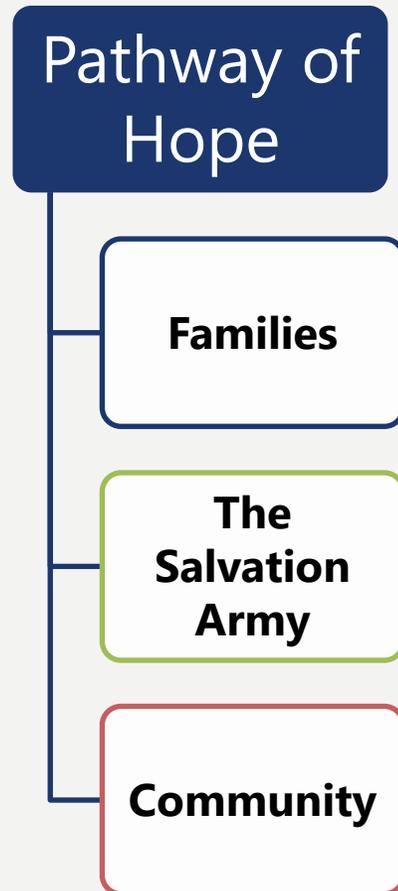




# PATHWAY OF HOPE

**CENTRAL VIRGINIA AREA COMMAND**

# HOW DOES PATHWAY OF HOPE WORK?



- **Families**- Provide targeted services and coaching to caregivers desiring to change their life trajectory, especially economic well-being.
- **TSA**- Align the Army's internal resources to increase family well-being, focused on breaking the cycle of intergenerational poverty.
- **Community**- Mobilize community partners and resources to create pathways to achieve caregiver goals.

# THE SCIENCE OF HOPE

## WHAT HOPE IS:

- The belief that your future will be better than your past, and you have the power to make it so.
- Hope is the positive expectation for the future, grounded in three elements: goals, pathways, agency.
- Pathways and agency produce the reality of hope: you can get there from here.

## WHAT HOPE IS NOT:

- Optimism
- A Feeling
- Wishful Thinking
- A Desire

# THE BUILDING WEALTH & HEALTH NETWORK



*My Power. My Money.*



DREXEL UNIVERSITY

Center for

Hunger-Free Communities



**VCU**

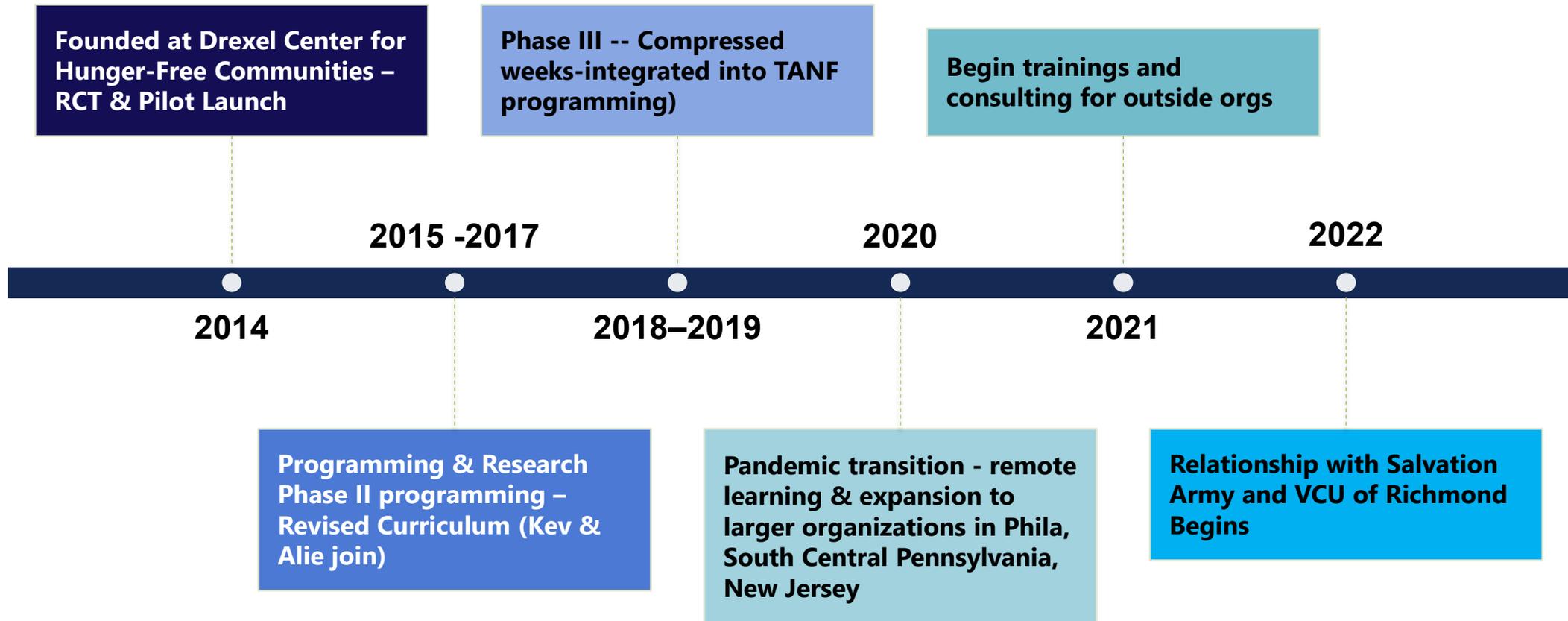
COMING TO YOU IN SEPTEMBER!

# WHAT IS THE NETWORK?

**Trauma-informed, healing-centered  
financial literacy program  
that integrates  
emotional and peer support  
to promote  
self-efficacy and resilience**



# NETWORK HISTORY



# HEALING CENTERED ENGAGEMENT

- **Strength based, advances a collective view of healing, and re-centers culture as a central feature in well-being**
  - Shawn Ginwright SF State University
- **Moves from trauma informed care “What happened to you?” to “What’s right with you?”**
- **Considers social, political, and historical impacts of trauma & healing**
- **Supports providers with their own healing**
- **Promotes collective healing**



# TRAUMA-INFORMED FINANCIAL EMPOWERMENT

- Life-based financial coaching tailored to peoples lived experience
- Where money and life interact. Our financial decisions are a result of our experiences, so we never separate money from life.
- Discussing current events, and current problems, and addressing how they impact our money. (Covid)
- Motivating members to go for their dreams. It's not just a dream, its gonna happen!
- Teaching for multi-generational impact



# PEER NETWORK

- Support from a group of people who understand more what they're going through
- Feel less alone
- Connection with new people
- New friends! (if you want)



# NETWORK ADVISORY COUNCIL (NAC)



- **Grounds programming in relevant information and programming to support families**
- **Continues a thriving social network where members continue to connect after class**
- **Advocates for policy changes on issues that impact members' lives**

# FINANCIAL CONFIDENCE & CAPABILITY

Financial Confidence & Capability Before & After Network





**VCU**

# VCU PATHWAY OF HOPE TEAM

## Anika Hines, PhD, MPH

- Assistant Professor, Health Behavior & Policy (School of Medicine)
- Understand and intervene in social determinants of health, health disparities; Community-based participatory research methods.



## Youngmi Kim, PhD

- Associate Professor, Social Work (School of Social Work)
- Faculty Member, VCU Office of Inclusion, Inquiry and Innovation (iCubed)
- Financial well-being & health outcomes across the lifespan; inform social policy and practice to reduce economic inequity.



# VCU PATHWAY OF HOPE TEAM

## Amy Pridemore, MBA

- Director, VCU Virginia Credit Union Financial Success Center; Instructor
- Finance, Insurance, & Real Estate (School of Business)
- Financial literacy and education; Instruction and coaching around personal finance & financial wellness.



## Marcia Winter, PhD

- Associate Professor, Psychology (College of Humanities & Sciences)
- Director of the Child & Family Perseverance Lab
- Risk and resilience factors in the link between stressful life events/circumstances and health outcomes for children and families.



# VCU's Roles & Goals

Plan and implement data collection, then interpret and share results

- Feasibility & acceptability of the programming in RVA
- Program efficacy

Collect multiple types of data to learn as much as we can from people in the pilot cohorts

- (1) Program data (attendance, services used, coaches' impressions, etc.)
- (2) Surveys/questionnaires filled out by program participants
- (3) Focus groups with each cohort group
- (4) In-depth interviews with a sample of participants

Use data to inform the next steps and future goals of Pathway of Hope