
CONTENT MODULE: **BASIC NEEDS: FOOD, HOUSING, TRANSPORTATION, SAFETY**

WHY IS THIS TOPIC IMPORTANT FOR BOTH A COACH AND A FAMILY?

Having basic needs met provides the foundation for parents to focus on and take steps to meet other family goals such as employment or child well-being. The lack of basic needs, such as enough food or safe housing, often present as priority issues to be addressed first and may represent a crisis situation.

Not only are basic needs essential, but a scarcity or lack of security in these areas also thwarts families' ability to achieve other goals. Recent brain research shows that scarcity, whether it be of time, food, money, or something else, impairs mental capacity, making it challenging for people to make decisions that support their long-term well-being.

Basic needs are among the social determinants of health, which is important given that whole family health and well-being are key goals for most families.

Social determinants of health include economic stability neighborhood and physical environment, which includes transportation; housing, and safety; education; food; community integration; and health care system. (Beyond Health Care: The Role of Social Determinants in Promoting Health and Health Equity, <http://tinyurl.com/qbpxg83>)

GENERAL TIPS AND ADVICE FOR COACHING ON THIS TOPIC:

- While basic needs can be viewed in two distinct ways: 1) a lack of tangible resources, e.g., food and shelter; and 2) being at risk of harm, e.g., safety issues such as fire safety, poor housing, lead hazards, and overcrowding, they are also intertwined. (Safety issues related to relationship violence, and child abuse/neglect are addressed in the content module Family, Friends, Relationships.) Other ways to normalize concerns around other types of safety include saying, “Lots of parents think about ways to protect their children and buffer them from the stresses going on in the family and the community. What are some of the ways you protect your children from the stresses in your family?” This may lead to conversations about lack of food security or a landlord who does not fix things in the building.
- Initially, addressing basic needs may require a case management approach. Once basic needs are addressed, it can lead to goal-setting for some of the issues. For example, helping a homeless family find a shelter may be an immediate need, but once secured, can then lead to a conversation about how to find permanent housing. Be transparent with a parent when switching between case management and goal-setting.

POWERFUL QUESTIONS AND OTHER FAMILY-CENTERED INQUIRIES:

While some of these questions may be answered through intake, the coach can ask the questions with an approach of “let me get to know you.”

- What is your vision of the home and family life you want to have for you? For your children?
- How can you create some of those qualities in your current home environment?
- What are a few things you like about your current living situation?
- If you could change one thing about your basic living situation, such as food, home, or transportation, what would it be?
- How would you rate your transportation situation on a scale of 1-10?
- What would it take to make it 1 or 2 points higher?
- Tell me about where you live.
- Who lives with you?
- How long have you lived there?
- Is the housing safe and adequate to meet your needs?
- What are meals like in your family?
- Who does the cooking?
- Do you ever run out of food for you and your children? This presents an opportunity to ask about a family’s SNAP usage and/or free and reduced price lunches for children.
- From where do you get your food each month?
- Tell me about things you worry about for your kids, such as safety concerns.
- What types of transportation do you use the most? For what types of activities? What works well for you, and what is challenging in using transportation?
- How long is the commute to school/training/job?
- Is there public transportation or a car to use?
- Is it reliable? Does it meet the hours needed?
- What are your backup plans?
- What are your goals for _____? What has happened in the past when you have set out to do that?

INFORMATION FROM OTHER CONTENT AREAS CAN SUPPORT SUCCESS IN THIS ONE

This topic ties closely with other topics such as child well-being and parenting; employment, education, and career; financial; and legal. Looking at these areas provides insights into other interests, strengths, and potential challenges that can support or hinder a parent's ability to make progress toward goals addressing basic needs.

OTHER CONTENT AREAS	QUESTIONS FOR THE COACH AND PARENT TO DISCUSS
CHILD WELL-BEING AND PARENTING	<p>What are the ages of your children?</p> <ul style="list-style-type: none"> - What do they do during the day? - Where do they go to school? - What child care, after school needs do they have? - What extracurricular activities do they have? - What transportation is needed to meet their needs?
	<p>What are the medical needs of your children or other family members? Listen to understand if they may be related to the living conditions, such as lead paint, broken stairs or other housing concerns, or eating habits. Listen also to whether physical, as well as mental health, needs are being considered.</p>
EMPLOYMENT, EDUCATION, AND CAREER	<p>How long is the commute to school/training/job?</p>
	<p>Is there public transportation or a car to use?</p>
	<p>Is it reliable? Does it meet the hours needed?</p>
	<p>If others are working, what are their hours and transportation? This information helps budget for time and other costs.</p>
	<p>What are your backup plans?</p>
	<p>Have you thought about carpooling with family or neighbors? How will this impact child care arrangements?</p>
	<p>How else can you enlist the support of family and friends?</p>

OTHER CONTENT AREAS	QUESTIONS FOR THE COACH AND PARENT TO DISCUSS
FINANCIAL	How does your family support itself?
	Is anyone else in the family working?
	What other income is coming into the family?
	You can explore benefit options with the parent.
LEGAL	<p>Listen for these problems most commonly faced by parents:</p> <ul style="list-style-type: none"> - Family issues (divorce, custody, domestic abuse) - Housing issues (landlord/tenant, federally subsidized housing, eviction, foreclosures) - Income maintenance (public benefits, unemployment, compensation)

The resources identified below are recommended by the Advisory Committee and Topic Experts for the Family-Centered Coaching Toolkit.

FOR YOUR TOOLKIT: IDENTIFY RESOURCES IN YOUR COMMUNITY

For an example of how to develop a basic needs resources site, see LIFT - DC website:

<https://sites.google.com/site/liftdcresources/home/basic-needs>

TOOLS/RESOURCES:

Hunger Vital Signs

<http://childrenshealthwatch.org/public-policy/hunger-vital-sign/>

Feeding America

http://www.feedingamerica.org/find-your-local-foodbank/?_ga=1.244916421.1305972463.1475700648

Food Security Screening

<https://eclkc.ohs.acf.hhs.gov/hslc/tta-system/family/docs/food-security-screening.pdf>

Food Research and Action Center (FRAC)

<http://frac.org/about/1303-2>

National Aging and Disability Transportation Center

http://www.nadtc.org/wp-content/uploads/NADTC_InfoBrief_DesignFinal.pdf

American Public Transportation Association

Check their webpage directory to find the local public transit agency near you.

www.apta.com/resources/links/unitedstates/Pages/default.aspx

2-1-1 Information

Your state's 211 information line can provide you with information on a variety of services, including local transportation options. Dial 2-1-1 or visit the website below for a listing of 211 websites by state.

<https://www.disability.gov/2-1-1-help-in-your-area>

US Department of Housing and Urban Development – Affordable Housing Resources

https://portal.hud.gov/hudportal/HUD?src=/program_offices/comm_planning/affordablehousing/

National Housing Resource Center

<http://www.hsgcenter.org/counselor-resources/>

NeighborWorks America

<http://www.neighborworks.org/network/>

Affordable Housing Resources, Inc.

<http://www.ahrhousing.org/>

Green and Health Homes Initiative

<http://www.greenandhealthyhomes.org/>

Partnership for Working Families – Policy and Tools: Other Affordable Housing Resources

<http://www.forworkingfamilies.org/page/policy-tools-other-affordable-housing-resources>

National Center for Victims of Crime

<https://victimsofcrime.org/>