



kinship

COMMUNITY FOOD CENTER

Kinship Community Food Center
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<p>PROGRAM OVERVIEW</p>	<p>Stride - Crisis Assistance & Mentoring</p> <p>A mentoring program that accompanies people in crisis to overcome their barriers to health and economic stability.</p>					
<p>OUR THEORY</p>	<p>To accompany people in crisis well, we first must stand in awe of their gifts and resilience. This enables us to nurture tender and mutually vulnerable relationships. As people have a deepened sense of hope and purpose, their motivation increases to accomplish their goals, and overcome their barriers to long-term health and economic stability.</p>					
<p>WHAT WE KNOW</p>	<ul style="list-style-type: none"> • Adults surviving the stress of urban poverty are more likely to develop trauma-related symptoms that impact their functioning, health, and well-being.¹ <ul style="list-style-type: none"> • (People in poverty are often overwhelmed or deterred by navigable barriers because they lack basic support systems) • Roughly half to three quarters of those who shop at our center spend 50-70% of their monthly income on rent.² • 30% of Americans earn less than \$13 per hour. Roughly two thirds of the able-bodied adults we serve are working and their average monthly income is around \$1300 per month.³ 					
<p>WHAT WE DO ABOUT IT</p> 	<p>Our Stride Program Prioritizes...</p> <table border="0"> <tr> <td data-bbox="447 1220 812 1635"> <p>Innovative Mentor Training</p> <ul style="list-style-type: none"> • Provide ongoing “relationship focused” mentor training and team-building support • Integrate successful care techniques that are change-focused and trauma-informed • Accompany those in crisis to our community training and meal events </td> <td data-bbox="835 1220 1199 1590"> <p>Strong Partnerships</p> <ul style="list-style-type: none"> • Feature comprehensive partner services through our crisis assistance resource center • Connect people to long term healing and stability through our education, workforce, financial, therapeutic, and home ownership partnerships </td> <td data-bbox="1222 1220 1583 1534"> <p>Relentless Follow-Through</p> <ul style="list-style-type: none"> • Health and financial goal setting assessments • Multiple weekly check-ins using CRM software to track progress • Compassionate, long term, “no matter what” second chances </td> </tr> </table>			<p>Innovative Mentor Training</p> <ul style="list-style-type: none"> • Provide ongoing “relationship focused” mentor training and team-building support • Integrate successful care techniques that are change-focused and trauma-informed • Accompany those in crisis to our community training and meal events 	<p>Strong Partnerships</p> <ul style="list-style-type: none"> • Feature comprehensive partner services through our crisis assistance resource center • Connect people to long term healing and stability through our education, workforce, financial, therapeutic, and home ownership partnerships 	<p>Relentless Follow-Through</p> <ul style="list-style-type: none"> • Health and financial goal setting assessments • Multiple weekly check-ins using CRM software to track progress • Compassionate, long term, “no matter what” second chances
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<p>THE BIGGER CHANGE</p>	<p>We will deepen our capacity, to help community members access resources and achieve greater health and stability. There will be a growing network of direct service mentors personally being transformed as accompany people in crisis to thrive.</p>					

SOURCES

¹Breslau, Chilcoat, Kessler, Peterson, & Lucia, 1999; Cooper-Patrick et al., 1999; Kessler et al., 1999

²Desmond, Evicted, 2016

³<https://www.cbpp.org/research/food-assistance/most-working-age-snap-participants-work-but-often-in-unstable-jobs>