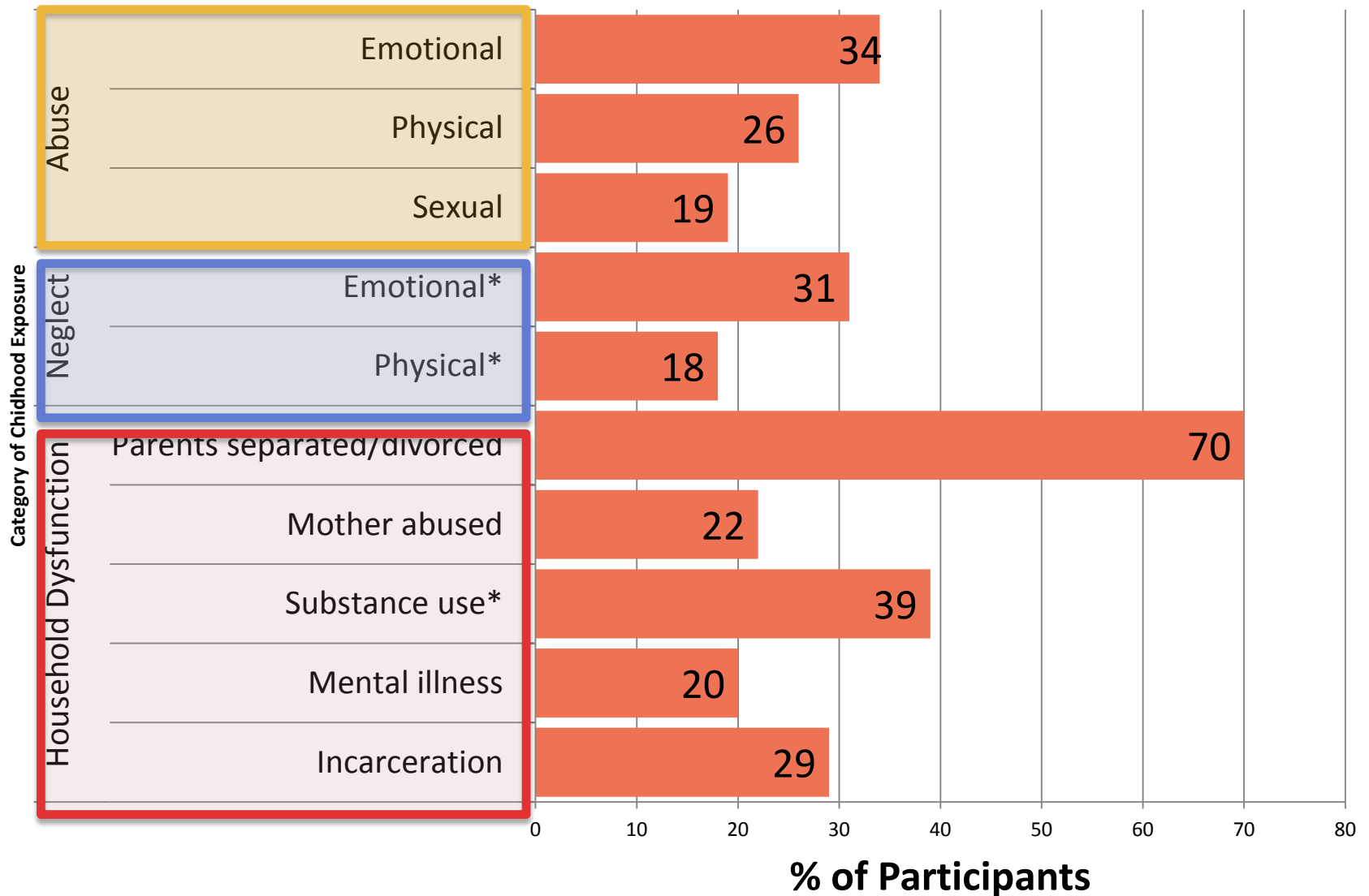
The Network: Pilot Baseline N=89



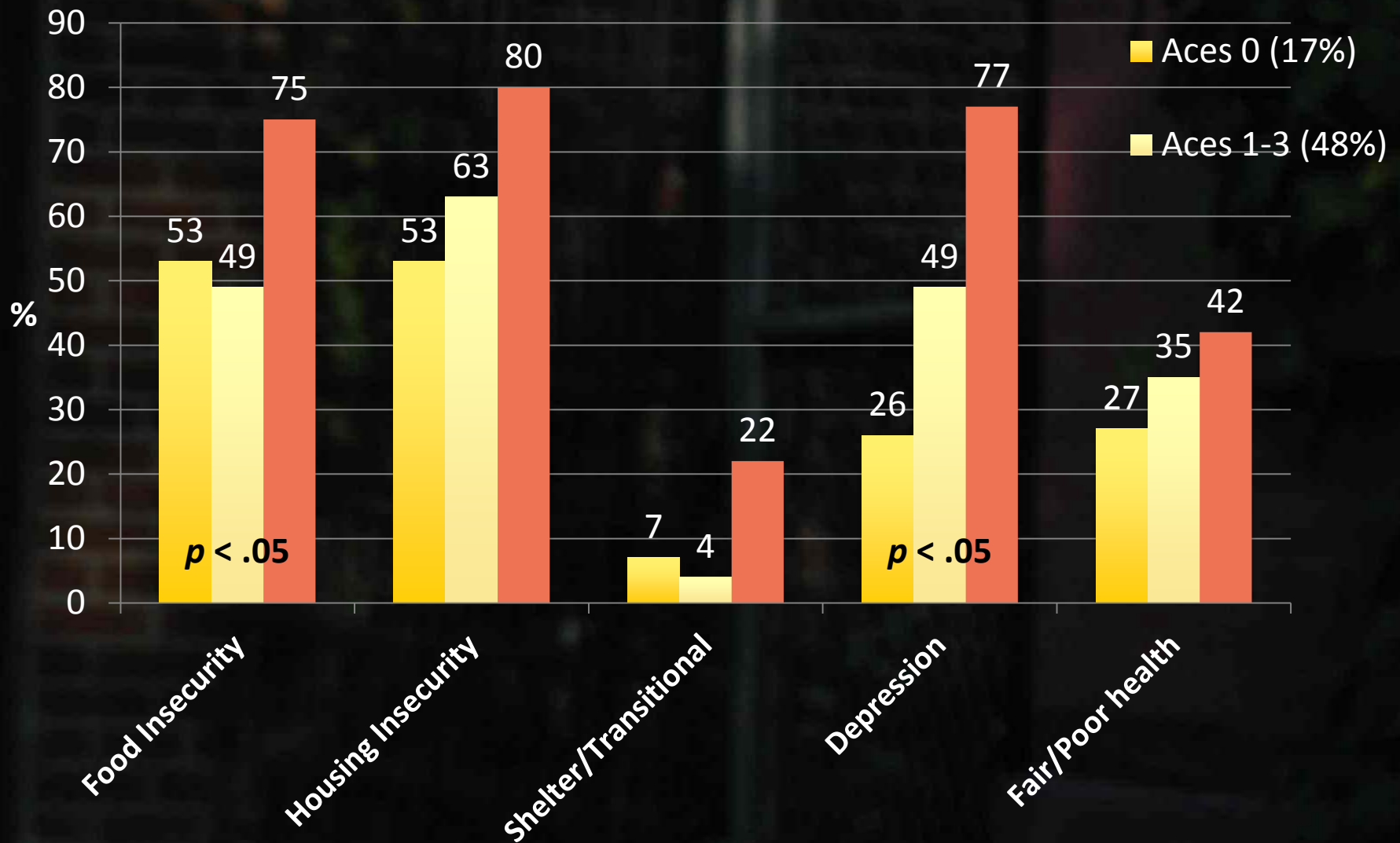
The Network: Pilot Baseline

Adverse Childhood Experiences

Distribution of Adverse Childhood Experiences



ACES Severity & Other Outcomes



How to Address Childhood Adversity

- Train Intake & CDU Workers in **trauma-theory**
- Screen for **ACEs**
- Screen for **food security**
- Focus on **housing** stability first
- Ensure access to **behavioral health**
- Promote **social connectedness** in programs
- Avoid sanctions



Thank you!

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