



# BUILDING WEALTH AND HEALTH NETWORK

## *Preliminary Outcomes*

### OVERVIEW

**The Building Wealth and Health Network** (The Network) is a trauma-informed, financial SELF empowerment program focused on participant hardship and health. Program components include:

**Matched Savings Accounts.** The Network makes one-to-one matches in savings accounts for all deposits up to \$20 per month, and deposits incentives for program participation.

**Financial SELF Empowerment Classes.** Participants attend 16 small group 3-hour sessions which include:

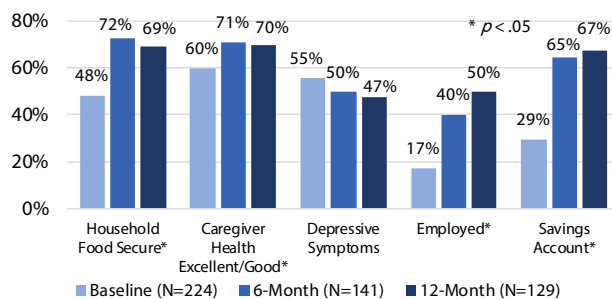
- **Financial empowerment.** Discussions on basic financial terms, resources, and goals while developing techniques to apply it to various financial situations.
- **Peer support groups.** Discussions focused on Safety, Emotion, Loss & Future (SELF) from Sanctuary® trauma-informed approach to social services.

**Evaluation Surveys.** Network participants complete surveys at baseline and every three months for one year to assess metrics of wealth and health.

### EVALUATION METRICS

Post-program outcomes indicate positive impacts on food security, self-rated health, depression, employment, and savings account participation.

*Selected Results of Ongoing Evaluation  
October 2015 - October 2017*



Evaluation measures included:

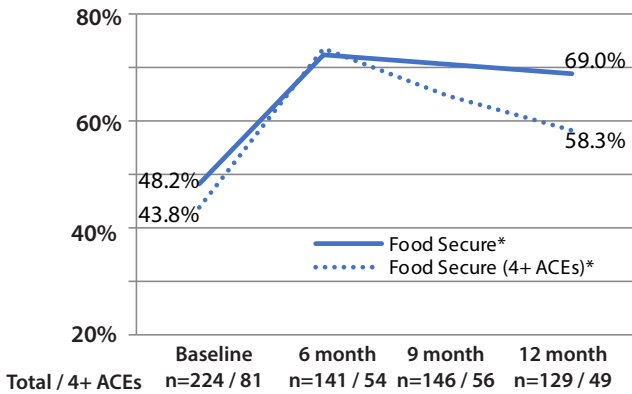
- **U.S. Household Food Security Measure:** 18-item measure developed by USDA assessing lack of access to enough food for an active and healthy life
- **Employment:** self-report of current employment status
- **Savings Account:** self-report of current active savings account
- **Caregiver Physical Health:** self-rated as excellent, good, fair, or poor
- **Depressive Symptoms:** CES-D, 10-item screener assessing various symptoms of depression
- **Adverse Childhood Experiences:** 10-item retrospective survey of experiences before age 18 including abuse, neglect, and household instability

Please see reverse side for more information.

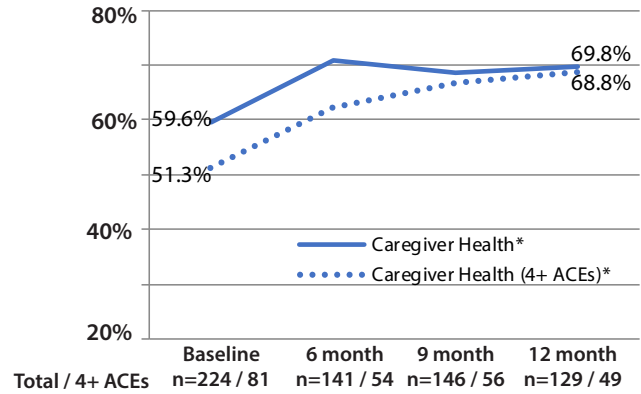
## PRELIMINARY EVALUATION OUTCOMES

Preliminary results indicate that The Network may have positive impacts on household food security, caregiver health, depressive symptoms, and employment in participants. Furthermore, results are consistent in participants with high childhood adversity (4+ ACEs). These results suggest a positive effect on health and well-being for individuals with severe exposure to trauma.

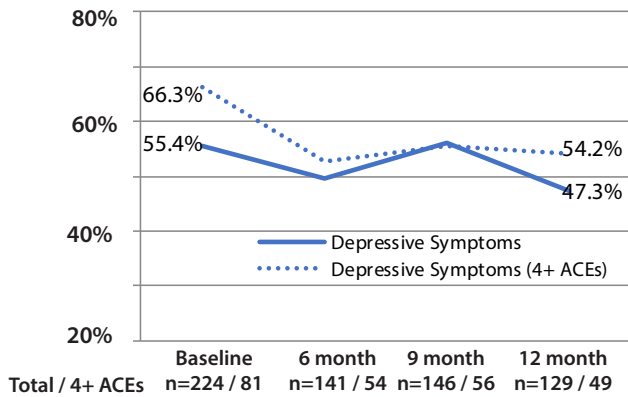
### HOUSEHOLD FOOD SECURITY



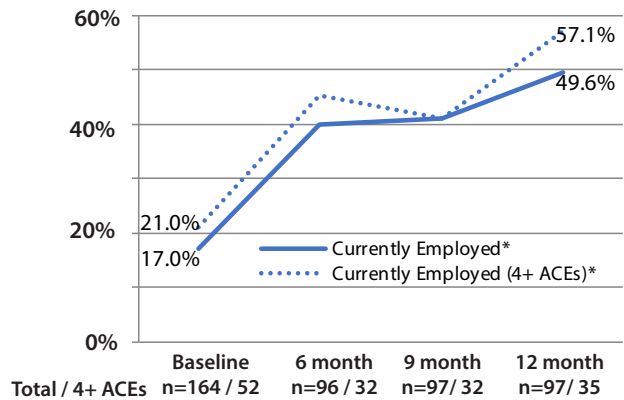
### CAREGIVER HEALTH



### DEPRESSIVE SYMPTOMS



### EMPLOYMENT



\*Statistically significant at  $p < 0.05$ .

### FOR MORE INFORMATION, PLEASE CONTACT:

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