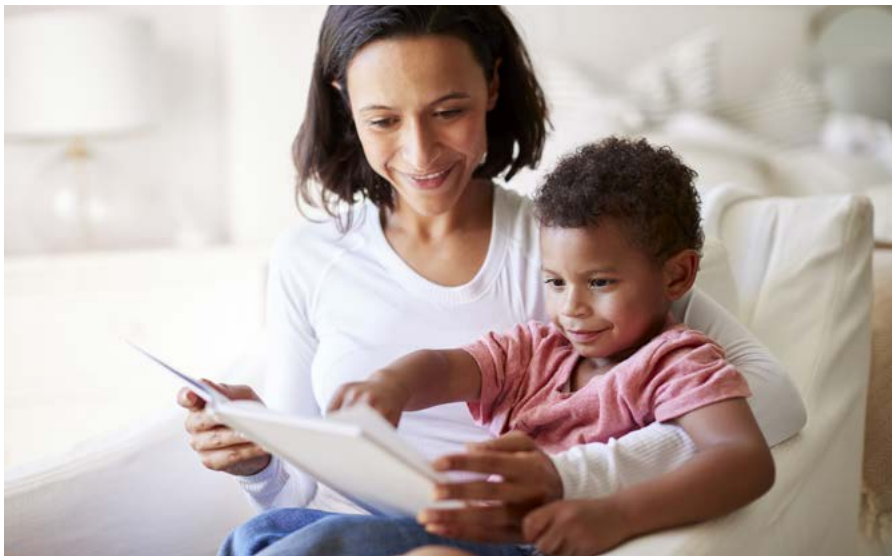


ECEAP MOBILITY MENTORING®: A SNAPSHOT

Mobility Mentoring® is a family engagement approach that uses coaching methods rooted in the latest brain science. Mobility Mentoring® aims to overcome the extreme stresses of poverty by improving focus, planning, and decision-making. It is designed to help people set and achieve future-oriented goals, despite the immediate challenges and weight of poverty.

— EMPATH



Partnering with Economic Mobility Pathways

(EMPATH) to implement the Mobility Mentoring® approach provided Early Childhood Education and Assistance Program (ECEAP) contractor family support staff with a clarified and consistent pathway in their strength-based work with families.

Once staff increased confidence in the application of this coaching model, they reported increased depth of conversations with families. These deeper conversations led to more specific identified needs, individualized family goals and family support services that the Washington State Department of Children, Youth & Families (DCYF) ECEAP staff consistently see in data collected through monitoring.

Mobility Mentoring® Approach

Based on neuroscience and executive function research, Mobility Mentoring® has five underlying principles:

- **Individualization:** There is no “one size fits all” path to economic independence.
- **Horizontality:** The path to economic independence cannot be found in any one health or human service silo; effective service delivery must “bridge” silos.
- **Time:** There is no quick journey from poverty to economic independence.
- **Co-investment:** An individual can only fully achieve success when they are invested in that success.
- **Networking:** No one gets to economic independence alone.

Mobility Mentoring® embraces these principles by partnering trained ECEAP family support staff with families to support them in acquiring the resources, skills and sustained changes necessary to progress in each bridge pillar and to attain and preserve progress toward greater economic self-sufficiency.

For more information, please visit www.empathways.org/approach/mobility-mentoring.



Washington State Department of
CHILDREN, YOUTH & FAMILIES

Mobility Mentoring® In ECEAP

Brain science research shows that living in crisis and poverty causes chronic stress, which can act as a roadblock to growth and prevent people from planning for future success. Coaching families using the Mobility Mentoring® approach allows for an opportunity to provide some relief from the institutional and interpersonal stressors that families may face. Additionally, research continues to show that building adult capabilities, self-sufficiency and executive functioning skills (impulse control, mental flexibility, working memory) contributes to helping families overcome the complex challenges of poverty.

Mobility Mentoring® is a coaching-based model that uses a metaphor of a bridge to achieve economic stability. The bridge provides a strong foundation that helps families navigate their way as they plan their crossing to economic stability. This strength-based approach is intended to meet families where they are, follow their lead, use culturally-competent approaches, and work collaboratively with each family as they journey across their pathway to self-reliance. As a result, each journey is individualized with goals that are reflective of each individual versus striving to be at the top of each pillar.

In the years 2014 - 2018, DCYF coordinated a pilot to test a statewide approach to family support for two main purposes. First, to offer differentiated services to families through evidence-based family support practices. Second, to be able to tell the story both qualitatively and quantitatively about the life-changing work ECEAP contractors achieve with families through family support services. For more information on outcomes from this pilot work, please read the 2017-18 Mobility Mentoring Outcomes Report available online at www.dcyf.wa.gov/services/early-learning-providers/eceap/reports. The Bridge to Child and Family Self-Reliance allows a family to gather a snapshot of their lives and allow the participant to set future oriented goals.

DCYF **Bridge to Child and Family Self-Reliance** is held up by **five major pillars** which are all interrelated, and all equally important. They include: **Family Stability, Well-Being, Financial Management, Education & Training, Employment and Career Management** and are highlighted in blue in the graphic below.

ECEAP was an absolute lifesaver for me. When I first discovered the program, I was a single mom going back to college. ECEAP assigned me a family support specialist that helped find the resources I needed as well as the peace of mind that I could leave my child in a setting where she was safe, learning and had opportunities for social-emotional development. I could go back to school, get my grades back and do what I need to do.

— ECEAP Parent

DCYF Bridge to Child and Family Self-Reliance							
Family Stability		Well-Being		Financial Management		Education and Training	Employment and Career Management
Housing	Family and Dependents	Physical and Mental Health	Personal and Professional Networks	Debt	Savings	Educational Attainment	Earnings Levels
Having a safe, affordable and stable place to call home.	Making sure your family's needs are met so you can focus on your goals.	Feeling physically and emotionally healthy so you can participate fully in work, school or family.	Having people in your life who give personal support and who have knowledge and connections to help you achieve your goals.	Being up-to-date on any debt payments.	Having enough money in the bank to meet your family's needs and afford more than the basics.	Having enough education and training so you can choose a well-paying and satisfying career.	Being employed in a career that pays enough so you can support your family.

In the 2018-2019 school year families set 14,103 concrete goals, such as creating and following through on a savings plan or obtaining a better job. The most frequently selected goals were related to a parent’s educational attainment, increasing savings, ability to meet the needs of family and dependents and physical and mental health. ECEAP families reported successfully completing 6,671 of these goals.

DCYF created a second tool to collect data – the family assessment. The family assessment analysis compares pre-assessment responses to post-assessment responses across all 17 assessment items. When the pre- and post-assessments are administered at the beginning and end of each school year, caregivers and direct service family support staff work collaboratively to choose answers that are reflective of the caregiver’s current family and personal situations. The chart below shows some of the areas ECEAP parents and caregivers made improvements in 2018-19.

