



Mind, Body & Culture Program Overview



In partnership with:



Administered & Reported by
Voices of Tomorrow

PROGRAM RECRUITMENT & APPLICATION

VOT staff recruit families that many be interested, or otherwise benefit, from MBC services. This includes connecting with families that are enrolled in other VOT programs, and other outreach efforts.

MBC specialists are assigned to families based on:

1. Caseload
2. Language and cultural match

Families complete the consent form to participate in the program prior to the initial visit.

INITIAL VISIT & INTRODUCTIONS

The initial home visit allows families and MBC specialists to become better acquainted, and review program specifics. During the visit, MBC specialists complete an intake application with families, and provide them with the program handbook and an FAQ, as part of a welcome packet.

MBC specialists are equipped with a set of introductory questions to ask families, to personalize the interaction and begin assessing their level of need. These questions include:

- Could you tell me more about your family?
- How long have you been involved with Voices of Tomorrow?
- What services have been helpful for your family?
- We help people obtain information and resources in areas such as: child development, health, education, and finances. Are there any topics you are most interested in?



WELLNESS SURVEY



MBC specialists meet with their assigned families to complete the initial wellness survey, to better understand and assess each family's strengths and needs.

After asking each statement of well-being, families report if they agree, somewhat agree, feel neutral, disagree, or somewhat disagree.

1. My family has safe, affordable, stable housing that meets the needs of my family. We have the resources we need to maintain this housing.
2. I can meet my family's needs without feeling stressed.
3. I understand and can respond to my child's developing needs. I access parenting resources as needed.
4. My family obtains sufficient food to meet our nutritional needs each month.
5. I have a healthy lifestyle and don't need additional resources.
6. I am included in, and contributing to, my East African immigrant community
7. I feel safe, secure, and supported in my relationships.
8. My children feel safe, secure and supported. They are not usually sad / worried.
9. My family is current on our bills and have no late notices.
10. If there was an unexpected event or emergency, my family has enough savings and resources to care for our family.
11. I have the skills, training, or education needed as a parent and can obtain a job in the career I want.
12. My children act similar to most other children their age.

Resources and referrals cover the following areas:

Based on the results of the wellness survey, MBC specialist provide resources as it relates to the identified areas of support, and help the family to set up SMART goals and determine their strengths.

- **Housing**
- **Personal & Family Wellbeing**
- **Parenting**
- **Nutritional Wellbeing**
- **Health & Wellbeing**
- **Cultural Belonging**
- **Personal & Professional Relationships**
- **Health & Safety**
- **Money management**
- **Crisis Planning**
- **Education & Skills Training**
- **Child Development**

MONTHLY HOME VISITS

Throughout the program, MBC specialists complete a total of 20 in-person home visits, and 20 phone calls.

In-Person:

MBC specialists review one “Promoting First Relationships” (PFR) lesson with the family, and provide them with the relevant materials and resources from the handout, and as it relates to their goals.

Virtual:

MBC specialists recap the previous PFR lesson, and continue to document the family’s progress.

FAMILY SUPPORT GROUPS

In addition to monthly home visits, MBC specialists facilitate monthly Family Support Groups. These groups allow families to connect with one another as peers. Each group meeting focuses on a different topic, which coincides with an educational video that is reviewed and discussed, as well as a powerpoint presentation that supports the families with understanding the topic.

Previous topics have included:

- *Parent - Teacher Communication*
- *After School Activities to Improve Child Development*
- *Parenting & Technology Challenges with Children*
- *Effective Strategies for Parent Inclusion & Engagement*



FAMILY ASSESSMENT & PROGRAM COMPLETION

Week 20: Checkpoint

In the 20th week, MBC specialists reassess each family's progress, by completing the wellness survey and reviewing the SMART goals they developed.

End of Program Assessment:

In weeks 40 - 42, MBC specialists complete a final wellness survey with each family to bring the program to a close.

OUTCOMES:

The Mind, Body and Culture program outcomes are used to help quantify each family's progress:

- **Percentage of families who enroll in preschool after completing the Mind, Body and Culture program.**
- **Percentage of families who demonstrate a post-score improvement on the PCI or ADS Scale.**
- **Total number of families who implemented self-care activities in their home.**
- **Total number of families who report having the tools needed to alleviate stress.**
- **Percentage of families who increased their parent-child interaction score.**



SUCCESS STORIES!

“It’s important to understand your child is also their *own* person...This program has allowed me to better understand my child, and engage with *each* of them, accordingly”.

Dahabo Khalid, a mother who has been working with the MBC program for over a year, shares that when she began the program, she was always on the go and rarely took time for herself. Now, with the encouragement of her home visitor, Khalid makes time for herself on a weekly basis.

In reviewing strategies to encourage cooperation in everyday moments with her home visitor, Khalid was also able to understand the impact of her child’s personality, and the role it plays in successful parent-child relationships.



“There are a lot of moms struggling, who don’t know where to begin, or how to ask for help - like me. Programs like this help moms figure out where to start in their goal. You have someone you can call to help connect you to resources you might not have known existed”.

-- Jamila Ali, 2023

