

# Addressing Behavioral Health in TANF to Improve Health Equity among Low-Income Caregivers

10<sup>th</sup> Annual Conference on the Science of Dissemination and Implementation in Health

Arlington, VA

December 5, 2017

Falguni Patel, MPH



DREXEL UNIVERSITY  
School of  
Public Health



# Overview



- **Background**
  - TANF & challenges to economic success
  - Trauma & trauma-informed practice
- **Building Wealth and Health Network**
  - Description of the program
  - Preliminary outcomes
- **Implementation**
  - Pilot in an employment and training center
  - Integration of TANF and Medicaid

# TANF & Challenges to Economic Success

TANF reaches **less than 30%** of those eligible<sup>1</sup>

Work participation requirement has low success<sup>2</sup>

– **Return to TANF** / Churning

Barriers to work among TANF participants

– **33%** report work-limiting **health condition**<sup>3</sup>

– **43%** report **disability**<sup>4</sup>

– **74%** report **Intimate Partner Violence**<sup>5</sup>

– **High** involvement with **criminal justice system**<sup>6</sup>

1. Pavetti, 2015: *TANF continues to weaken as a safety net*  
2. Ctr Study of Social Policy, 2016: *20 Years of TANF*  
3. Kneipp et al 2011: *Public Health Nursing Case Management*

4. Loprest & Maag 2009: *Disabilities among TANF recipients*  
5. Cheng 2013: *IPV & Welfare Participation*  
6. Bloom et al, 2011: *TANF recipients w. barriers to employment*





**What Do We Really Mean By Trauma?**

**Toxic Stress (kids)**

**Traumatic Stress (adults)**

**Adverse Childhood Experiences**

# What Do We Really Mean By Trauma?

Toxic Stress (kids)

Traumatic Stress (adults)

Adverse Childhood Experiences

Abuse

Neglect

Household Instability

10 items

1-3 = mild



4+ = high



# ACEs strongly associated with:

Trauma-informed



- Smoking

- Depression

- CO

Two Generation Impact

- He

- Dia

- Ob

- Alc

use

- Att

- Fra

- Tee



al

# What is Trauma-Informed practice?

## Realizes

- Widespread **impact** on trauma; paths to **recovery**

## Recognizes

- **Signs & Symptoms** of trauma in clients, families, staff, and systems

## Responds

- Fully **integrate** knowledge about trauma into **policies**, procedures and practice

## Resist

- Actively **resists** “re-traumatization”

For more info:

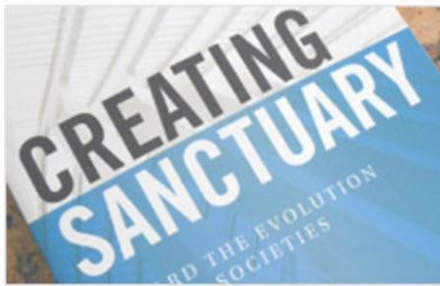


# The Sanctuary Model<sup>®</sup> *by Dr. Sandra L. Bloom*

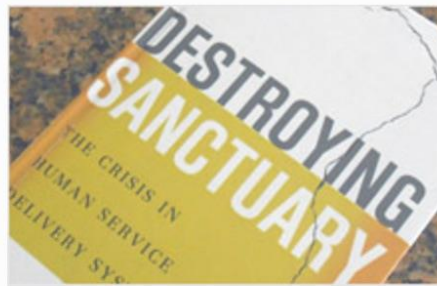
Theory-based, trauma-informed, evidence-supported, whole culture approach for creating / changing an organizational culture.



## Books by Dr. Sandra L. Bloom



**Creating Sanctuary**  
Creating Sanctuary: Toward the Evolution of Sane Societies



**Destroying Sanctuary**  
Destroying Sanctuary: The Crisis in Human Service Delivery Systems



**Restoring Sanctuary**  
A New Operating System for Trauma-Informed Systems of Care



**Additional Books**  
Review the entire library of published books with Dr. Sandra L. Bloom



# The Building Wealth and Health Network

A **FREE** program for  
your financial  
self-empowerment



## Description of the Program

1. Curriculum
2. Matched Savings
3. Goal Setting and Coaching



# Curriculum

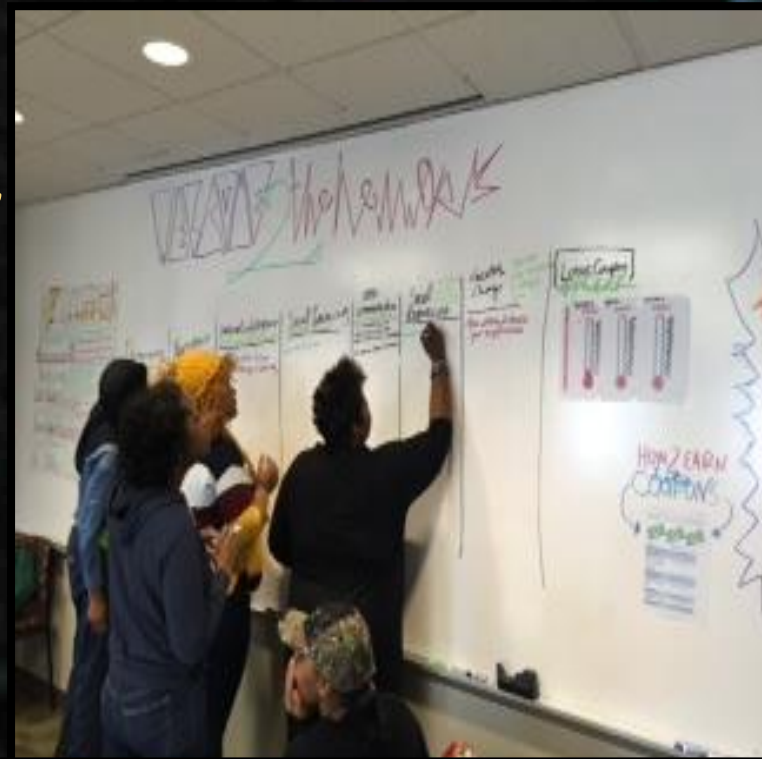
## *Financial SELF Empowerment*

### Trauma-Informed Peer Support

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

### Financial Empowerment

- **M** - Manage money
- **O** - Own a business
- **N** - Negotiate good wages
- **E** - Earn money & build cred
- **Y** - Yield benefits





# Matched Savings

- **1:1** match up to **\$20** per month for **1 year**
- Credit Union **bankers on site** to open accounts, collect deposits
- **Group and individual savings goals**
- **Branch visit and tour**





# Goal Setting and Coaching

## Lotus Coupons

- Milestone achievements
- Next steps on financial goals



## Individualized coaching

- One-on-one financial coaching
- Social work support

YOU then

Draw or write how you felt, where you lived, who you spent time with, your thoughts abt the future... what you loved, what your struggles were... ANYTHING

Stressed.  
Dependent.  
Alone

Broke!  
Stuck  
unworthy

YOU how

Think abt: what are you proud of? what have you learned & accomplished, and felt? Did you sweat? Overall what are your emotions? Do you feel hopeful abt the future?

focused  
Determined  
Comfortable  
Saving  
Loved  
Self-aware  
stable

Network Member #1

YOU then

Draw or write how you felt, where you lived, who you spent time with, your thoughts abt the future... what you loved, what your struggles were... ANYTHING

cloudy rainy cold

River of life  
help caring giving tears

YOU how

Think abt: what are you proud of? what have you learned & accomplished, and felt? Did you sweat? Overall what are your emotions? Do you feel hopeful abt the future?

Love my self

Network Member #2

YOU then

Draw or write how you felt, where you lived, who you spent time with, your thoughts abt the future... what you loved, what your struggles were... ANYTHING

YOU how

Think abt: what are you proud of? what have you learned & accomplished, and felt? Did you sweat? Overall what are your emotions? Do you feel hopeful abt the future?

Network Member #3

YOU then

Draw or write how you felt, where you lived, who you spent time with, your thoughts abt the future... what you loved, what your struggles were... ANYTHING

\*Had a huge weight holding me down.

YOU how

Think abt: what are you proud of? what have you learned & accomplished, and felt? Did you sweat? Overall what are your emotions? Do you feel hopeful abt the future?

\*took that weight and built a better life for us.

Network Member #4

# Outcomes Measured (Self-Report)

Baseline, 3 month intervals to 12 months

## Basic Characteristics

- Demographics
- Benefits
- Household characteristics

## Financial Wellbeing

- Unofficial work/self employment
- Employment Hope
- General Self-Efficacy
- Financial behaviors and knowledge

## Economic Security

- Food Insecurity
- Housing Insecurity
- Energy Insecurity

## Maternal & Child Health and Development

- CES-D (Center for Epidemiologic Studies - Depression)
- Self-Rated Health
- PEDS (Parents' Evaluation of Developmental Status Survey)
- Caregiver-Rated Health of Child

## Exposure to Violence and Adversity

- Adverse childhood experiences
- Community violence
- Interaction with criminal justice

[See Sun et al \(2016\) BMC Public Health](#)



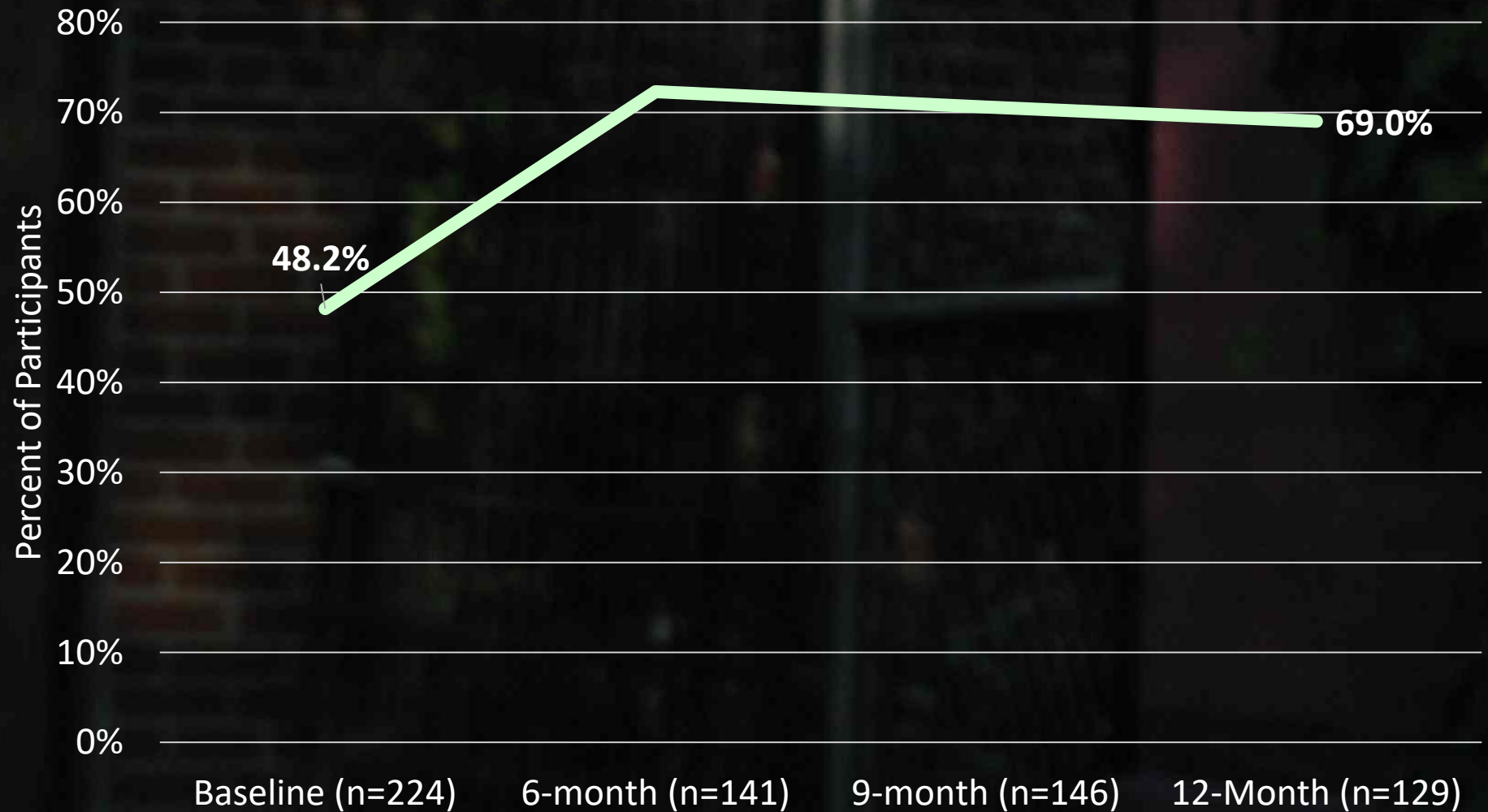
# Ongoing Recruitment & Survey Participation

## Network ACASI Survey Completion

Cohort	Baseline	3-month	6-month	9-month	12-month
Cohort 1 (Mixed Assist)	31	27 (87%)	24 (77%)	23 (74%)	24 (77%)
Cohort 2 (TANF)	67	47 (70%)	33 (49%)	40 (59%)	33 (49%)
Cohort 3 (Mixed Assist)	28	23 (82%)	18 (64%)	18 (64%)	18 (64%)
Cohort 4 (TANF)	37	26 (70%)	21 (57%)	17 (46%)	20 (54%)
Cohort 5 (TANF)	37	22 (56%)	28 (76%)	22 (60%)	21 (57%)
Cohort 6 (Mixed Assist)	25	20 (80%)	17 (68%)	17 (68%)	14 (56%)
Cohort 7 (TANF)	33	19 (58%)	23 (70%)	19 (58%)	12 (37%)*
Cohort 8 (TANF)	26	15 (58%)	14 (54%)	13 (50%)	4 (16%)*
Cohort 9 (Mixed Assist)	32	22 (69%)	24 (75%)	23 (72%)	
Cohort 10 (TANF)	30	17 (57%)	12 (40%)*		
Cohort 11 (TANF)	27	15 (56%)	11 (41%)*		
<b>TOTAL</b>	<b>373</b>	<b>254</b>	<b>223</b>	<b>192</b>	<b>146</b>

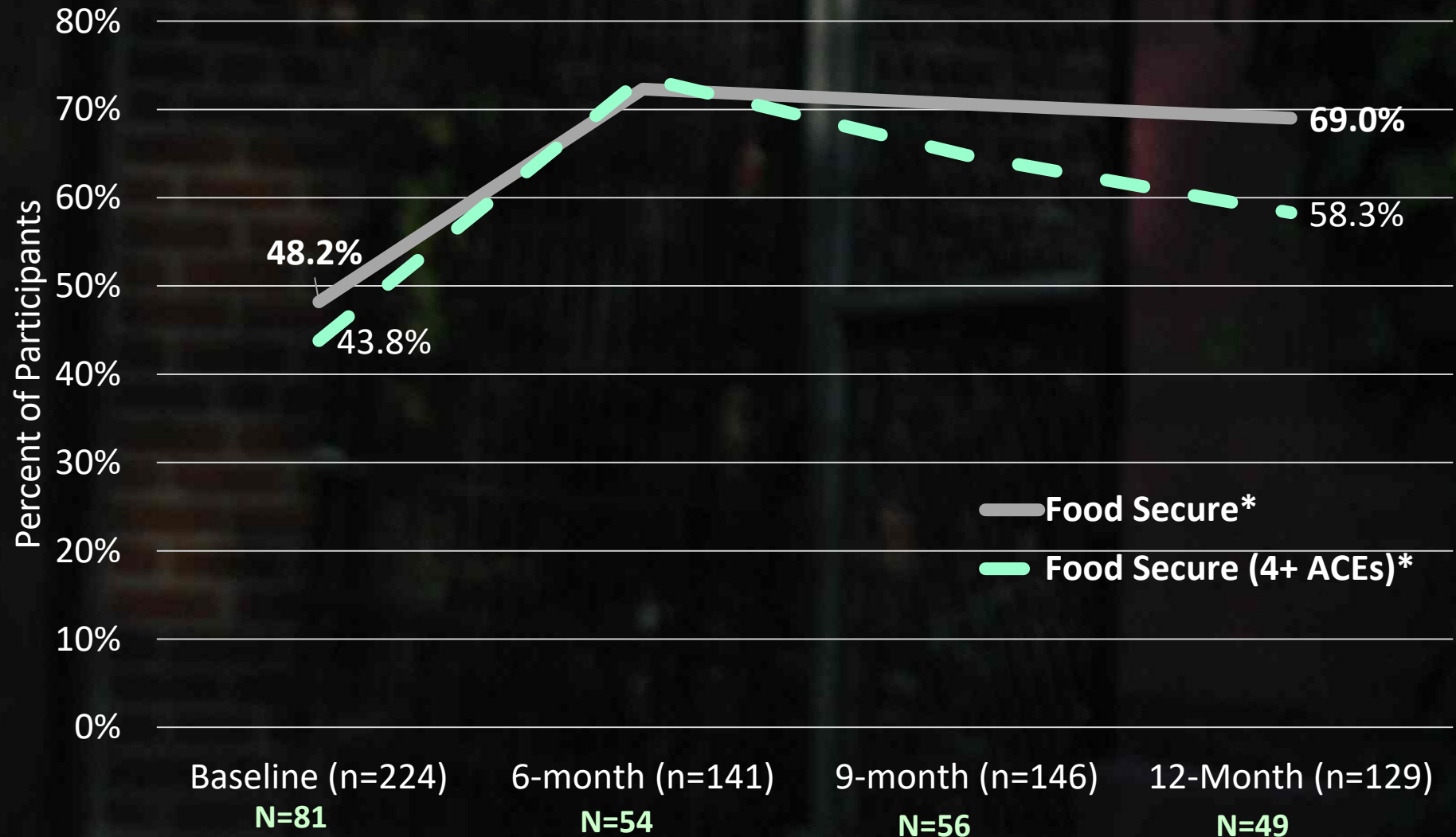
\*indicates follow-up is ongoing; total % changes every day as people cycle in for appointments

# Preliminary Outcomes: Household Food Security



*\*Statistically significant,  $p < 0.05$*

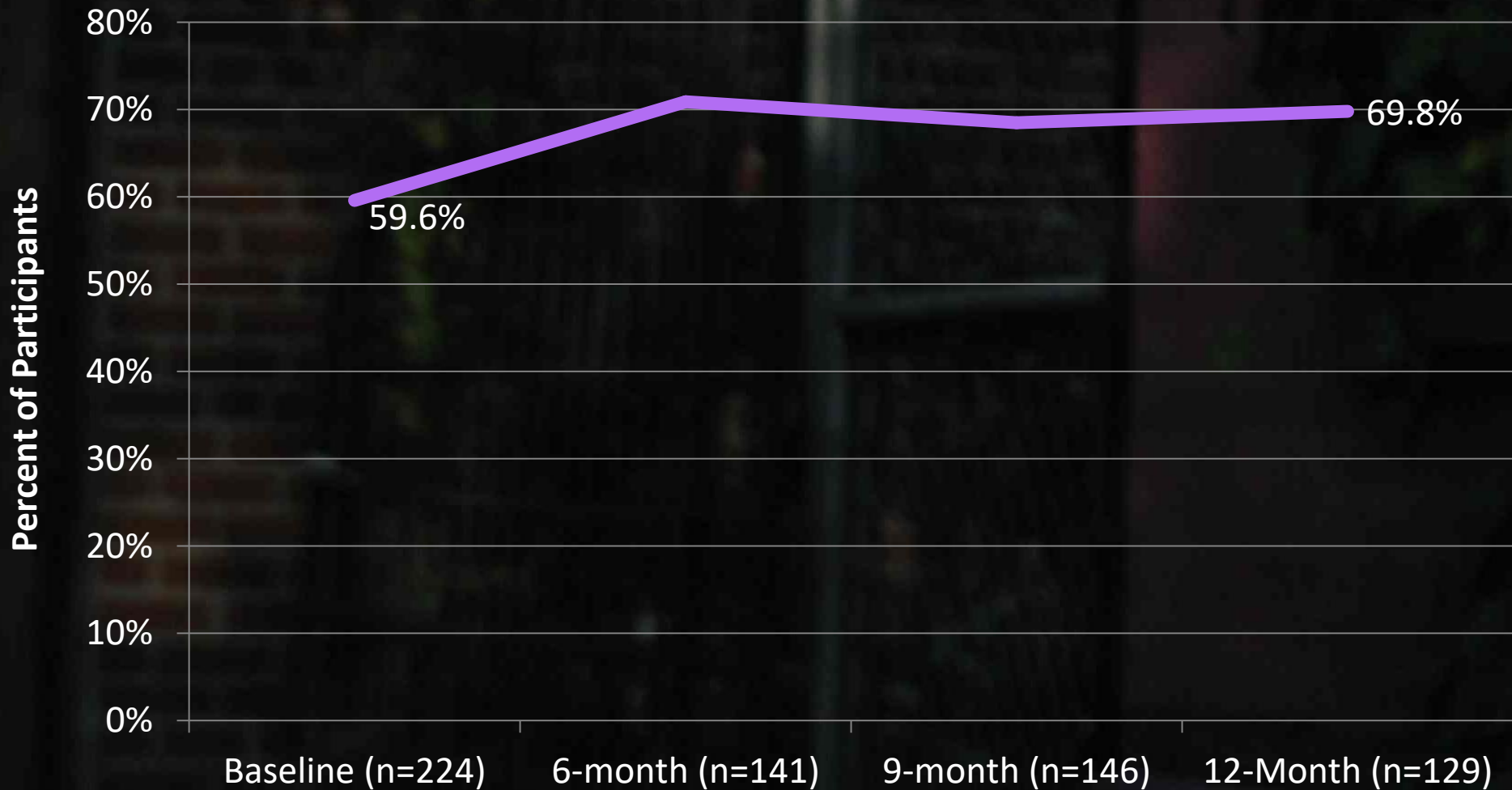
# Preliminary Outcomes: Household Food Security with 4+ ACEs



\*Statistically significant,  $p < 0.05$



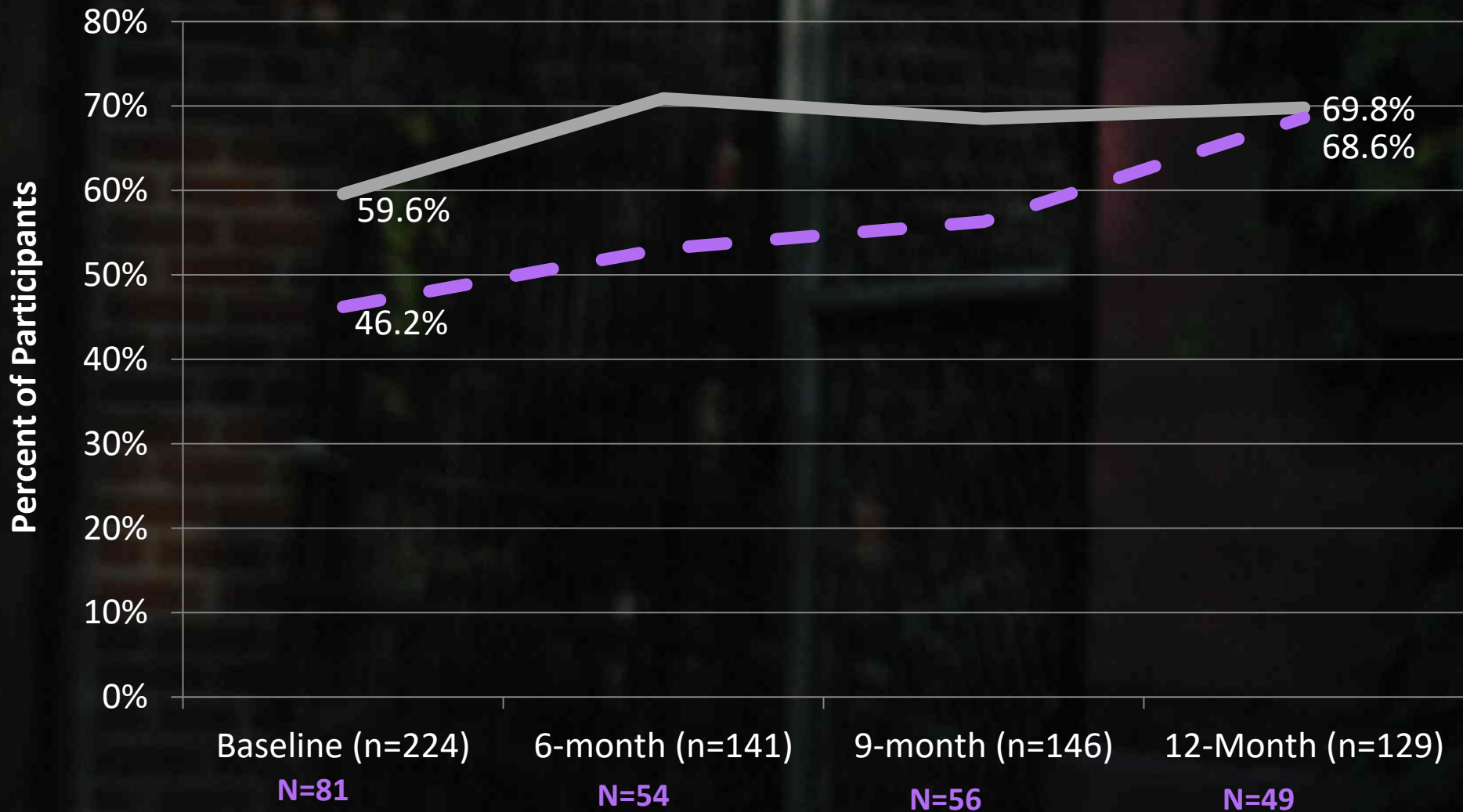
# Preliminary Outcomes Caregiver Health



*\*Statistically significant,  $p < 0.05$*

# Preliminary Outcomes

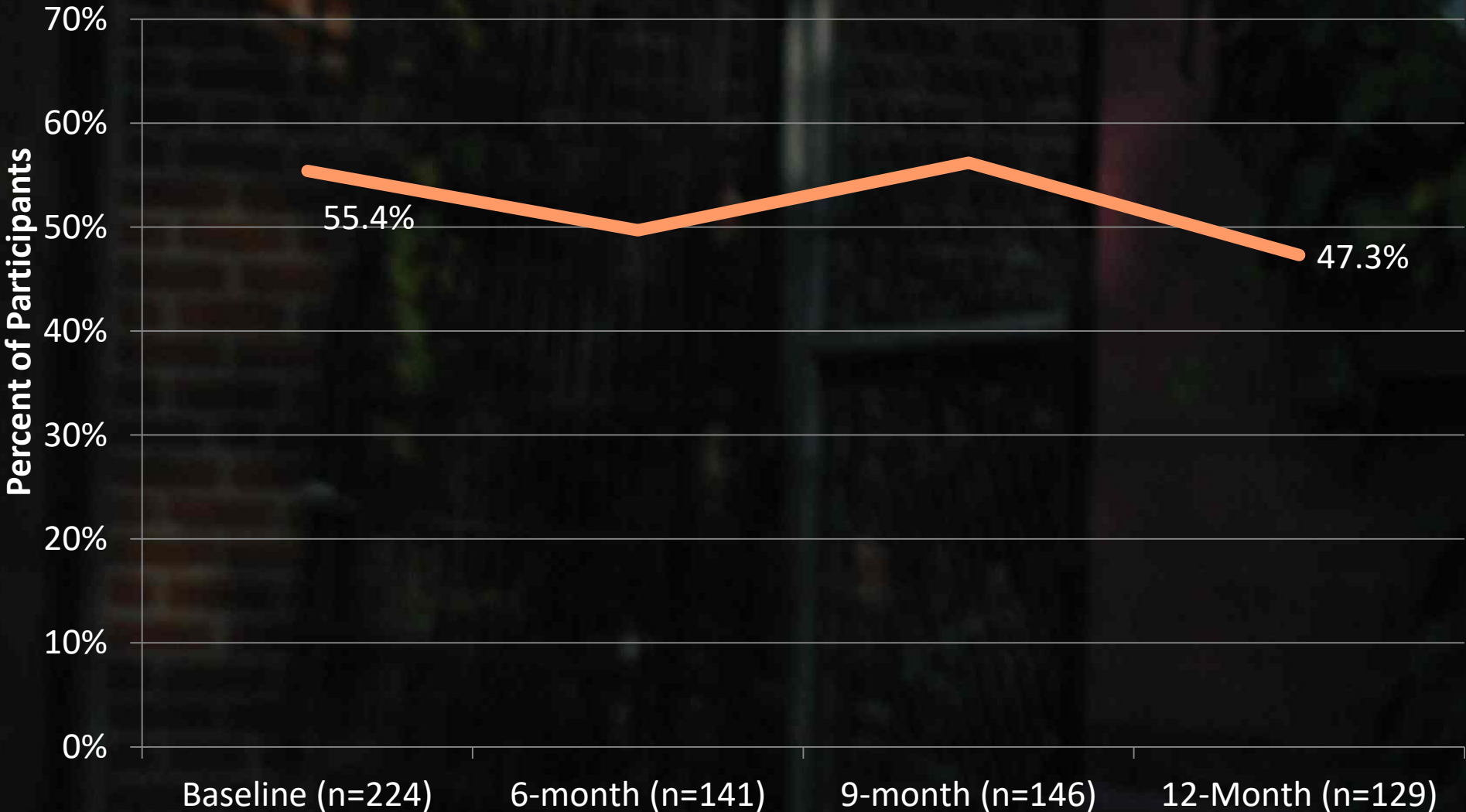
## Caregiver Health with 4+ ACEs



*\*Statistically significant,  $p < 0.05$*

# Preliminary Outcomes

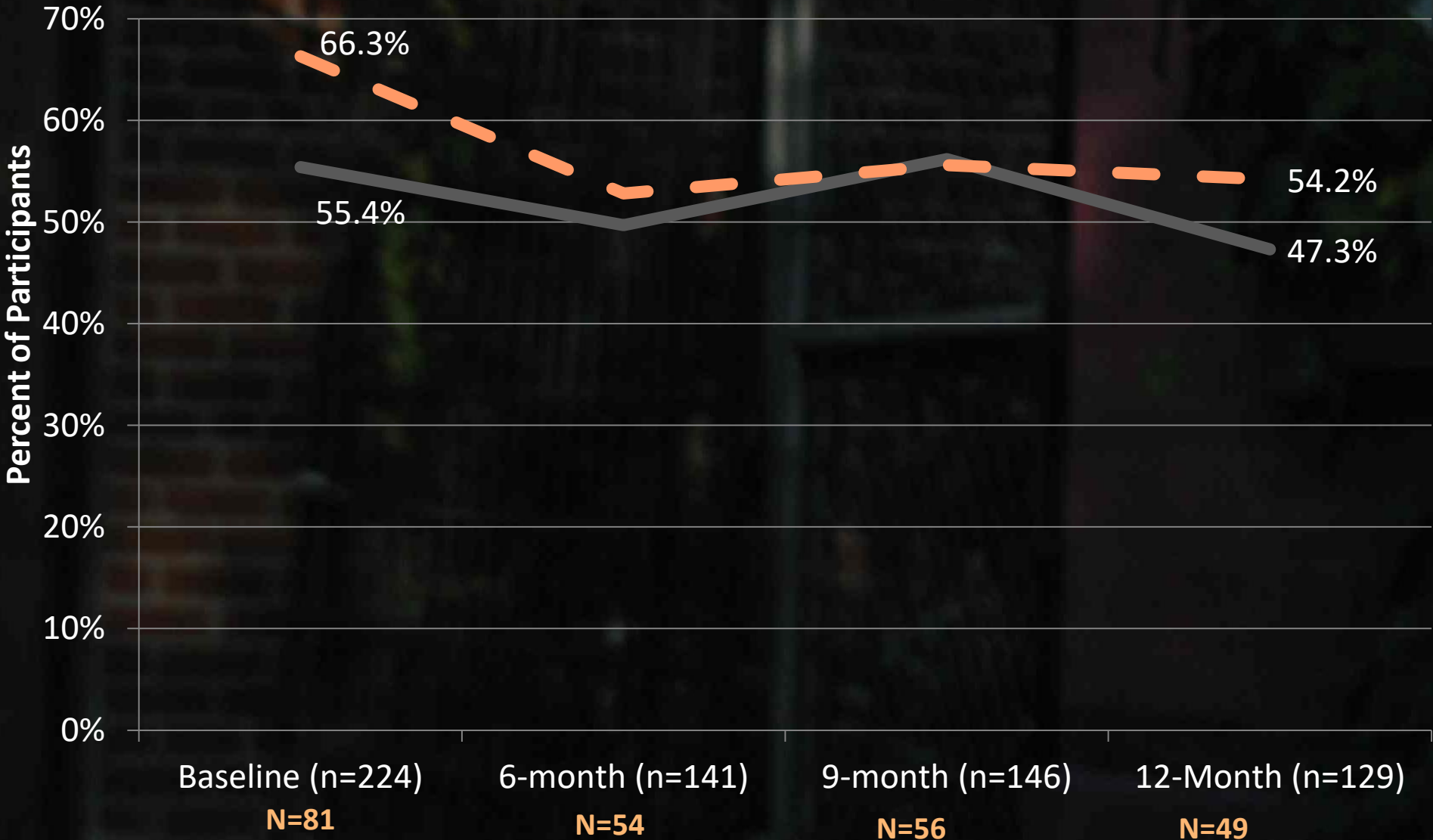
## Depressive Symptoms





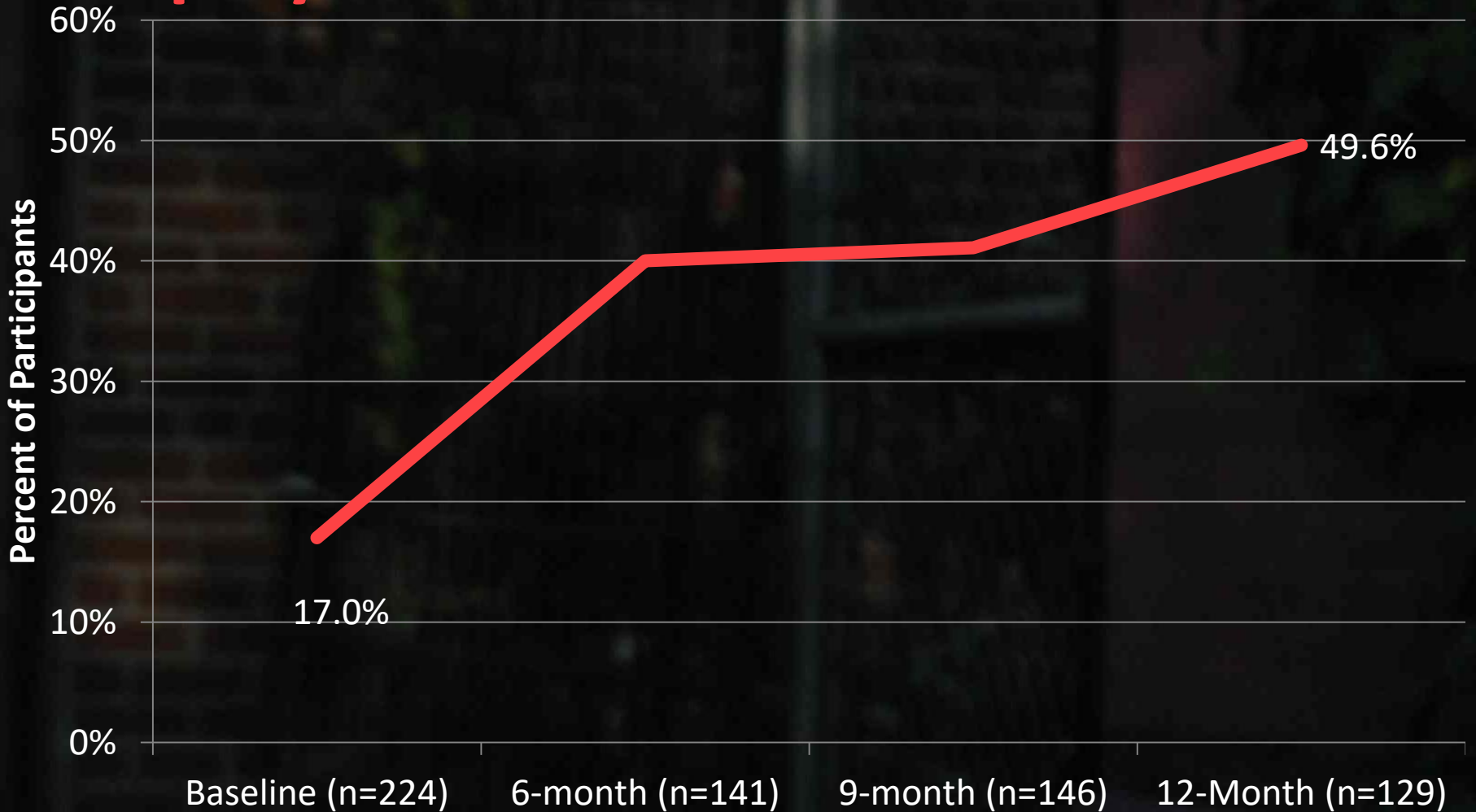
# Preliminary Outcomes

## Depressive Symptoms with 4+ ACEs



# Preliminary Outcomes

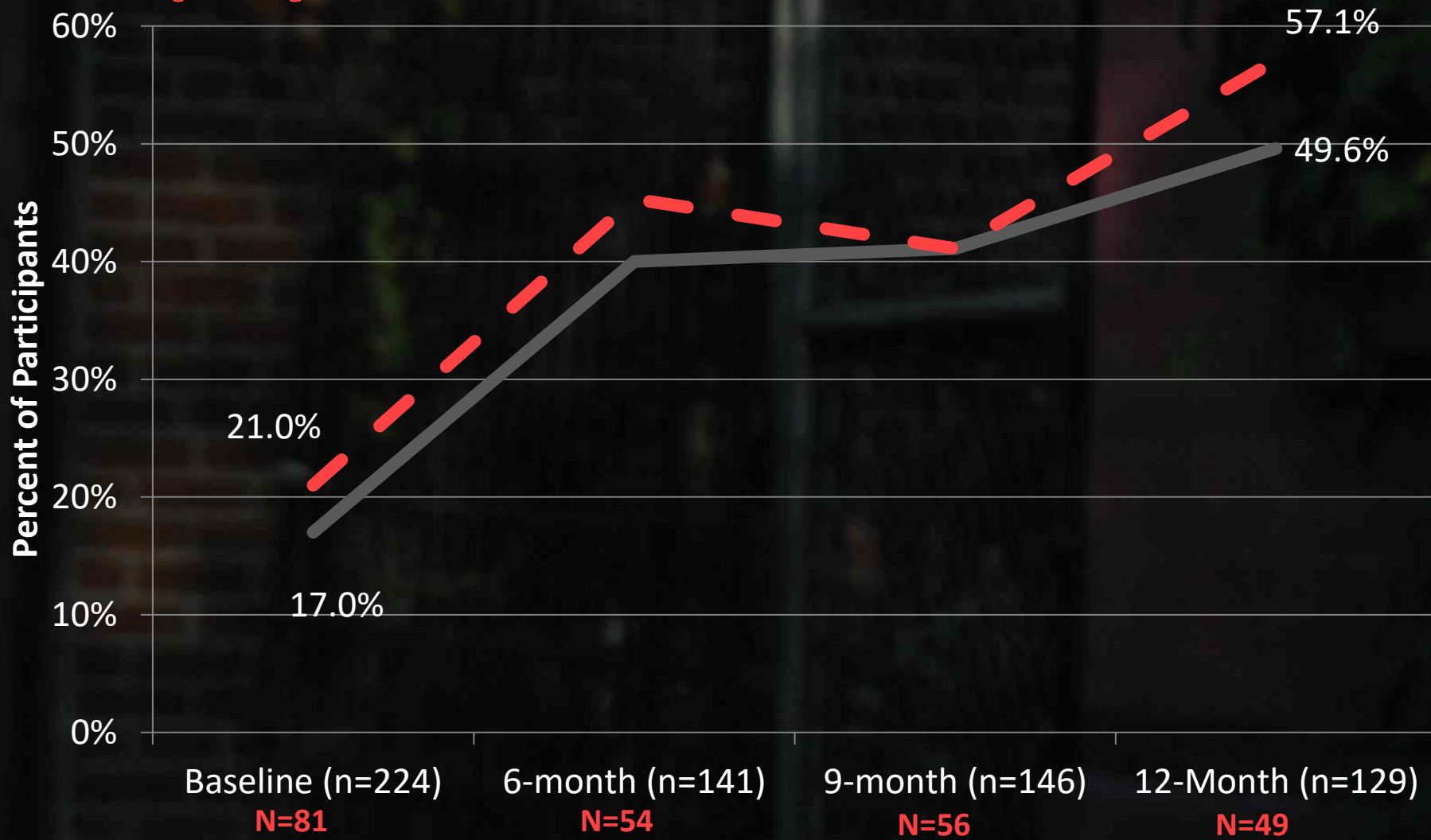
## Employment



*\*Statistically significant,  $p < 0.01$*

# Preliminary Outcomes

## Employment with 4+ ACEs



*\*Statistically significant, p<0.01*



# Implementation

- **Ongoing programming & evaluation**
  - Integrate The Network in state-funded employment & training education programs
- **Integration of TANF and Medicaid**
  - TANF participants may be more successful if we address behavioral health

# Systems for Action (S4A)

## TANF and Medicaid Integration

S4A  
Systems for Action

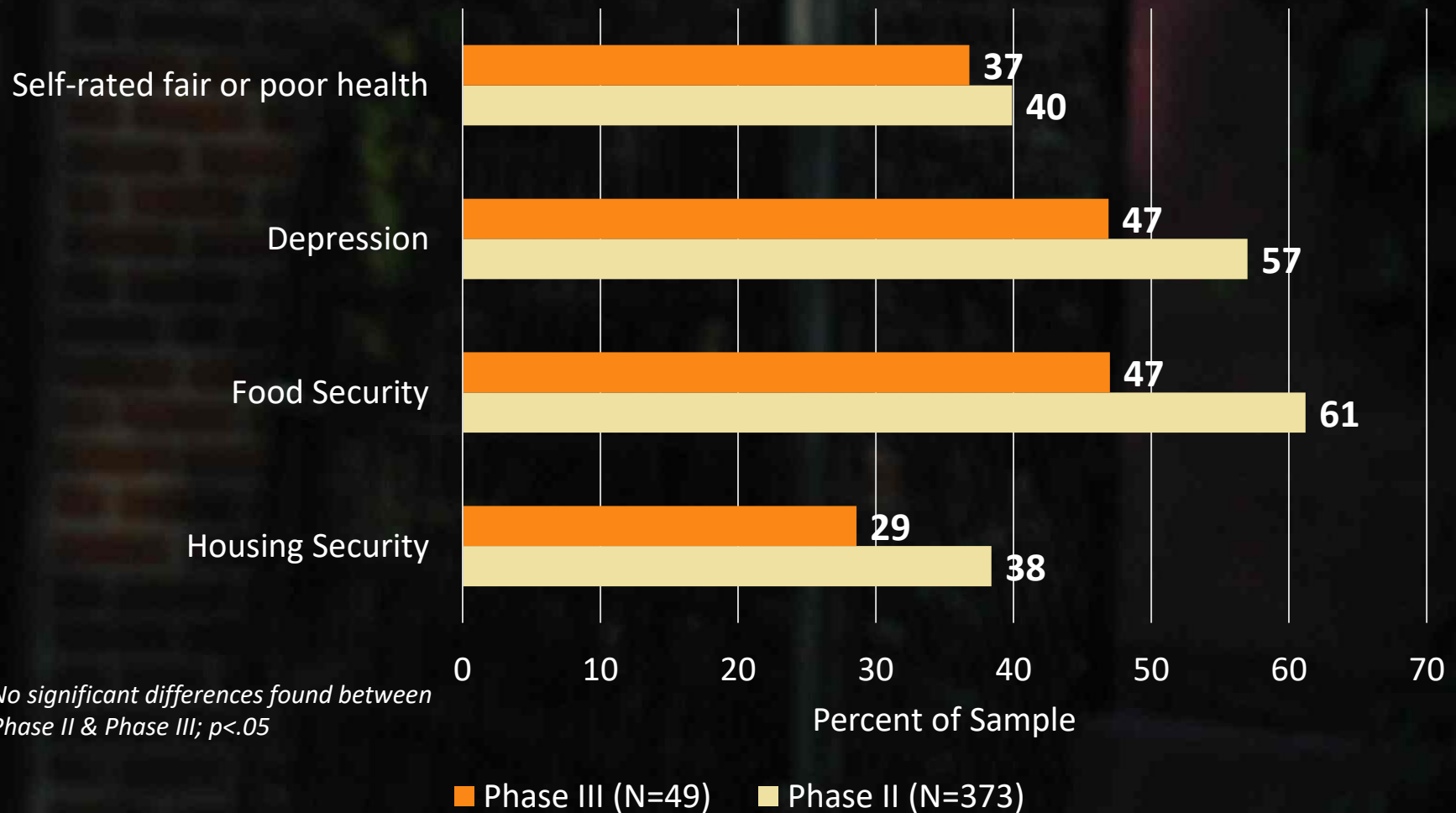
1. Assess effects of trauma-informed peer support built into education and training on health and economic security for participants in The Network.

- Partnership with PA CareerLink
- Launched October 2017
- Pilot with 50 TANF participants
- January 2018 scale up



# Implementation Phase: Baseline Comparisons

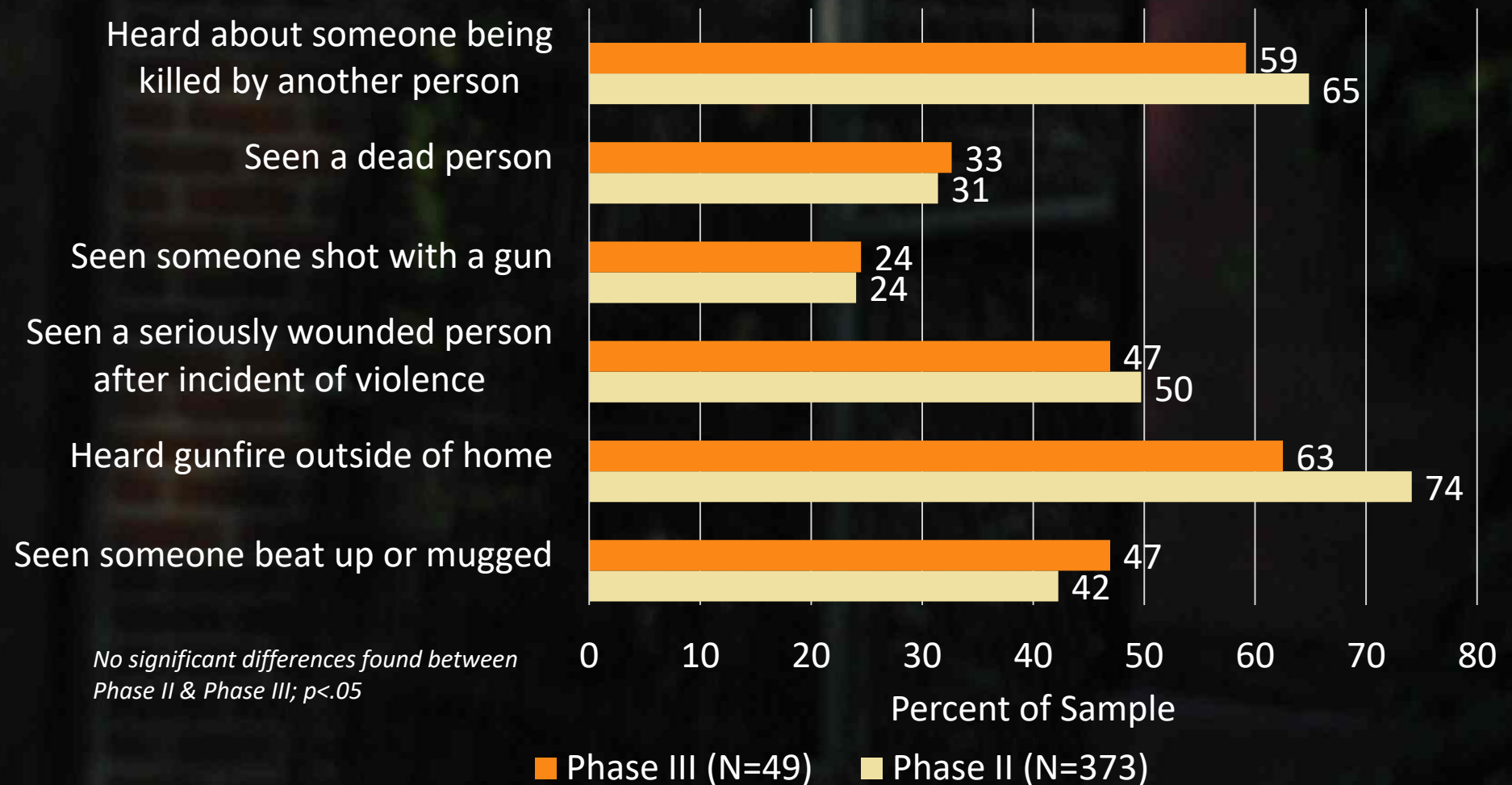
Baseline Hardship & Health (%)



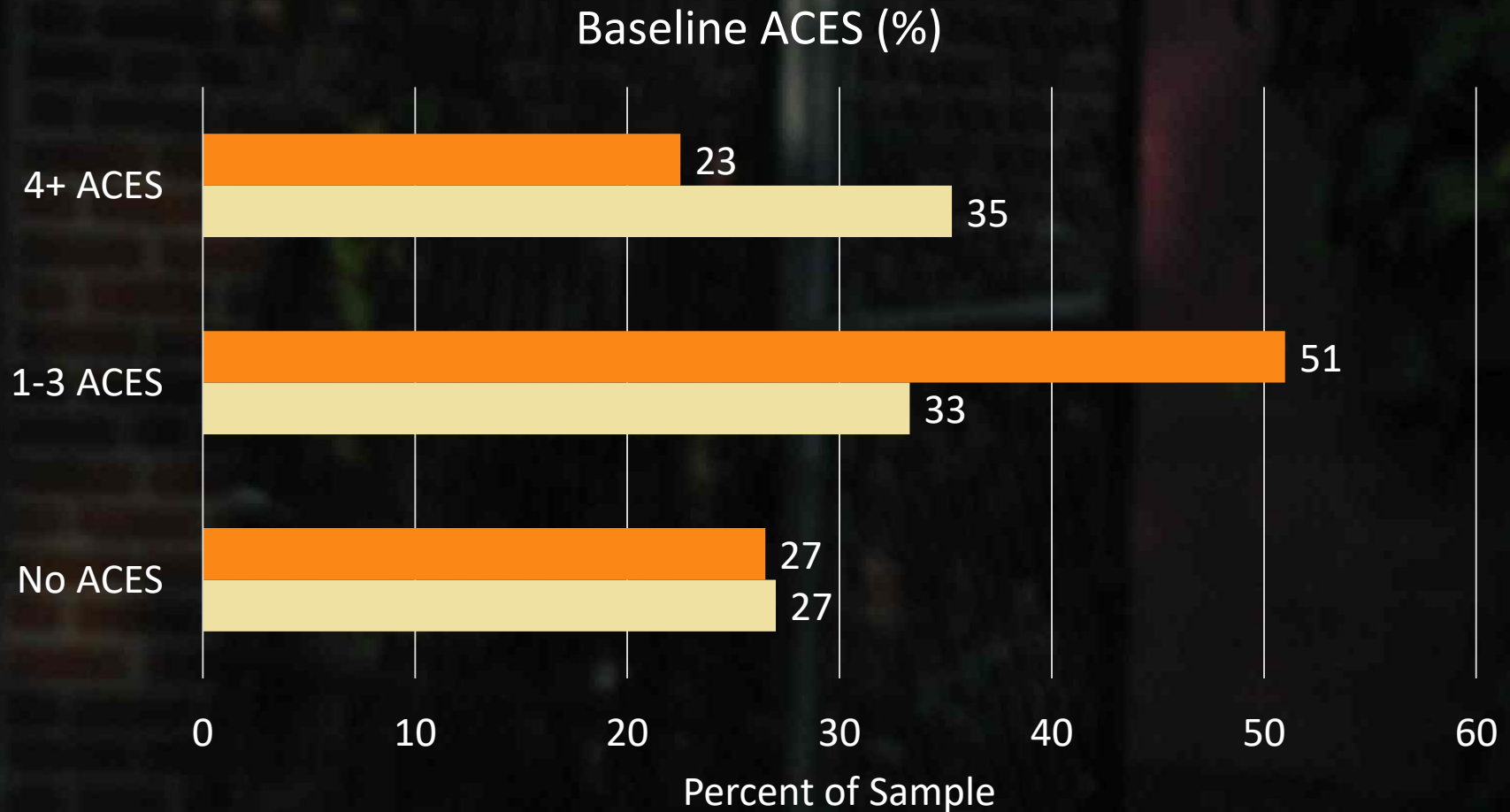


# Implementation Phase: Baseline Comparisons

Baseline Violence Exposure (%)



# Implementation Phase: Baseline Comparisons

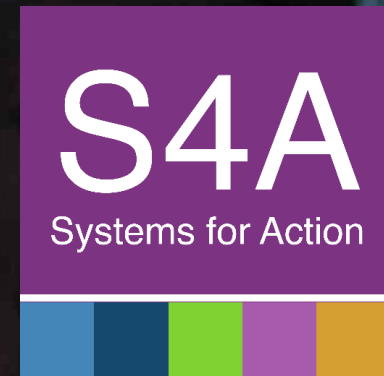


*No significant differences found between  
Phase II & Phase III;  $p < .05$*

■ Phase III (N=49)    ■ Phase II (N=373)

# Systems for Action (S4A)

## TANF and Medicaid Integration

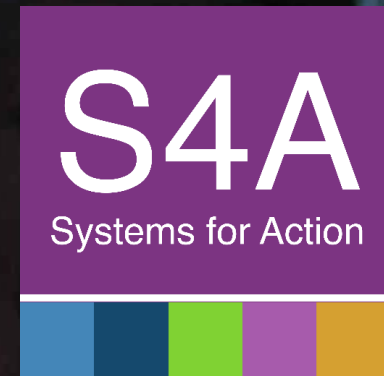


2. Identify cost savings to **TANF and Medicaid** & make a case for linking these systems.
  - Administrative data from Commonwealth of PA
  - Philadelphia City Dept. of Behavioral Health



# Systems for Action (S4A)

## TANF and Medicaid Integration



3. Engage multiple stakeholders to promote a Culture of Health within anti-poverty programming through a strategic **public dissemination effort.**

- Steering Group
- Policy Brief series
- Research publications



# Research and Program Teams

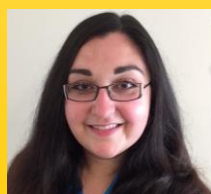
## Investigators



**PI:** Mariana Chilton, PhD, MPH

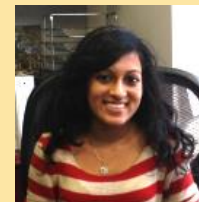


**Co- PI:** Sandra Bloom, MD



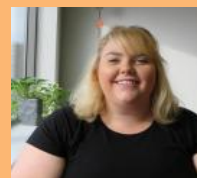
**Co-I's:** Jerome Dugan, PhD  
Layla Booshehri, PhD

## Project Director



Falguni Patel, MPH

## Research Team



**Coordinator:**  
Courtney Sartain, MPH



**Research Assistant:**  
Courtney Scott

## Program Team



**Coordinator:** Michael Moody



**Coaches:** Alie Huxta, MSW  
and Kevin Thomas



**Resource Specialist:** Jenay Smith, MSS

## Data Team:

### Doctoral Students



**Data Analyst:**  
Pam Phojanakong,  
MPH



**Research Associate:**  
Emily Brown,  
MSW



solutions based on science  
and the human experience

DREXEL UNIVERSITY

Center for

# Hunger-Free Communities

**Falguni Patel, MPH**

**fp76@drexel.edu**

**267-359-6261**

**@thebwhnetwork**

