

YOUNG MINDS MATTER:

Communities Connecting for Well-being

HOUSTON, TEXAS
WED., OCTOBER 23

HILTON GALLERIA AREA
6780 Southwest Fwy



Hogg Foundation
for Mental Health



PREVENTION
INSTITUTE

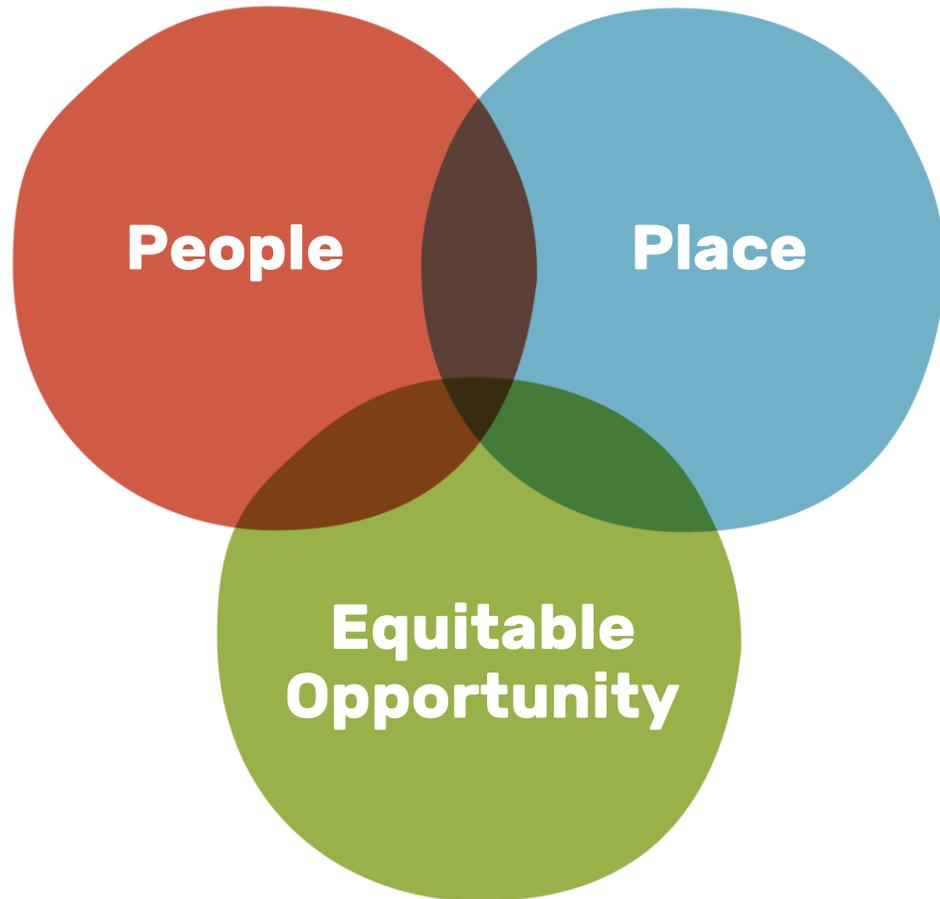
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Cradle to Career:

Supporting educational and economic outcomes

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THRIVE – Tool for Health in Vulnerable Environments



Equitable Opportunity



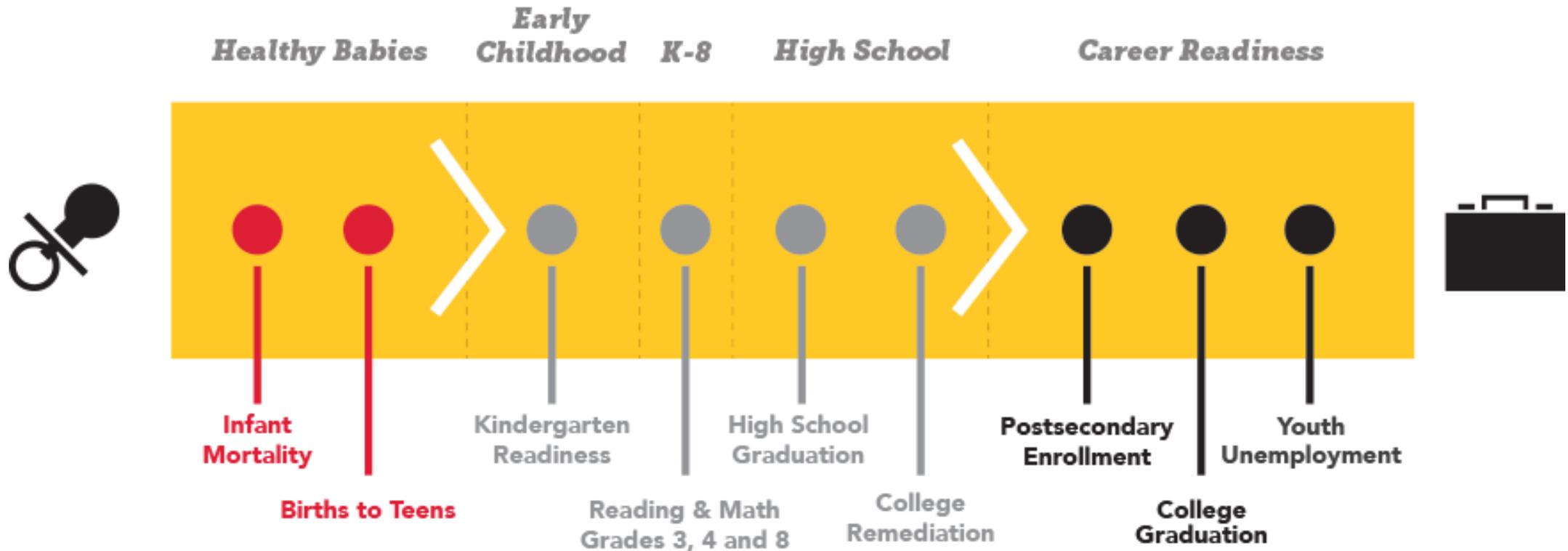
Education



Living wages &
local wealth

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Cradle to Career – How can ‘equitable opportunity’ support well-being for children youth and families?



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Objectives

- Unpack meanings of '**cradle to career**' and its relationship to mental well-being
- Describe how challenges related to education, living wages and local wealth are arising in communities and their impact on early childhood development;
- Discuss opportunities to support well-being in early childhood and beyond by advancing educational and economic outcomes for families and communities.

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Our panelists for this session:

Christy Serrano

Houston Regional Director
First3Years

Margaret Oser

VP, Mission and Strategy
United Way of Greater Houston

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What is ALICE?

- ALICE is a quantitative data analysis of what it takes to make ends meet. It uses real-world, bare-bones household budgets specific to our area.
- ALICE represents those that are working, making above the poverty level, but struggle to cover basic needs, with little to no savings and living on the financial edge.
- It is now in its 9th year with 18 states participating and updates every two years.

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Asset
Limited,
Income
Constrained
Employed

ALICE Threshold – Greater Houston



United Way of Greater Houston

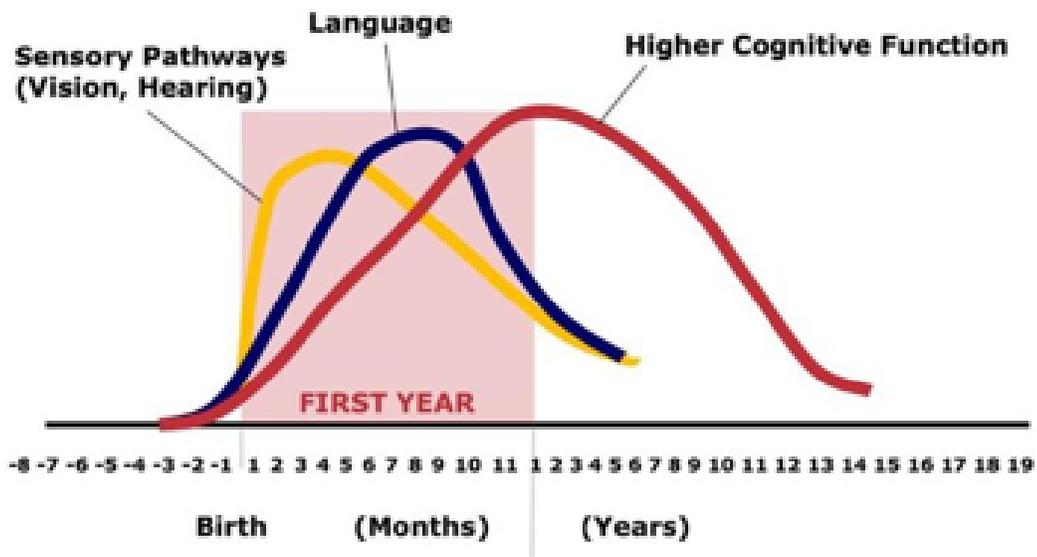
- In our 4 county area for a family of four:
 - Poverty is \$24,300
 - ALICE Threshold is \$61,404
- Monthly Budget breakdown:
 - Housing = \$948
 - Child care = \$1,201 (infant and preschooler – licensed family home)
 - Food = \$525
 - Transportation = \$771
 - Health care = \$704
 - Technology = \$75 (smart phone)
 - Misc. and taxes = \$893

Harris County

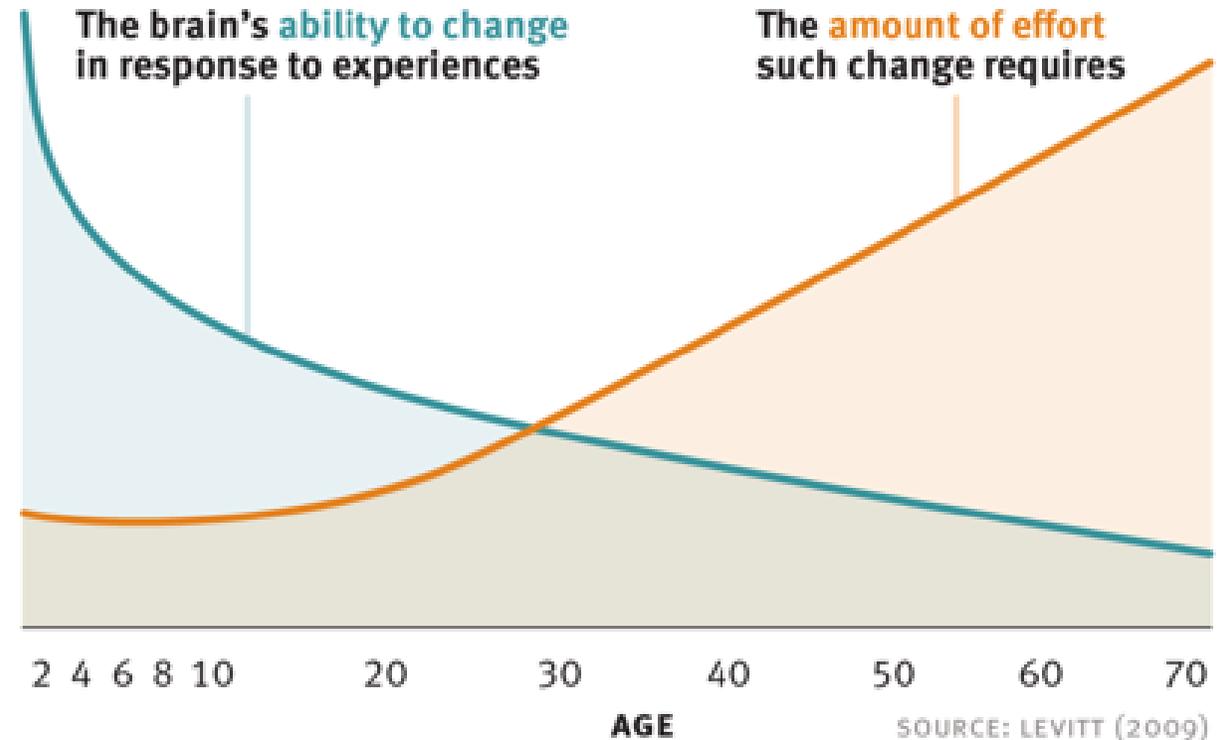
- ALICE Households – 28%
- Combined with Poverty (690,752 households struggling) – 43%
- Median income - \$56,377

Human Brain Development

Neural Connections for Different Functions Develop Sequentially



Source: C.A. Nelson (2000)



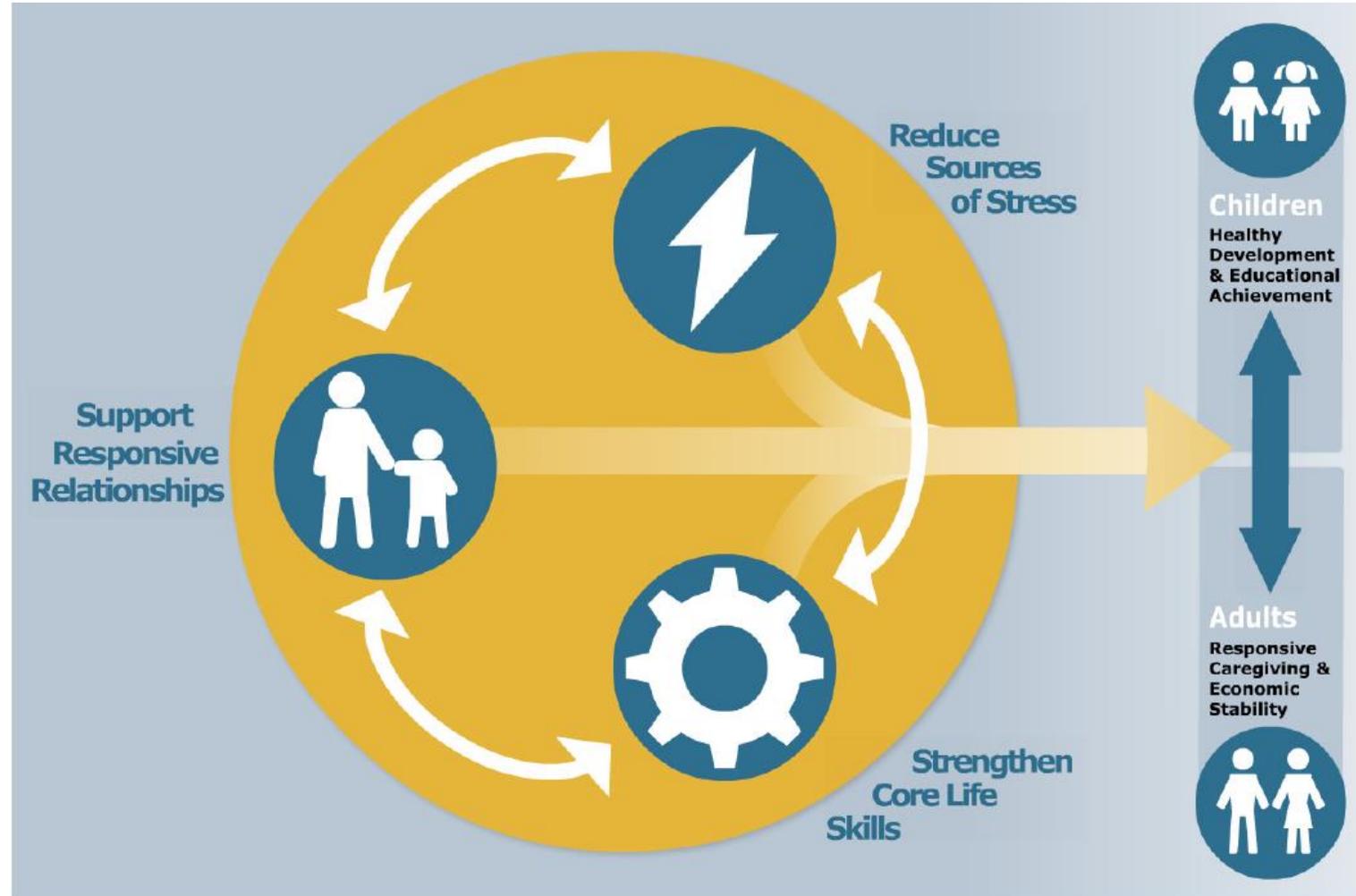
SOURCE: LEVITT (2009)

Center on the Developing Child HARVARD UNIVERSITY

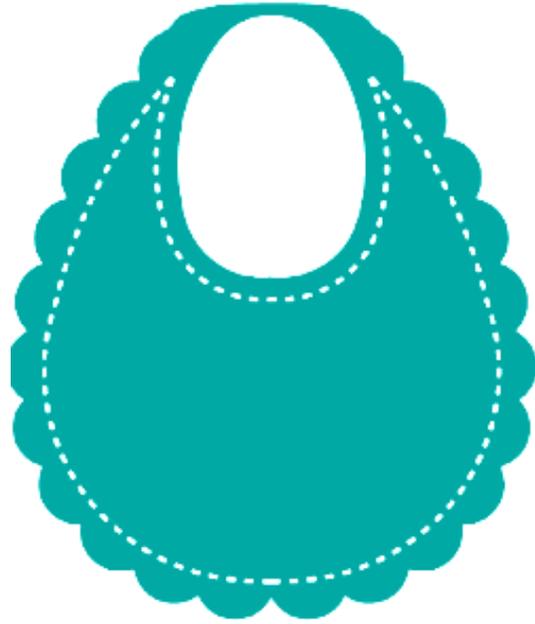
www.developingchild.harvard.edu

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Three Principles to Improve Outcomes for Children and Families



Center on the Developing Child at Harvard University (2017). Three Principles to Improve Outcomes for Children and Families. <http://www.developingchild.harvard.edu>



BIB | Babies in Baytown

for all families with young children

Powered by First3Years

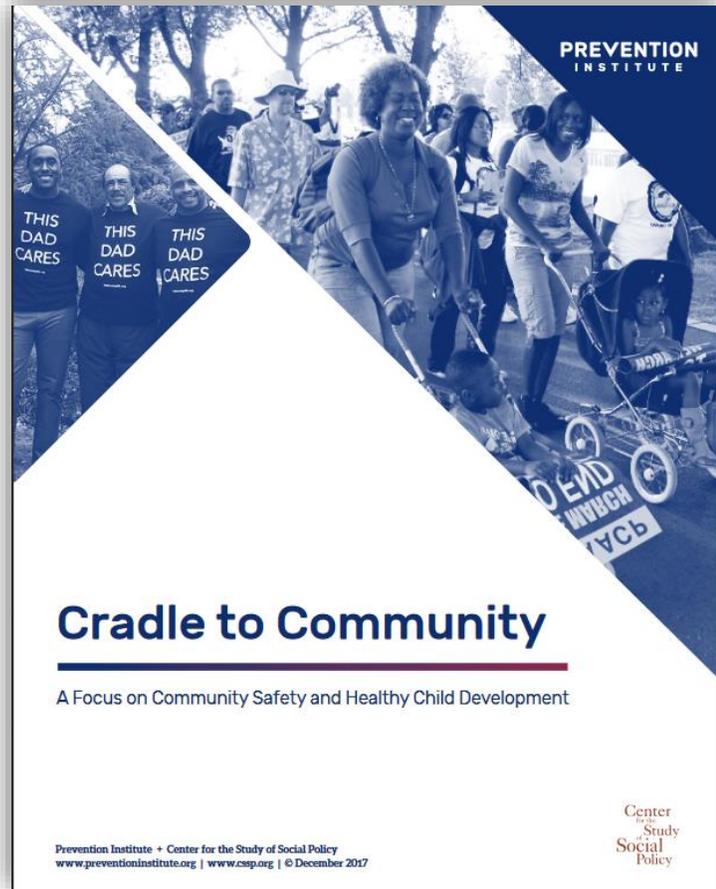
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Discussion questions

- What types of policies and strategies can support family well-being and support early childhood? E.g. paid leave, childcare subsidies. What else?
- What needs to be strengthened in the early childcare/ education space to support wellbeing?
- How can ALICE data support your work?

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Building the education to employment pipeline



- Reduce or eliminate suspensions and expulsions
- Mental health supports in early learning settings
- Affordable, high-quality education
- Job readiness support
- Local hiring policies
- Living wages
- Family supportive paid leave policies
- AND MUCH MORE

https://preventioninstitute.org/sites/default/files/publications/PI_Cradle%20to%20Community_121317_0.pdf

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