The Social Capital Mix:
Add Two, Three or More Individuals,
One Connector and Stir!
The National Crittenton Foundation

Founded in 1883, The National Crittenton Foundation advances the self-empowerment, health, economic security and civic engagement of girls and young women impacted by violence, childhood adversity, and trauma.
WHO WE SUPPORT

Most often invisible and marginalized by their families, communities, and by the systems charged with their care, they live at the intersection of sexism, classism, racism, and more. Impacted by the juvenile justice, child welfare, mental health and homeless and runaway youth “systems,” they come from family legacies of multiple generations of addiction, mental health issues, violence, incarceration and poverty. Many are young mothers, have been domestically trafficked for sex, survivors of childhood abuse, neglect, violence, and family dysfunction.
Adverse Childhood Experiences (ACE)

The National Crittenton Foundation piloted the use of the ACE questionnaire to learn more about the adverse childhood histories of the individuals with whom the agencies work. Well-being questions were added in the domains of connection, stress and coping to provide information that would enable for better understanding of the connections between ACEs and well-being.
DEMOGRAPHICS

### Age in years (%)
- 10 to 18: 72 (F), 89 (M), Total: 73
- 19 to 34: 19 (F), 8 (M), Total: 15
- 35 to 65: 9 (F), 3 (M), Total: 8

### Gender (%)
- Female: 74
- Male: --

### Race/Ethnicity (%)
- Hispanic/Latino: 16 (F), 31 (M), Total: 19
- White: 54 (F), 50 (M), Total: 55
- Black: 20 (F), 11 (M), Total: 17
- American Indian/Native American: 5 (F), 1 (M), Total: 4
- Asian/Native Hawaiian/Pacific Islander: 1 (F), <1 (M), Total: 1
- Multiracial: 5 (F), 6 (M), Total: 5

### Education (%)
- Less than high school: 75 (F), 92 (M), Total: 80
- High school: 14 (F), 5 (M), Total: 11
- Some college or more: 12 (F), 3 (M), Total: 9
ACE SCORES

(Female N=732, Male N=245)
**YOUNG MOTHERS**

- Females with ACE scores of four or more who are in the foster-care system experience more placement instability. The number of placements nearly doubled when comparing those who scored 4-7, to those who scored 8-10.

- A significant percentage of girls and young women receiving residential treatment services have high ACE scores. Not surprisingly, 65% of TNCF females in residential treatment have ACE scores of four or more, including 27% with scores of 8 or more. These scores suggest trauma histories that make residential treatment an essential component of their treatment plan.

- Females with at least one child, or parents who had their first pregnancy as teens, have high ACE scores.

- Children of respondents have significant ACE histories before the age of 10.
WELL-BEING

As ACE scores increase, **psychological stress** also increases.

As ACE scores increase, **coping skills** decrease.

As ACE scores increase, **sense of connection to others** decreases.
The simple truth is, relationships matter.
WHAT IS SOCIAL CAPITAL?

The networks of relationships among people who live and work in a particular society, enabling that society to function effectively.
Social capital builds on an individual’s resilience and their dreams for themselves, and/or their children.

Increasing an individuals’ social capital is fundamental to effectively eradicating poverty, violence and health, social and political disparities in our communities.
POSITIVE IMPACTS OF SOCIAL CAPITAL

✓ Reduce Social Isolation
✓ Improve Overall Health & Safety
✓ Increase Access to Resources
✓ Enhance Social & Emotional Learning and Executive Functioning Skills
✓ Support the Achievement of Health, Education, Personal, and Financial Goals
✓ Increase Civic Engagement
WHERE DO YOU BUILD SOCIAL CAPITAL?

Family

School

Interest Groups

Social networks

Faith-based Organizations

Friends

Workplace

Neighbors
The leadership and experience of young women and women is essential to achieving personal, community, system, and social transformation.
BOLD is the brainchild of eight women, ranging in age from 18 to 35, now known as BOLD founders, all formerly involved with Crittenton agencies across the country. When asked to identify the most significant barrier to achieving their goals, the unanimous response was lack of positive social relationships. Relationships provide support and safety, resources and connections, that can change a person’s life. We’ve always known this was true, as reflected in the old saying,

“It’s who you know, not what you know.”
SHEMIA, Georgia

25 Foster home placements
Young Mother
Multi-System Involved

“I’m going to succeed no matter what!”
ROLES, RELATIONSHIPS, & RELEVANCE IN THE CHANGING LANDSCAPE OF ADOLESCENT HEALTH

Healthy Teen Network’s 37th Annual National Conference · Las Vegas · November 14-16, 2016
BOLD consists of three components: The BOLD Society, QUEST and Circles, all of which will support the growth of all forms of social capital by bringing women together to support each other.

**Society**
The BOLD Society App marries cutting-edge technology with tried-and-true, face-to-face relationships bringing women together across race, class and geographic differences to support each other, open doors and provide resources, skills and opportunities.

**QUEST**
Based on the BOLD founders’ desire and passion for creating a more just world, QUEST will provide transformational training and opportunities for young women, breaking patterns of internalized and externalized oppression, in order to build upon their self-empowerment, advocacy and leadership capacity.

**Circles**
Circles provide opportunities, connections and resources that support BOLD women in achieving economic security by bringing women living in low-income situations (Circle leaders) together with middle and upper-income supporters (Circle allies).
The BOLD Society

Crafted as a Secure and Dynamic Smart Phone App

The Society is a national virtual health and self-empowerment community, creating a Sisterhood of women across generations.

Through this safe online community, young women and women will have the opportunity to expand their social capital through connections with other young women and women, who will share their knowledge, skills and networks in support of each other.
Bringing together cutting edge technology with “good old” trusted personal relationships established across generations, classes, racial groups and geography.

The Society app includes profiles, photo galleries, advice forums, and a connection to Crisis Text Line, and the Substance Abuse and Mental Health Services Administration (SAMSHA) treatment locator.
BOLD Society COMMUNITY GUIDELINES

- Honor the lived Experiences of others. Interact with others using a positive, flexible and open attitude.
- Be compassionate, empathetic and nonjudgmental while recognizing that differences in the context of our lives matter.
- Build and protect a culture of trust, authenticity, confidentiality and transparency.
- Assume good intent and use direct communication when misunderstandings arise.
- Receive support willingly and give back graciously.
- Be Introspective and recognize that my responsibility is not to rescue, control or fix anyone but myself.
- Speak only for myself and will not tolerate gossip.
- Respect our right to be self-empowered and to determine the direction of our own lives.
- Believe in the power of potential and model relentlessly high expectations.
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Hi there!

Thank you for being a part of The Society! My name is Lisette and I am a founding sister of BOLD.

This program is very important to me. I came to Crittenton broken and afraid when I was 16 and a new mom. Life was full of challenges, lots of downs, and well a lot of turmoil. After a second pregnancy and finally leaving the toxic, abusive relationship I was in, things began to change. Thanks to Crittenton I found my voice, met sisters and friends, and thanks to them our vision of BOLD became a reality so that we may help other amazing young women 😊.

Bridging opportunity, love, and determination

Hi there!
CHALLENGES & LESSONS LEARNED

❖ Technology is Ever Changing.
❖ Make Sure Developers Understand Your Population.
❖ Be Patient!
How can you support young people in your community as they build their social capital?
SMALL GROUP ACTIVITY
Developing A Social Capital Building Program
DEVELOPING A SOCIAL CAPITAL BUILDING PROGRAM

Tips for Social Capital Programs or Campaigns:

✓ Identify Needs of Your Audience.
✓ Prioritize What Needs will Be Addressed (Objectives).
✓ Make the Program Accessible.
✓ Identify Solutions to Challenges in Participating Your Program.
✓ Insure Youth Voices are at the Table.
✓ Identify Ways to Measure Your Program’s Success.
BOLD Society App DEMO

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Questions?

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THANK YOU!