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# FINAL PROGRAM EVALUATION

*FEBRUARY 2023*

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CITY & REGIONAL PLANNING

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# Outcomes at a Glance: Key Outcomes over Four Years

Overview of primary findings from the final evaluation report.

## Neighborhood & Housing

All participants expressed a positive experience with their current housing. The majority of participants (eight out of 10) rated their current neighborhood as “Much Better” than the neighborhood they lived in prior to joining the program. In interviews, most of the participants said that participating in the program was a very positive experience.

## Financial Well-Being

Despite the economic challenges posed by the COVID pandemic, the majority of participants (nine out of 10) indicated that their economic circumstances have improved. Eight participants have identified their economic circumstances as “Much Better” after leaving MTP, as compared to their situation prior to entering the program. The average income for participant families grew by 58% and credit scores grew by 22% during the four year pilot.

## Adult Health & Wellness

The majority of participants saw improved physical and mental health after participating in MTP. Seven out of 10 participants noted a positive or very positive change in their levels of stress after participating in the MTP program. The continued positive scores for physical and mental health are notable given the tremendous health risks and mental health stress during the COVID pandemic.

## Child Health & Development

Participants generally indicated improvement and growth for their children across multiple dimensions of well-being. The vast majority of participants indicated a continued positive transition into new schools, improved academic outcomes, improved health and self-esteem and optimism for youth. Children’s respiratory health improved substantially. In interviews, most of the participants said that they were very happy with the schools.

## Relationships with MTP Families & Neighbors

Participants continue to develop positive relationships with the other MTP families. Almost all participants (nine out of 10) indicated positive or very positive interactions with the property management staff and their neighbors. The majority of participants (seven) indicated the relationships were “Very Positive.”

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## Letter from the Evaluator

The following report concludes our formative evaluation of Move to PROSPER. Move to PROSPER (MTP) is a unique program that centers stable safe housing in a high resource environment as a mechanism for family prosperity. Unlike traditional housing mobility programs, MTP provides extensive life coaching and community building among their families. The combination of these two elements of the program is fundamental to understanding the program's impact and success in supporting family well-being and growth. We introduce our final evaluation with the following reflection from the program evaluators.

**Housing First:** Secure, stable, healthy, and affordable housing is essential as a building block for family well-being, personal growth and prosperity. Prior to joining MTP, families managed the chronic stress of housing instability in conjunction with living in housing units that were unhealthy and unsafe. Collaboration with private sector landlords and the provision of supplemental rental support enabled the creation of new affordable housing options in the private market that were accessible to MTP families. With the provision of a healthy, affordable and stable housing unit, parental stress levels declined, and children's respiratory health quickly improved. These improvements to mental and physical health were crucial to stabilizing families and creating a foundation for growth.

**Neighborhoods Matter:** MTP families also benefited from the shift in neighborhood environments. Improved neighborhood safety and access to highly resourced schools further reduced the stress facing MTP families and placed children in a position to thrive. Parents no longer feared for their children's safety in their neighborhood and children were in educational settings with more resources to meet their needs. The increased educational resources resulted in children being brought up to grade level in reading, increased youth participation in extracurricular activities and in some cases, children being identified as gifted.

**Stability Enables Growth:** With a reduction in parental stress, parents were able to shift parenting styles and deeply engaged with the program's life coaching and skill development. Improvements in financial well-being, career development and wellness were also dependent on the reduction in stress and stability provided by MTP. As families achieved new personal goals, increased confidence enabled parents to strive for more ambitious goals. The increased well-being of families was most evident in the context of the COVID-19 pandemic, where families leveraged their increased resilience to manage the economic, educational and health challenges created by the pandemic.

## Letter from the Evaluator (cont.)

**Relationships Matter:** Relationships are also fundamental to supporting families and enabling personal growth. Relationships in MTP included the bonds built between MTP families and the relationship between coaches and families. Relationships were not only supportive but also provided a form of accountability for families as they pursued new and ambitious goals.

**Change Takes Time:** As a three-year housing support program, MTP is distinct from traditional affordable housing programs. With a longer time horizon to achieve goals and the absence of traditional “benefit cliff” issues, families were able to leverage opportunities provided by MTP.

Finally, we extend our thanks and appreciation to the Move to PROSPER families who allowed us to follow their journey these past four years.

Sincerely,

Jason Reece, Ph.D. and Jee Young Lee, Ph.D.

# Authors & Acknowledgements

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## *Acknowledgements*

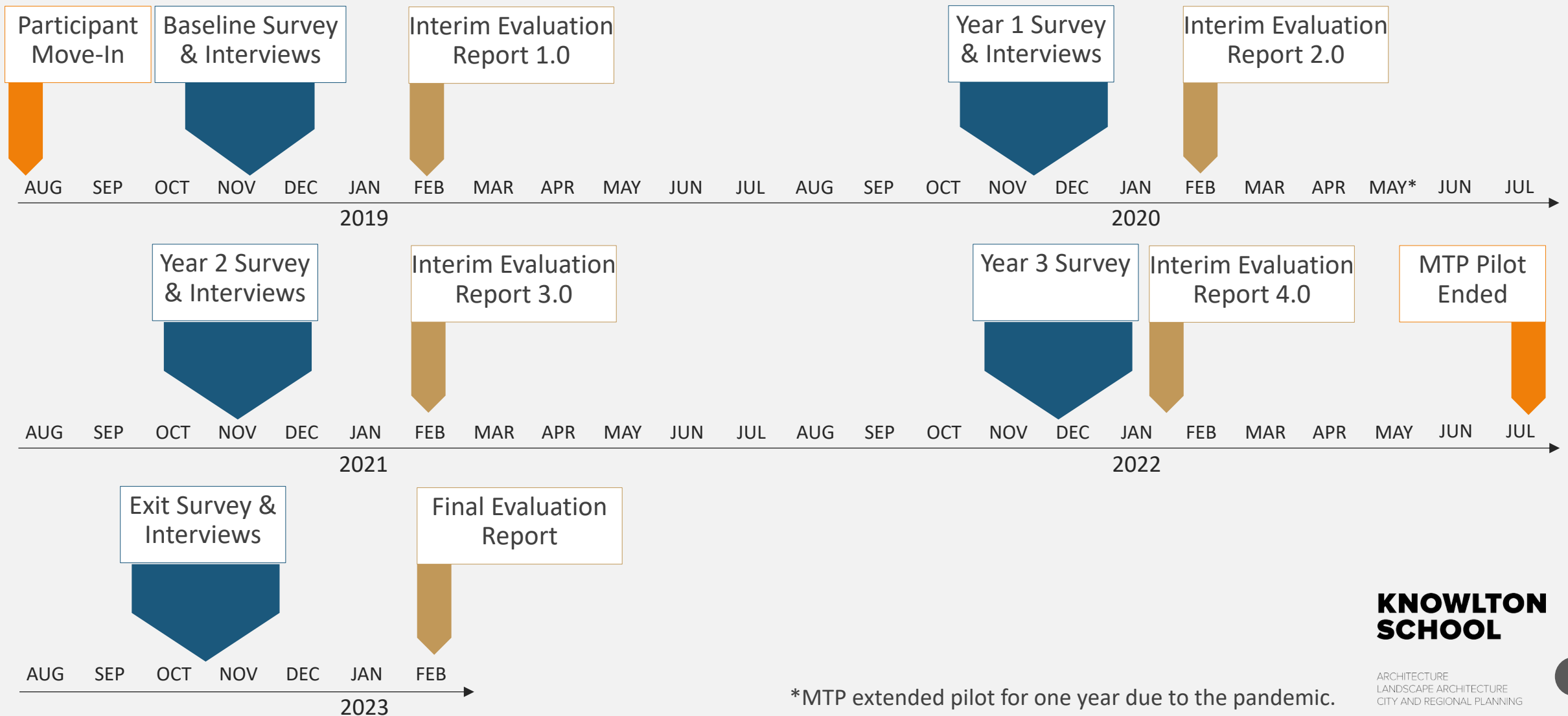
The evaluation of the Move to PROSPER (MTP) pilot program was made possible by funding from the Ohio Housing Finance Agency. We would like to thank the MTP team for their assistance with evaluation activities and MTP participants for sharing their experiences and insights.

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# Evaluation Timeline

The evaluation of the MTP pilot includes data collection and analysis over a five-year time span, with interim reports produced on regular intervals.



\*MTP extended pilot for one year due to the pandemic.

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# 1.0

## PROGRAM OVERVIEW & EVALUATION DESIGN



# 1.1 Program Overview & Evaluation Design

Move to PROSPER (MTP), an initiative of Ohio State University's City & Regional Planning Program and community partners, aims to develop a nationally replicable model for improving the residential and financial stability of low-income, single-female-headed\* families with children ages 13 and under. The program seeks to support inclusive mixed-income communities in the Columbus region by providing life coaching to encourage success in higher resourced neighborhoods and improve access to opportunities.

The program provides three years of rental support and life coaching to enable families to move to safe neighborhoods with strong schools. The coaching revolves around four key pillars: housing stability, financial literacy, education and career and wellness. The goal of the program is to improve academic performance for children, financial well-being and physical and mental wellness for families.

**The following is the fifth evaluation report for the MTP pilot program.** The pilot program began with initial program applications in the spring of 2018. Out of more than 300 applicants, ten participants were selected and began program activities in late spring 2018. One participant left the program in 2020. **The fifth evaluation report captures the overall impacts on participants approximately three to four months after leaving the MTP program.**

## Evaluation Design

The evaluation design for the MTP pilot program involves quantitative and qualitative data collection over a time period of more than five years. The evaluation is a formative evaluation with extensive communication between the evaluation team and the program leaders.

The pilot was extended in May 2020 for one year due to the impact of the coronavirus on the participants and their families. As a result, the pilot ended on July 31, 2022. This report is the final evaluation report.

Evaluation outcomes were assessed using surveys, interviews, program observations and administrative data. The 10 participants, including one who exited the program in 2020, were surveyed in the fall of 2022. The participant who exited the program in 2020 was interviewed in the fall of 2021 and eight participants were interviewed in the fall of 2022. These outcomes were compared to data collected in the fall of 2018, 2019, 2020, and 2021.

For a more detailed description of the evaluation design, please review the earlier evaluation reports. Earlier MTP interim evaluation reports (1.0, 2.0, 3.0, and 4.0) are available at:

[www.movetoprosper.org/reports](http://www.movetoprosper.org/reports).

\*MTP modified its criteria to accept single dads and couples who meet all of other criteria.

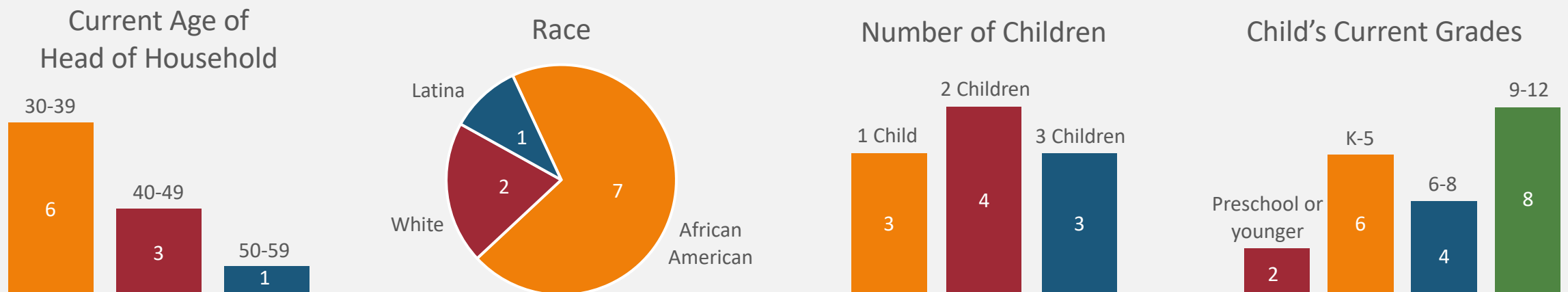


## 1.2 Our Families

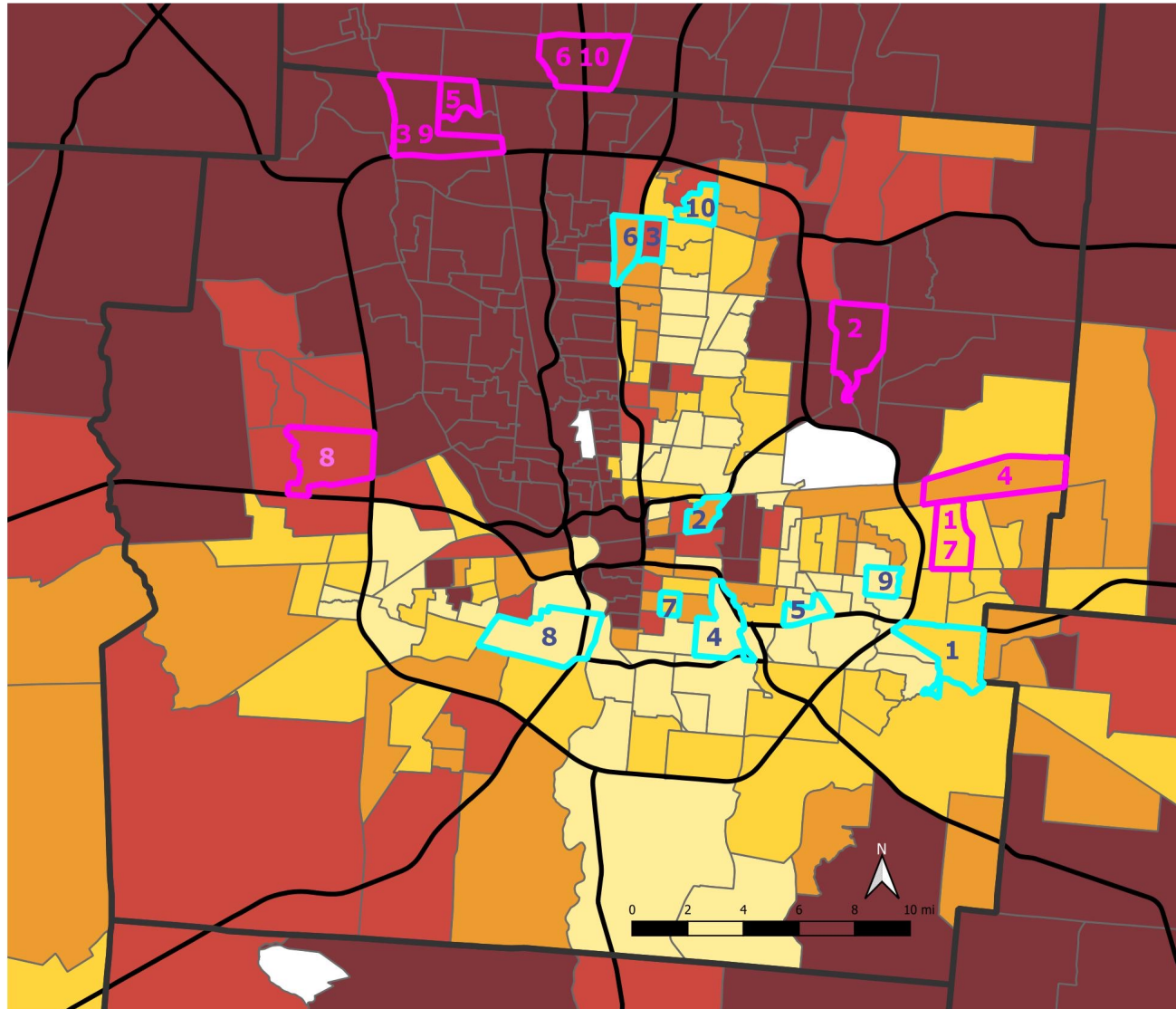
MTP uniquely serves single-mother households. Beginning in August 2018, ten families joined MTP. One family exited in November 2018, and another joined on December 1, 2018. One additional family exited the program in summer 2020. The program was initially scheduled to end in 2021. Due to the economic and educational impacts of the COVID pandemic, participants were provided a fourth year of program participation. The nine remaining participants opted to continue the program in the fourth year. The remaining participants graduated from the program in July 2022. All of the participants have some college education. Three participants had a college degree, associate degree, or vocational college diploma at the time of participation in the program. Participants were responsible for their own transportation.

The program's families are illustrative of a broader segment of the Central Ohio population—economically vulnerable, living in challenging environments and receiving limited or no public assistance due to a lack of available funding or benefits cliff issues. Pilot participants included ten single-female-headed households not currently participating in the Housing Choice Voucher program and who previously resided in low-opportunity neighborhoods, experienced housing instability or experienced periods of homelessness.

**The charts below provide a few key demographics about the 10 pilot participants. All ages and grades are as of October 2022.**





# 1.3 MTP Participants' Residential Locations








The map displays the residential locations of MTP program participants before and during their participation in the program. Residential location data overlays the opportunity index map (from the Ohio Housing Finance Agency) for census tracts in Franklin County. Only two MTP participants resided in core urban neighborhoods prior to the program, the remainder were located in older Columbus neighborhoods.

### Participant's Neighborhood

-  Pre-MTP Residential Locations\*
-  MTP Residential Locations\*\*

### 2018-2019 Opportunity Index

-  Very High
-  High
-  Moderate
-  Low
-  Very Low

Adapted from source: Ohio Housing Finance Agency 2018-2019 Opportunity Index  
<http://kirwan.maps.arcgis.com/home/webmap/viewer.html?webmap=34534ecec2c94eba83080e9957ce1ef0>

\*Pre-MTP residential location #3 is located on the border of the moderate opportunity area.  
\*\*MTP residential location #1+7 is located near the border of the moderate opportunity area.

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**2.0**

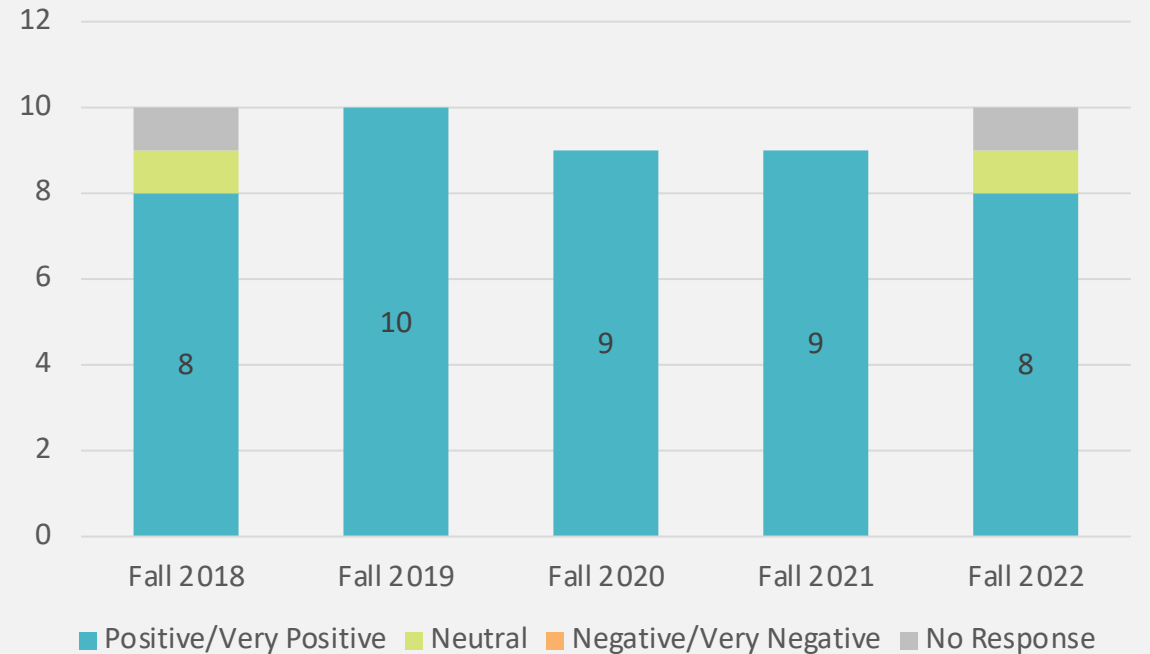
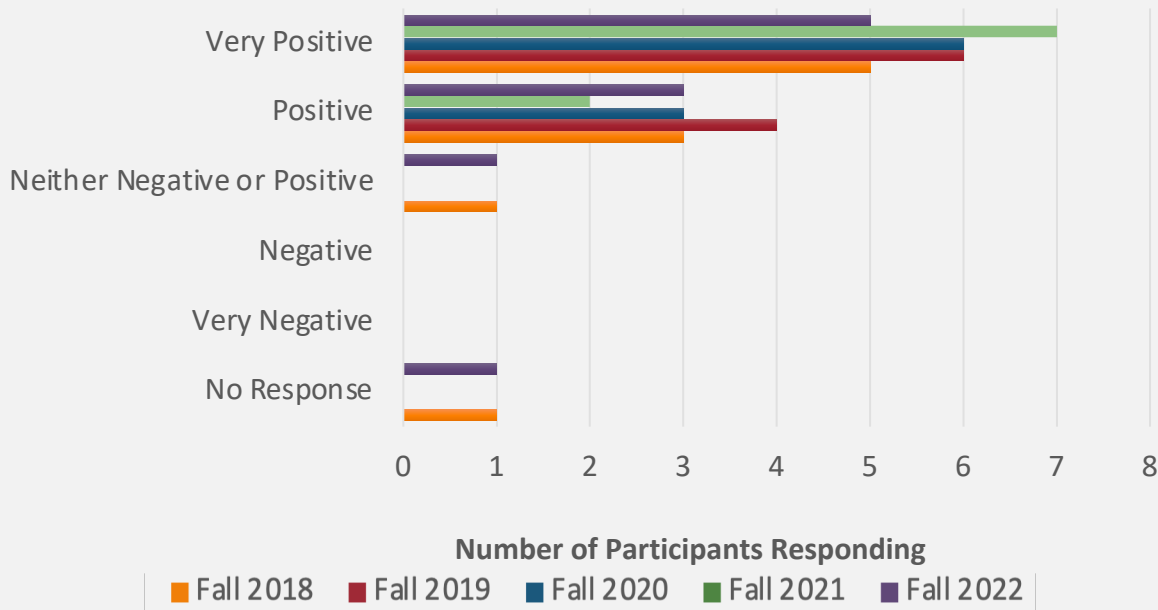
**OVERALL EXPERIENCE SINCE  
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NEIGHBORHOOD SATISFACTION**



# 2.1 Overall Experience

Eight participants rated their experience while participating in MTP as “Positive.” The majority of participants (five) rated the experience as “Very Positive.” In interviews, participants consistently referenced the improved quality of their housing and the improved safety of their neighborhoods as the most important benefits of their new housing.

How would you describe your experience?  
 2018 N=10; 2019 N=10; 2020 N=9; 2021 N=9; 2022 N=10

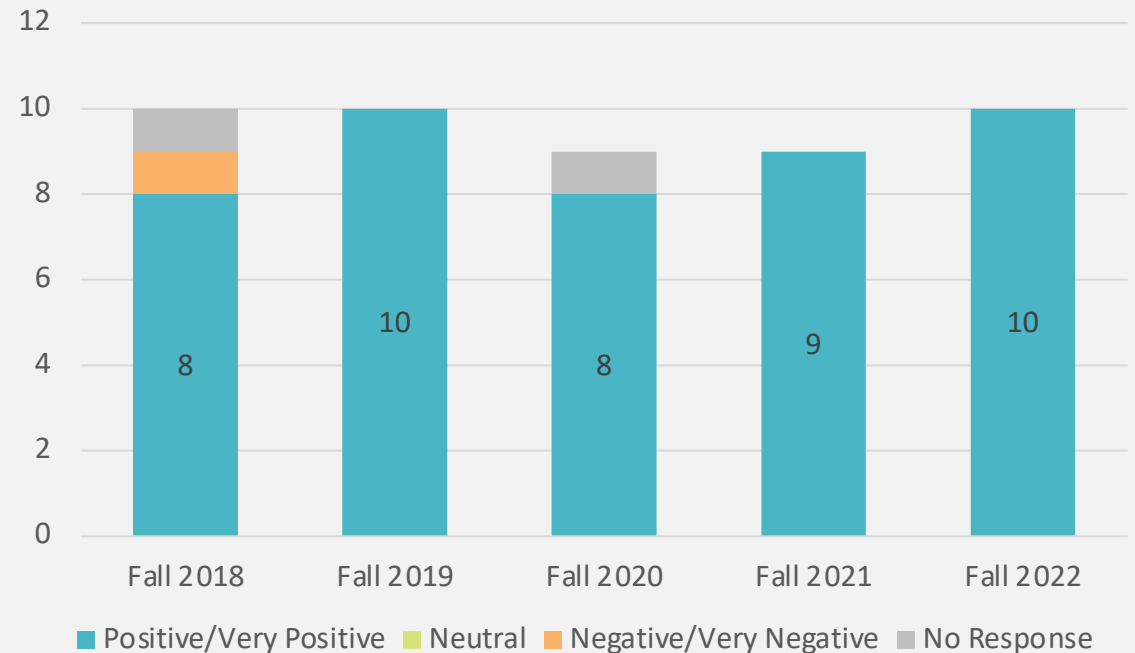
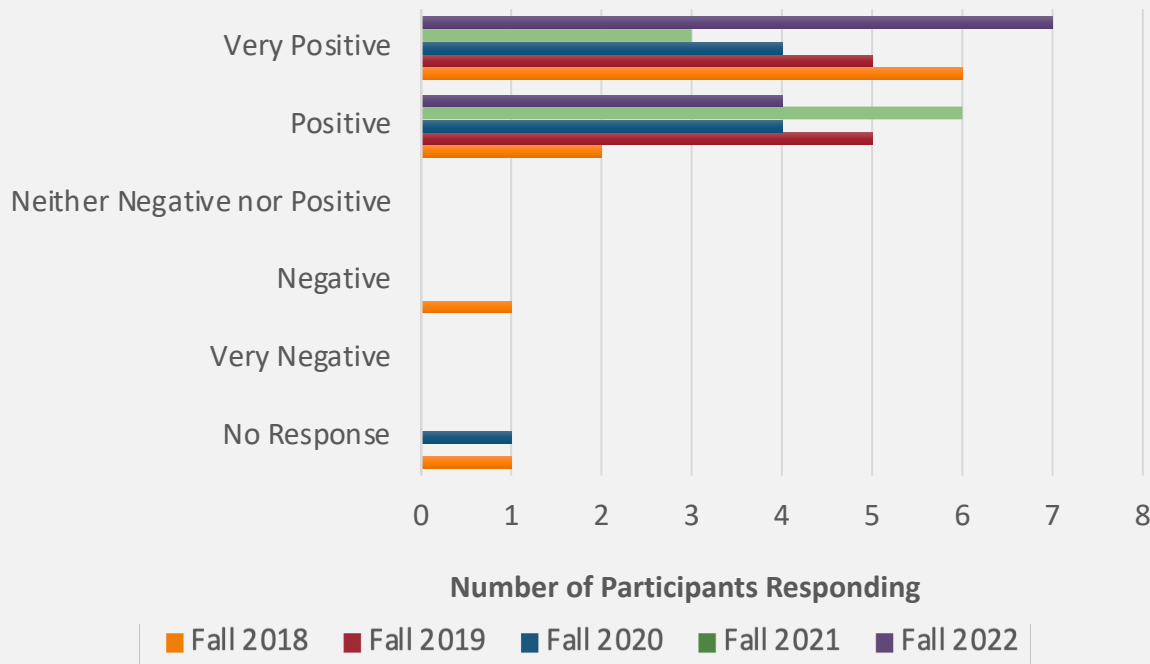


## 2.2 Housing Experience

All participants expressed a positive experience with their current housing. Eight of 10 participants are currently living in the same apartment complex where they lived while participating in MTP. Two moved to another area. All participants rated their experience as “Very Positive” or “Positive” in the fall of 2022, and no participants indicated a negative experience.

How would you describe your current housing?

2018 N=10; 2019 N=10; 2020 N=9; 2021 N=9; 2022 N=10\*



\*One participant selected two responses (i.e., “Positive” and “Very Positive”) to this question in 2022.

## 2.2 Housing Experience (cont.)

Participants noted satisfaction with the location (quality of environment and amenities), improved safety, and cleanliness. The negatives were related to apartment size, lack of sidewalks, lack of green space, location of their unit of apartment, and apartment staff. Mean participant satisfaction scores for apartment quality increased from 1.5 to 4.2, and mean participant satisfaction scores for space increased from 3 to 3.5, as compared to their former apartments.

### What do you like or dislike about your apartment while participating in MTP?

#### Likes:

Location, safety, environment (8 responses)

Space (1 response)

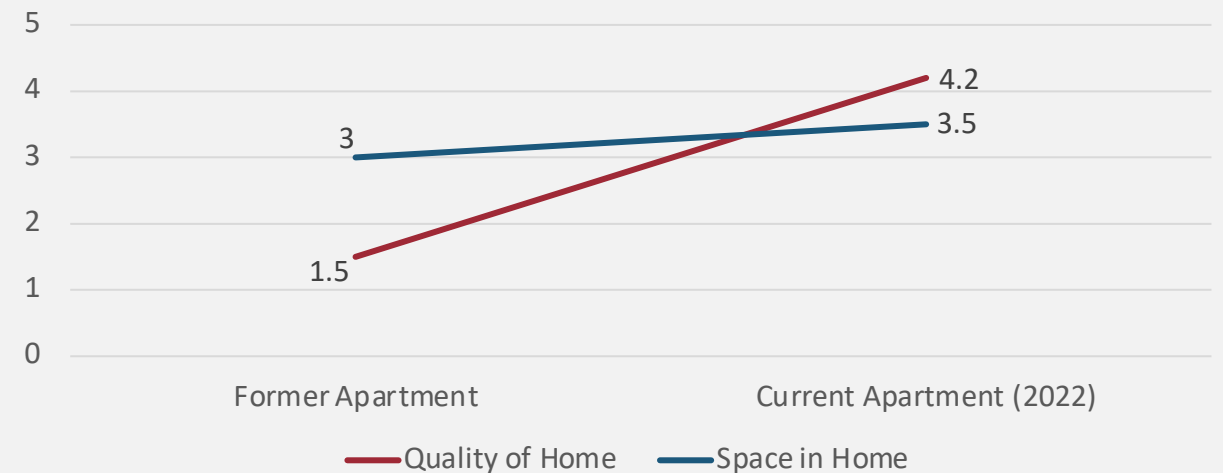
Everything (1 response)

#### Dislikes:

Size (3 responses)

Environment (3 responses): lack of sidewalks, lack of green space, location of my unit of apartment

Mean Experience Score on a Scale of 1 (very dissatisfied) to 5 (very satisfied) Comparing Former Apartment to Current Apartment



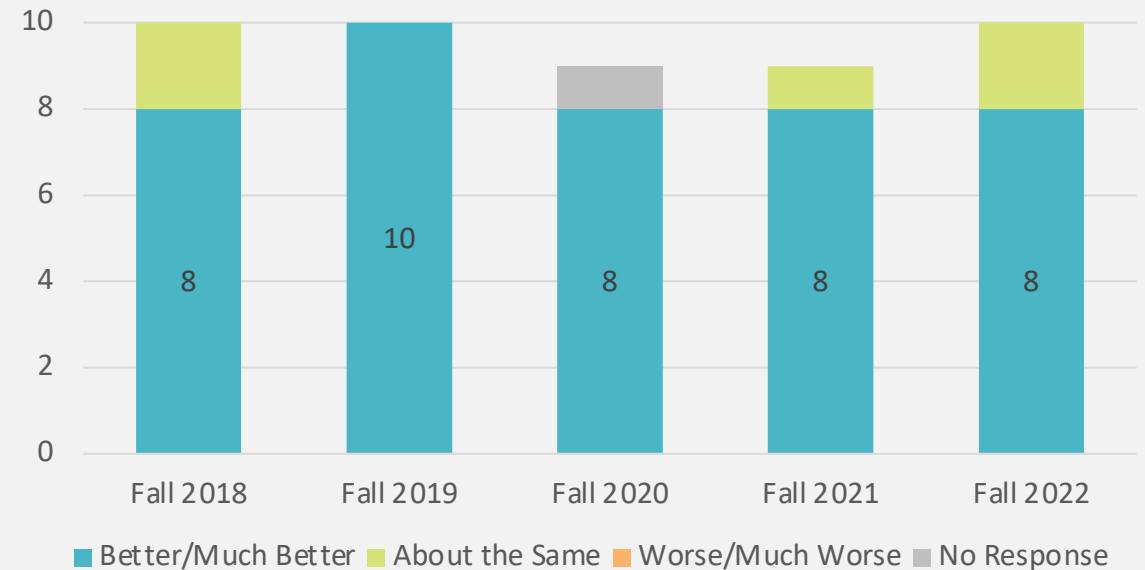
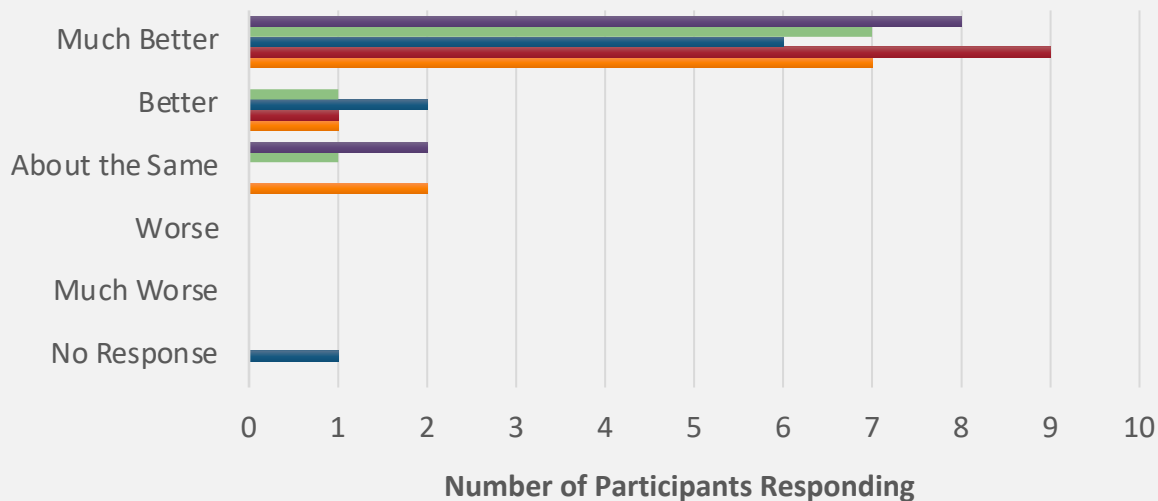
## 2.3 Experience with Current Neighborhood

The majority of participants (eight out of 10) rated their current neighborhood as “Much Better” than the neighborhood they lived in prior to joining the program. Participant perspectives on the quality of their current neighborhood has improved since the start of the program and levelling out over time. Two participants indicated their current neighborhood was “About the Same” in the fall of 2022.

### Participant Reflections:

- *“The difference is night and day. My old area was becoming unsafe. We did not feel comfortable sitting on the porch at night. We (now) have a patio we can sit out on in the evening and enjoy it. We feel safe.”*
- *“We have just gotten more and more settled here in the area. Just really feeling a part of the community. I even recently had a job transfer to “my” location here, so it just makes it feel even more like home.”*

Is this current neighborhood better, worse or about the same as your former neighborhood?  
2018 N=10; 2019 N=10; 2020 N=9; 2021 N=9; 2022 N=10



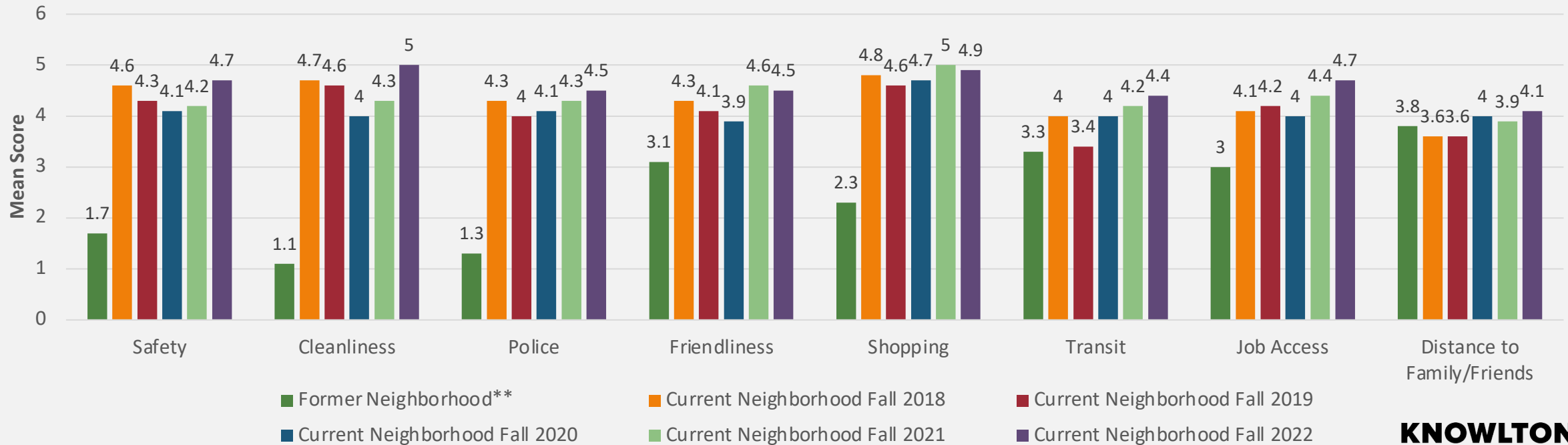
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# 2.4 Neighborhood Satisfaction

MTP participants indicated a substantially positive change in neighborhood satisfaction as compared to the neighborhood they lived in prior to joining the program. The largest satisfaction score gaps were in relation to safety, cleanliness and police protection. Participants also generally rated their current neighborhood as more satisfactory in terms of neighbor friendliness and access to jobs or shopping. Comparing satisfaction scores for current neighborhoods over time indicates satisfaction ratings are generally consistent over time, with a slight decline in 2020.

Neighborhood Satisfaction Scores (mean score) on a scale of 1 (very dissatisfied) to 5 (very satisfied)  
 2018 N=10; 2019 N=10; 2020 N=9\*; 2021 N=9; 2022 N=10



\*Participants did not respond to all questions in 2020.

\*\*Former neighborhood scores were calculated based on the survey results from 2020.



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**IMPACTS OF COACHING & MTP  
PROGRAMMING**

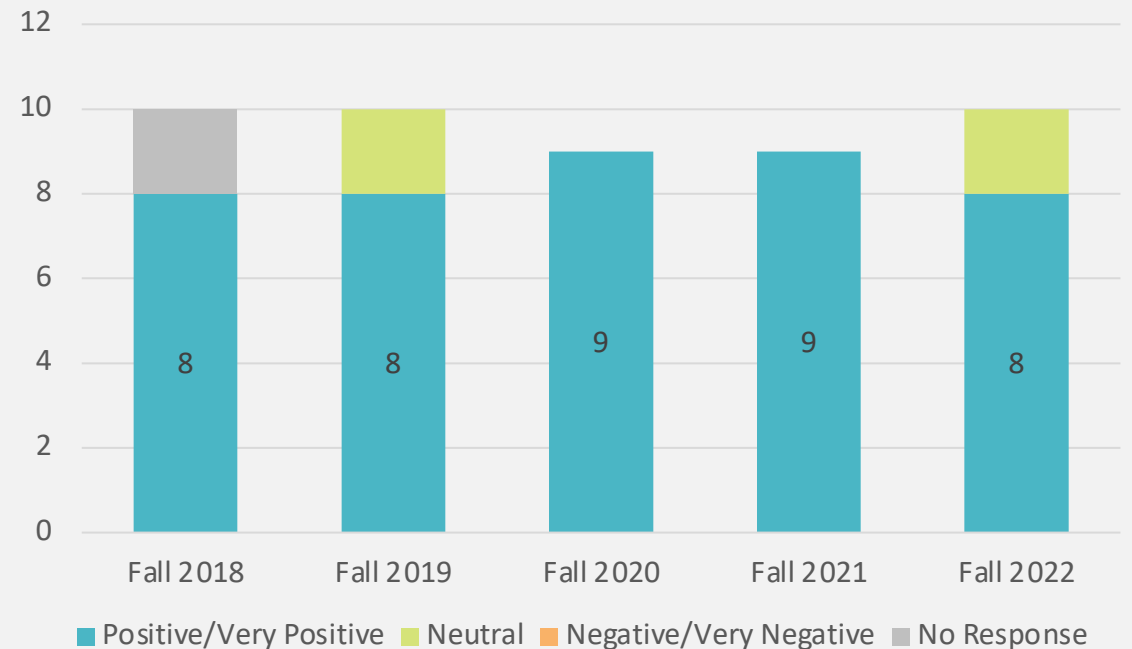
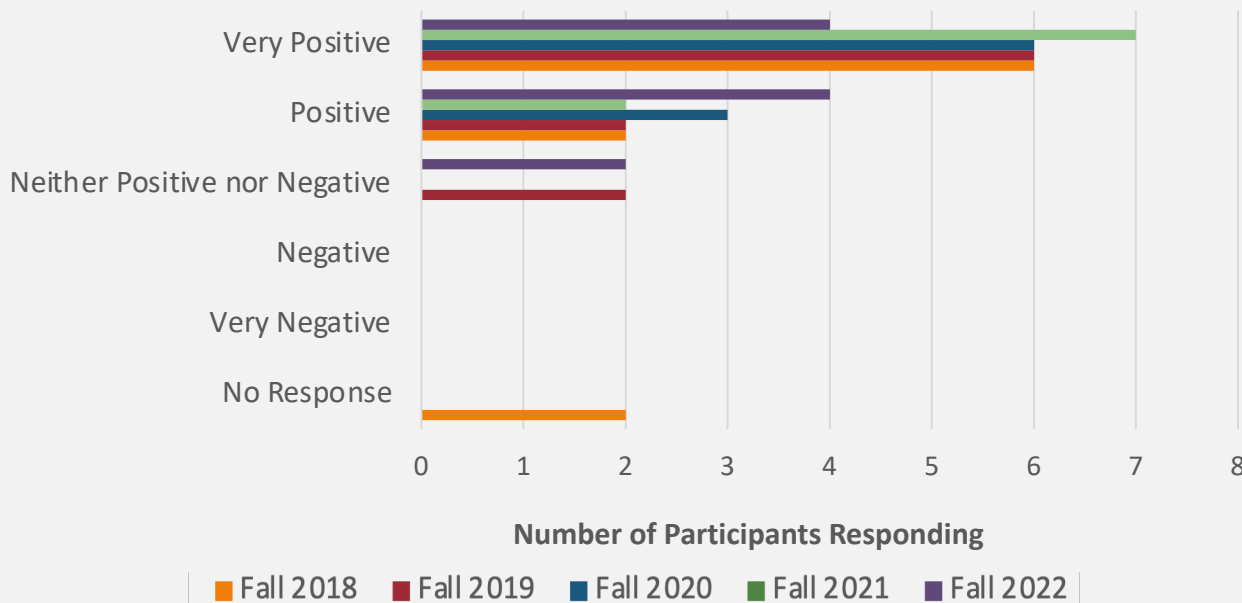


# 3.1 Impact of Coaching Program

Similar to the results in the previous evaluation reports, participants were generally satisfied with the MTP coaching program. The majority of participants (eight out of 10) described the coaching program as “Positive” or “Very Positive,” with four participants describing the coaching program as “Very Positive.” No negative perceptions of the coaching program were reported.

How would you describe your experience with your MTP coach?

2018 N=10; 2019 N=10; 2020 N=9; 2021 N=9; 2022 N=10\*



\*One response, “Positive and once negative,” was considered to be positive.

## 3.2 Goal Setting & Achievement

Coaching activities focus on setting participants' personal goals for themselves and developing plans to reach those goals. Participants' goals focused on topics such as finance, career development, parenting, health, wellness and education. These directly relate to the four primary pillars of MTP coaching: housing, finance, health and wellness, and education and career development.

The COVID pandemic disrupted long-term goal setting for many participants, as participants focused on addressing the emerging challenges and uncertainty from the pandemic.

Eight out of 10 participants indicated that MTP helped them achieve their goals in 2022, which was an improvement over the four out of eight in 2020 and six out of nine in 2021. These goals were mostly financial, such as budgeting and career planning.

### Participant Reflections:

- ***“Keeping a savings account and making saving a habit, improving/building my credit, learning to follow a budget, increasing my income, being able to stay in the school district I moved into during the program!”***
- ***“My financial goals, the implementation of a budget and emergency fund etc. The importance of self care and the role it plays in your life.”***



- ***“Improving my credit, better job, better school district for my kids”***
- ***“Career goals, self sufficiency goals”***
- ***“I was able to afford to go back to school.”***
- ***“Accountability”***

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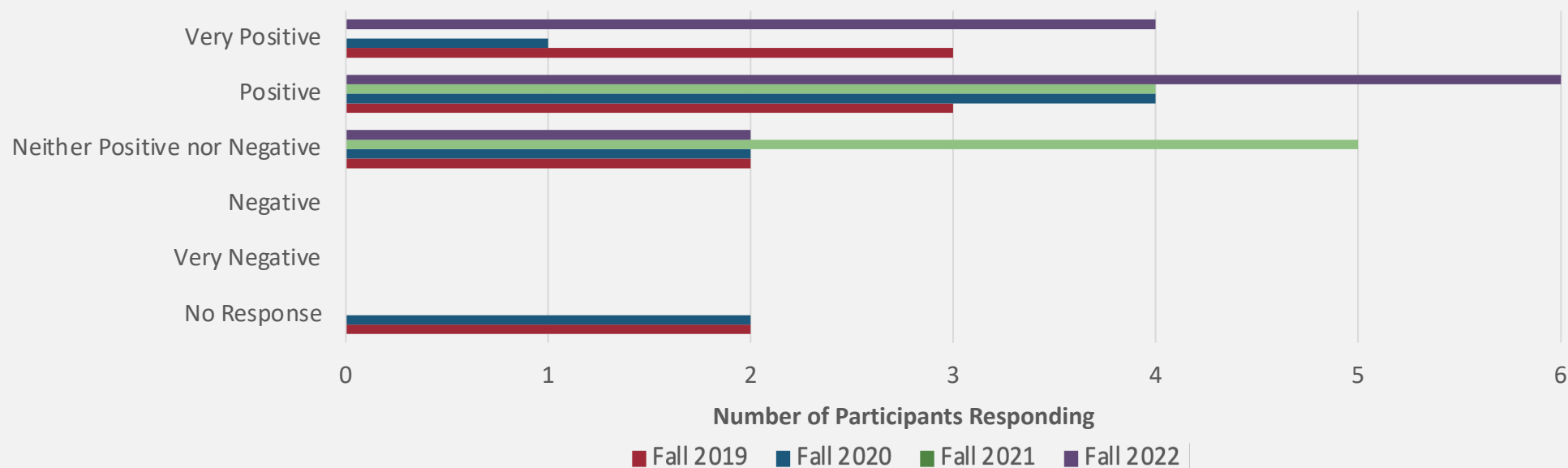
## 3.3 Monthly Program Sessions

Monthly program sessions were held with participants to provide education, create opportunities for relationship building and allow participants to share skills or resources. Monthly program sessions were quickly moved to a virtual format in the Spring of 2020 due to the COVID pandemic. The majority of participants (eight out of 10) described the monthly program sessions as “Positive” or “Very Positive.” Overall satisfaction scores for the monthly program showed noticeable improvement from the fall of 2021 to the fall of 2022.

Participants acknowledged that transitioning monthly meetings to a virtual format was logistically easier to accommodate for families. Travel times, work conflicts and childcare or extracurricular activities were identified as stressors to attending monthly meetings in the past. Several participants noted, however, that they miss the in-person interactions among families.

How would you describe your experience with the MTP monthly programs?

2019 N=10; 2020 N=9; 2021 N=9; 2022 N=10\*



\*Two participants selected two responses (i.e., “Positive” and “Very Positive”) to this question in 2022.

## 3.4 Most Beneficial Part of the Program

When asked to reflect upon the most beneficial aspect of their experience with MTP, responses varied substantially. Some participants focused on the importance of stable healthy housing in a safe neighborhood, while others emphasized the importance of coaching, goal setting and the peer relationships built into the program.

### Participant Reflections:

#### ***Rent assistance***

- ***“When I first started the program the things that I liked best were of course the rental assistance and being able to receive scholarships towards my college education ... and being able to get some help with childcare.”***
- ***“The most beneficial to me was the rental assistance because I was able to still feel like I had some breathing room within a month, and it just felt secure. ... The rental assistance for me and definitely the move, of course, the opportunity.”***
- ***“I mean the money was helpful.”***

#### ***Housing and neighborhood***

- ***“Definitely, the housing, the choice of the neighborhoods, and then just the different unique opportunities that presented themselves for me personally.”***

#### ***Connections with agencies***

- ***“I would just say the connections to the agencies that you partner with.”***

#### ***Coaching***

- ***“I would say for me personally definitely the coaching ... meaningful impact and definitely help me shift my thinking and kind of gain more perspective on things which is invaluable.”***

#### ***Monthly meeting and coaching***

- ***“We actually learned from each other. ... I also think that the coaching in general. Just having someone you could call or just ‘Hey, I haven’t heard from you for a while.’”***

#### ***Peer group and coaching***

- ***“Just to be surrounded by people, having or sharing a similar struggle, was really eye opening for me and I opened up. ... As the program got going, I would probably say the coaching aspect made a huge difference.”***

#### ***Increase confidence***

- ***“Being able to step out of my comfort zone”***

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**FINANCIAL WELL-BEING**

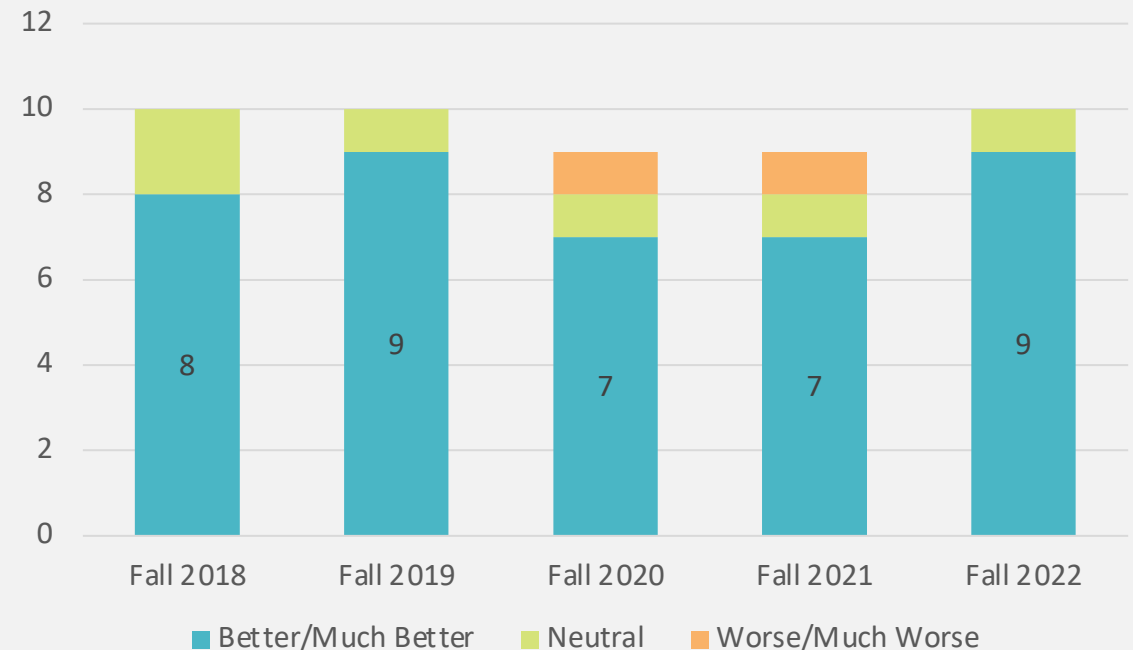
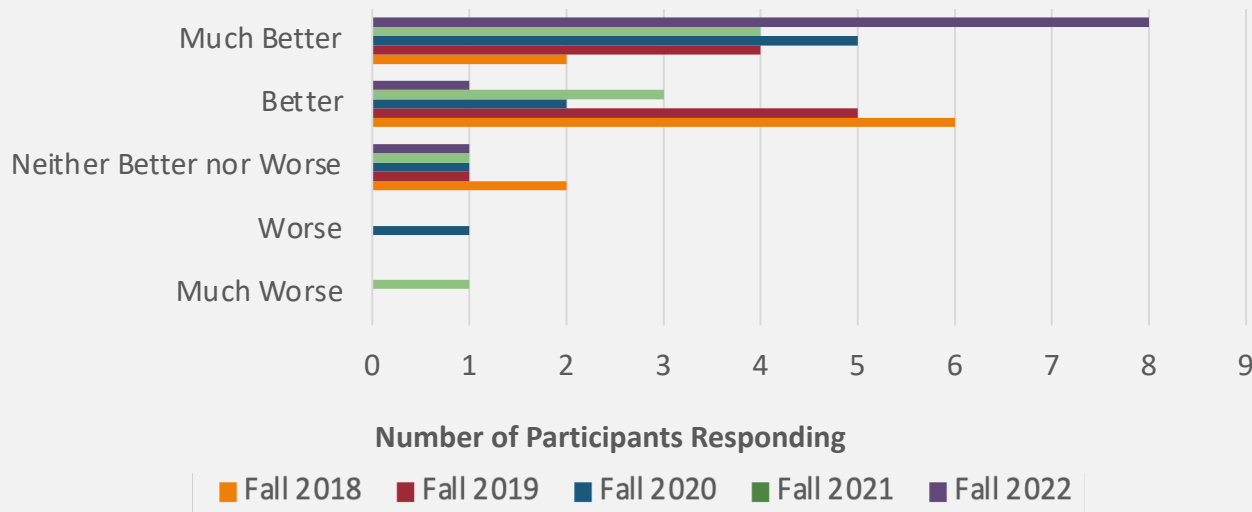


# 4.1 Family Economic Well-Being

Despite the economic challenges posed by the COVID pandemic, the majority of participants (nine out of 10) indicated that their economic circumstances were either “Better” or “Much Better,” with eight participants describing their economic circumstances as “Much Better” after leaving MTP, as compared to their situation prior to entering the program. The number of participants indicating improvements in their economic circumstances declined slightly from 2019 to 2020 but rebounded in 2022 surveys.

How would you describe your family's economic circumstances compared to prior to entering the program?

2018 N=10; 2019 N=10; 2020 N=9; 2021 N=9\*; 2022 N=10



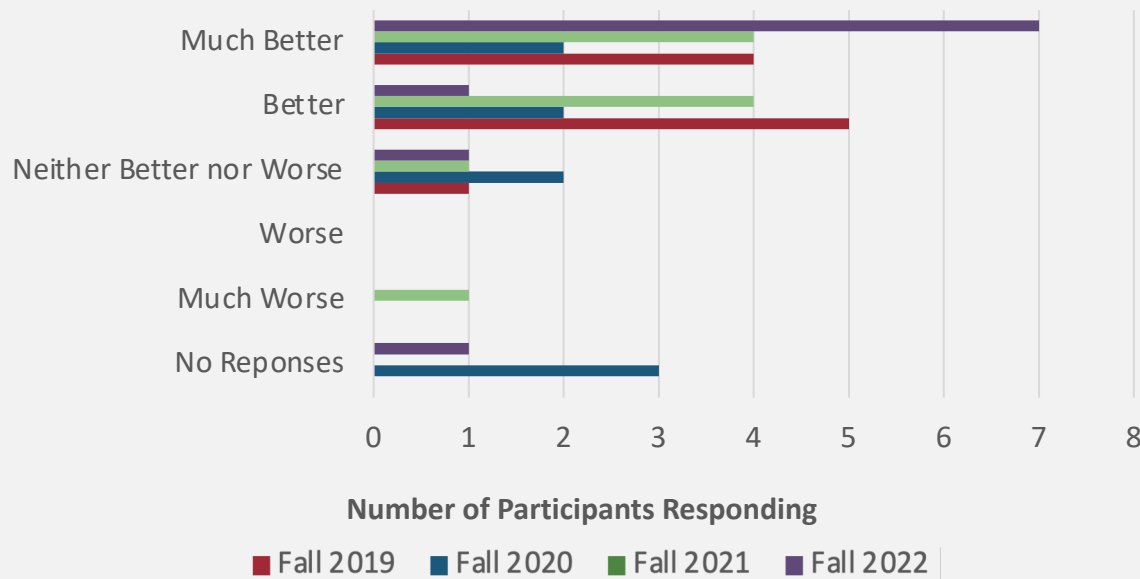
\*The participant indicating “Much Worse” economic circumstances in 2021 had the longest employment disruption related to the pandemic.

# 4.2 Family Income

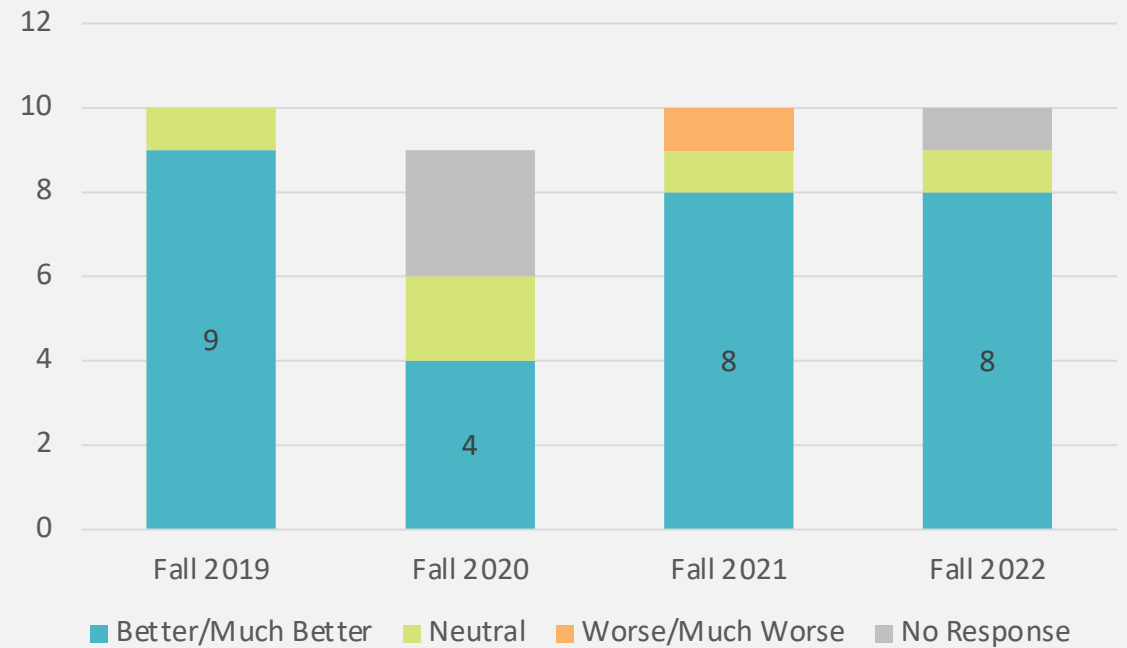
Eight participants stated that their income had noticeably improved since joining the program. The number of participants indicating improvements in income declined slightly from 2019 to 2020 but rebounded in 2021 and 2022 surveys. Economic impacts of the COVID pandemic were concerns among many of the participants, as explained earlier. Supplemental surveys conducted by MTP found the four-year increase in income among all participants to average 58% or \$17,000 per family. Income increased from promotions, shifting into higher paying/higher skill positions or changing career paths.

How would you describe changes in your income compared to when you started?

2019 N=10; 2020 N=9; 2021 N=9\*; 2022 N=10



\*One participant selected two responses to this question in 2021.



Note. One participant selected two responses to this question in 2021.

### Participant Reflections:

- *“It has nearly doubled.”*

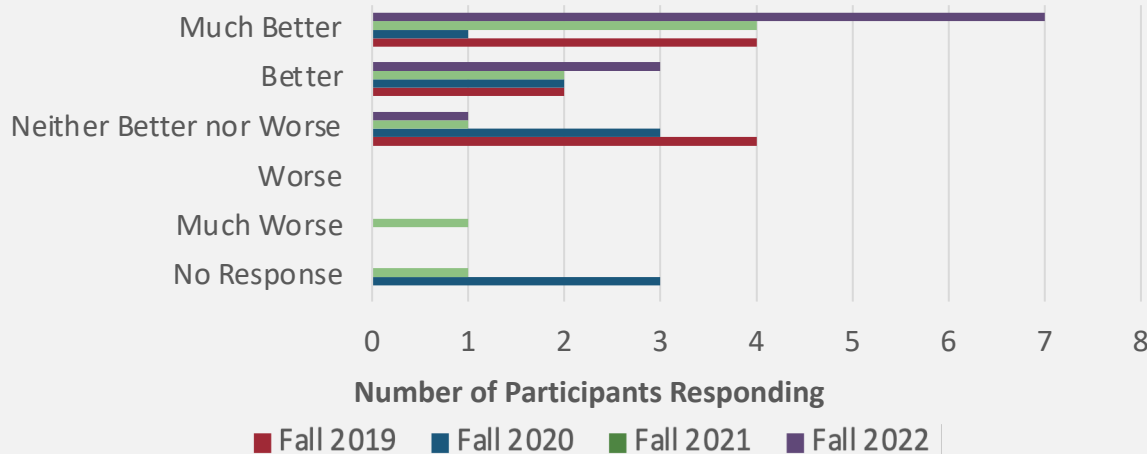


# 4.3 Employment Changes

Due to the economic impact of the COVID pandemic, many participants faced job disruptions in 2020. Most participants found new employment, however. Responses related to employment conditions reflect the challenges of the pandemic economy. The number of participants indicating “Better” or “Much Better” in employment conditions improved in 2022 from 2020 (from three to 10).

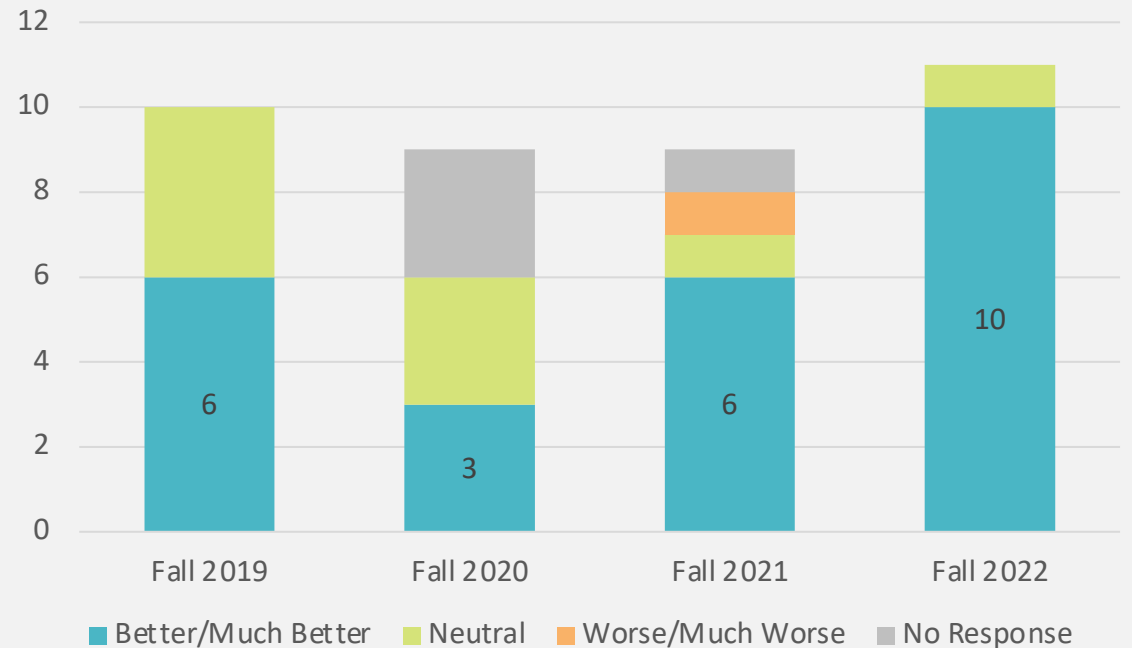
How would you describe changes in your employment compared to prior to entering the program?

2019 N=10; 2020 N=9; 2021 N=9\*; 2022 N=10\*\*



\*The participant indicating “Much Worse” employment circumstances in 2021 had the longest employment disruption related to the pandemic.

\*\*One participant selected two responses (i.e., “Neither Better nor Worse” and “Better”) to this question in 2022.



Note. One participant selected two responses to this question in 2022.

### Participant Reflections:

- *“I am at the same employer and have received several promotions.”*

# 4.4 Employment and Rent Changes After Leaving MTP

## Employment Changes

Four participants indicated that they changed employment after leaving MTP. Responses related to employment changes were associated with better pay.

### Participant Reflections:

- *“Better pay”*
- *“Better opportunities with better pay”*
- *“Applied for jobs during the program and got callbacks for interviews and accepted a position that paid more.”*
- *“Obtain my CDL (Commercial Drives License)”*

## Rent Changes

Rent has increased since the program has ended. However, in interviews, most participants said that the change has been sustainable for them.

### Participant Reflections:

- *“I mean it's not a super huge problem just because I was able to get my income too. An increase in my income to match for it. So, it's just the number to me seems like a lot, but it's not like I don't have a job. That can accommodate it.”*
- *“It's been a challenge. I just think life is a challenge as a single parent. But I prepared as much as you can prepare during a pandemic, and then inflation. So, I did prepare, and I also try to do something each month to offset the four hundred dollars.”*
- *“I haven't seen any problems with that, as far as it going up and changing my life drastically, as far as the yearly raise that they do. But I think that I might be able to. I'm trying to work through getting it out, where I can actually afford to stay there, even if rent does go up.”*
- *“It's still doable for me to pay.”*
- *“I have not had any issues.”*

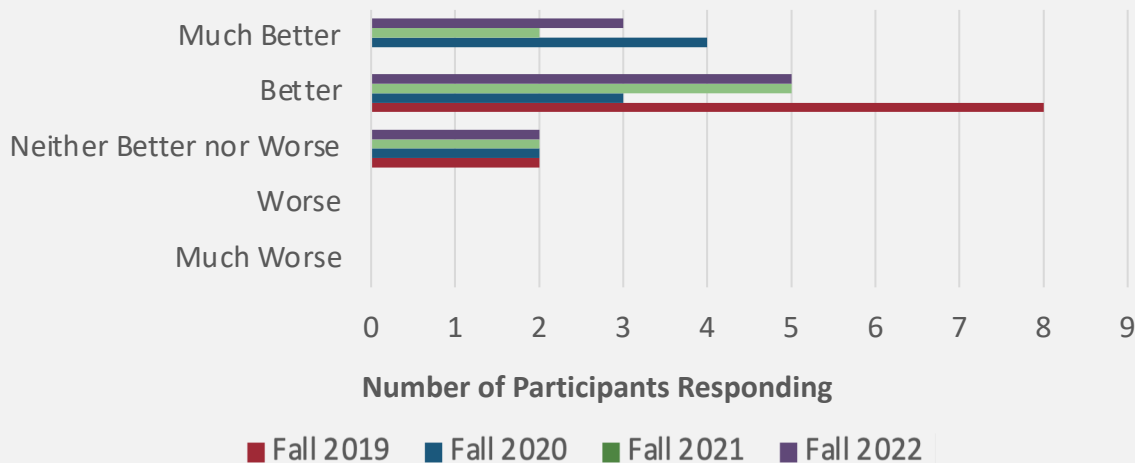
# 4.5 Other Financial Changes or Stressors

## Change to Credit Scores

MTP financial coaching involved strategies to improve credit scores. Most participants (eight out of 10) indicated their credit scores improved since joining the program. Two participants indicated no change in credit scores. No participants indicated a decline in their credit score. One participant stated that her credit score fluctuated.

How would you describe changes in your credit score compared to before you started the program?

2019 N=10; 2020 N=9; 2021 N=9; 2022 N=10



## Financial Stressors

Participants were asked to reflect on any stress related to paying bills and meeting financial obligations.

- Only two participants indicated that they had difficulties paying rent, utilities, or other bills while participating in MTP. Even during the pandemic, there was a slight improvement from 2021 to 2022.
- Three participants indicated difficulty with transportation expenses or finding a new, used car in the 2022 survey.

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**CHILD WELL-BEING, HEALTH &  
DEVELOPMENT**

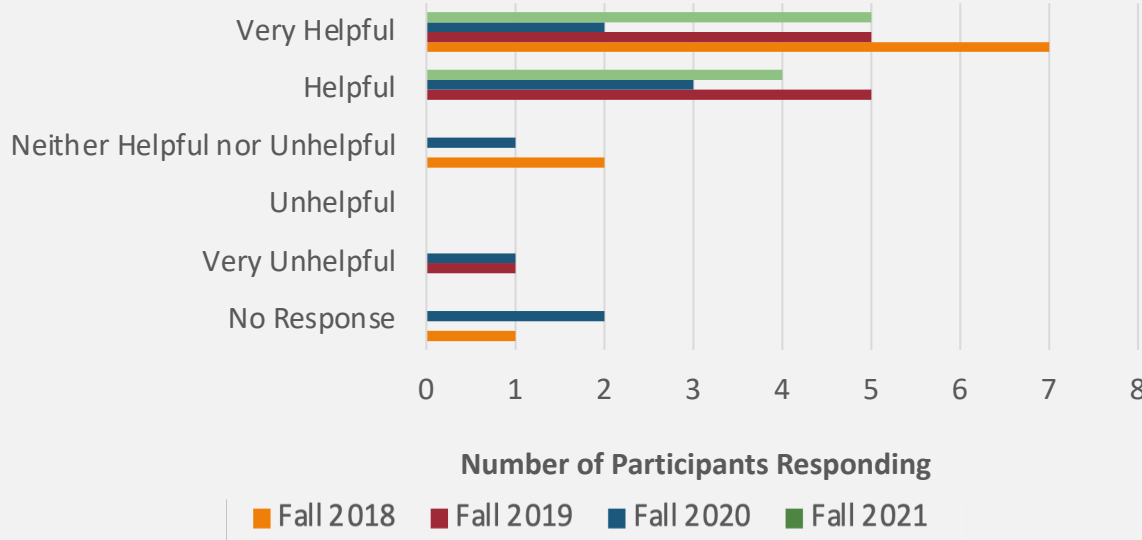


# 5.1 Impact of MTP on Children (2018-2021)

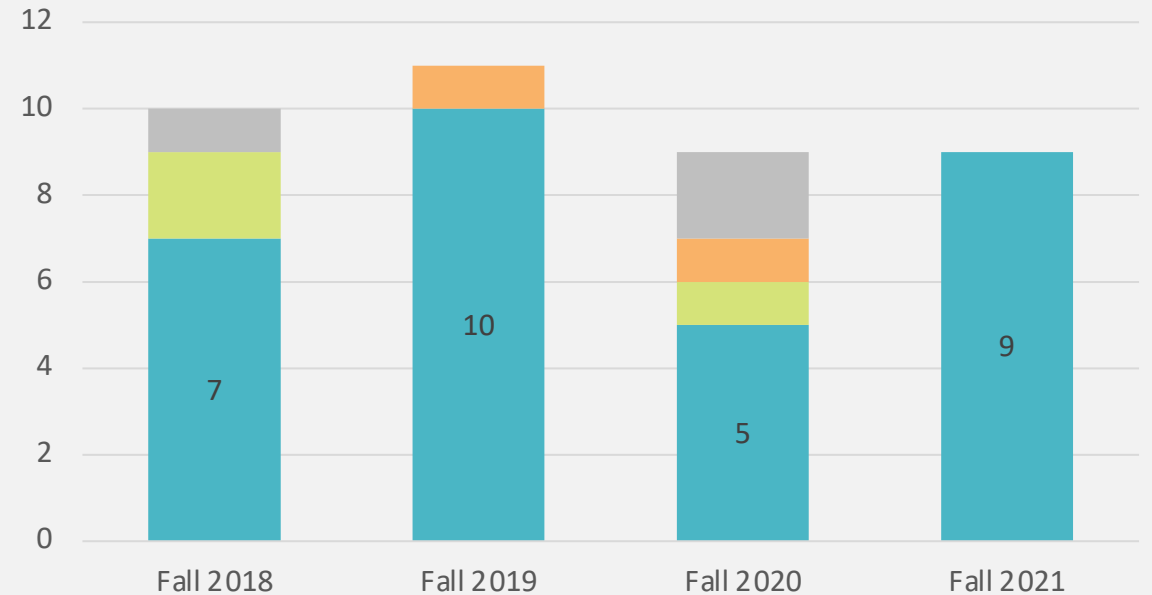
In our final survey, we were curious if there were any differences in the children’s outcomes based on the age of their children, and so participants responded for each of their children based on age. Each question on the first page of each section is for 2018-2021 and the questions are repeated on the second page for each child in 2022. Participants rated the overall helpfulness of MTP for their children. All participants rated the program as “Helpful” or “Very Helpful” in the fall of 2021. Health outcomes improved, educational opportunities increased, and many participants noted the positive changes in their children’s lives in written comments with the survey.

Overall how helpful has the program been to your children?

2018 N=10; 2019 N=10\*; 2020 N=9; 2021 N=9



\*One participant selected two responses to this question in 2019.



Legend: ■ Helpful/Very Helpful ■ Neutral ■ Unhelpful/Very Unhelpful ■ No Response

Note. One participant selected two responses to this question in 2019.

### Participant Reflections:

- *“This program definitely changed the direction of our lives!! Thank you!!!”*

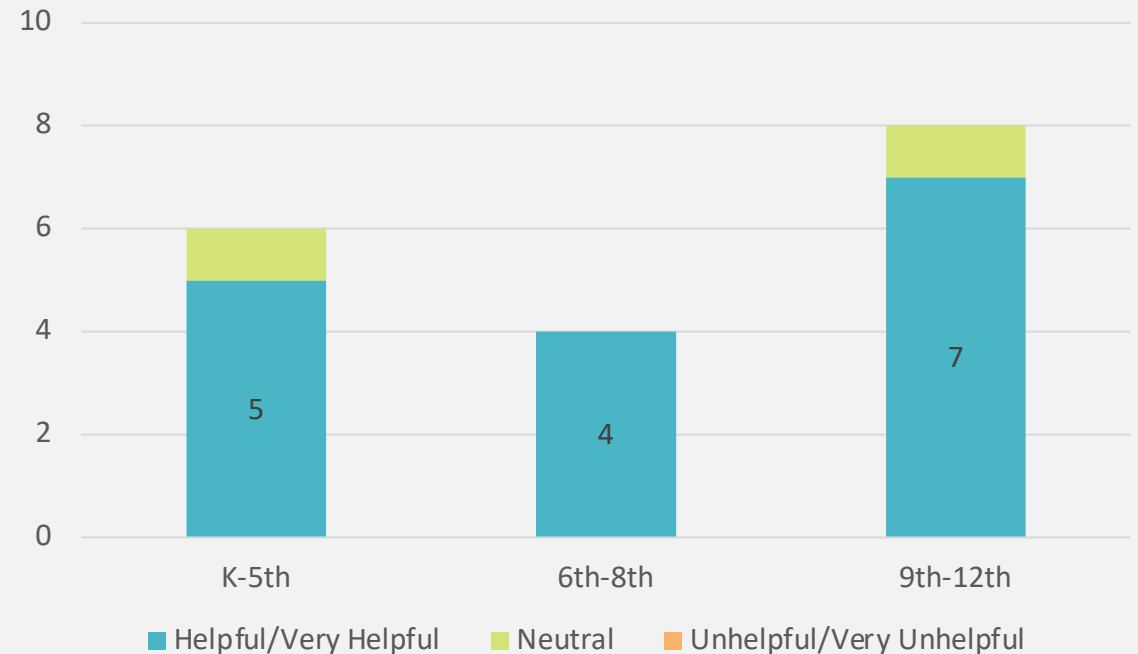
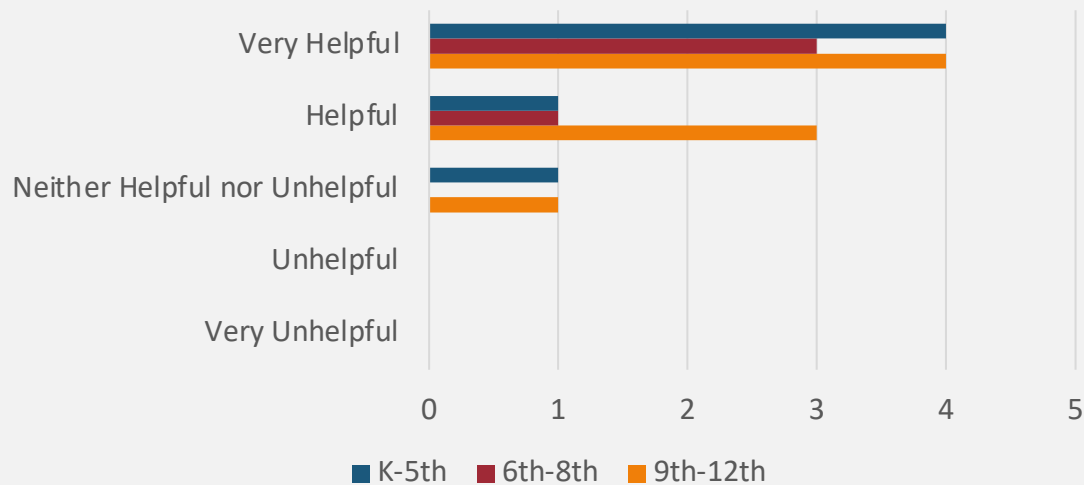
**KNOWLTON SCHOOL**

ARCHITECTURE  
LANDSCAPE ARCHITECTURE  
CITY AND REGIONAL PLANNING

# 5.1 Impact of MTP on Children by Grade Level (2022)

As described on the previous page, in 2022 participants responded for each of their children based on age, excluding two who were younger than school age. Regarding the overall helpfulness of MTP, the participants rated the program as “Helpful” or “Very Helpful” for 16 out of 18 children.

Overall how helpful has the program been to your child?



### Participant Reflections:

- *“Gave her opportunities she would not have otherwise had.”*

**KNOWLTON SCHOOL**

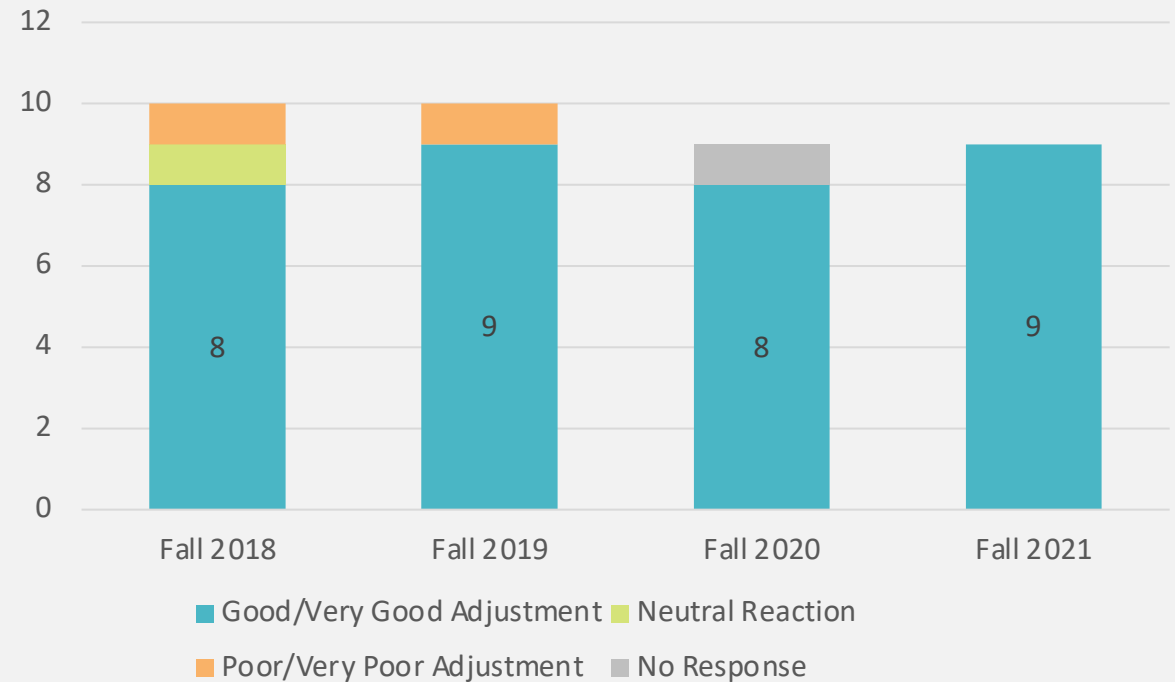
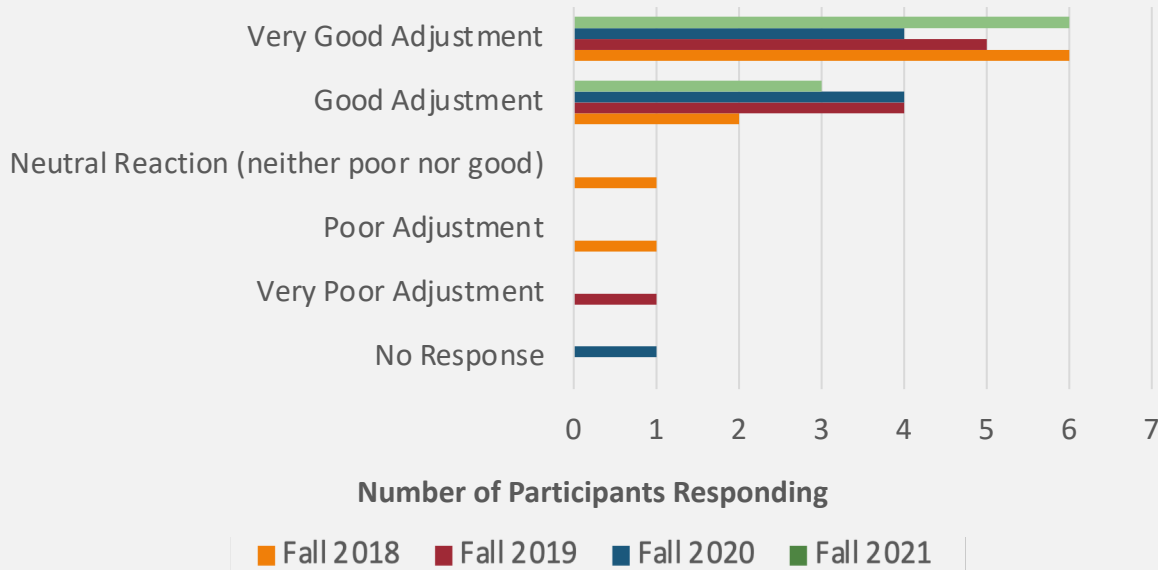
ARCHITECTURE  
LANDSCAPE ARCHITECTURE  
CITY AND REGIONAL PLANNING

# 5.2 Adjustment to New School (2018-2021)

All participants indicated that their children had a good or very good adjustment to their new school in 2021. Unlike earlier surveys, no participants indicated their child was having a poor adjustment to their new school.

How has your child adjusted (or reacted) to their school?

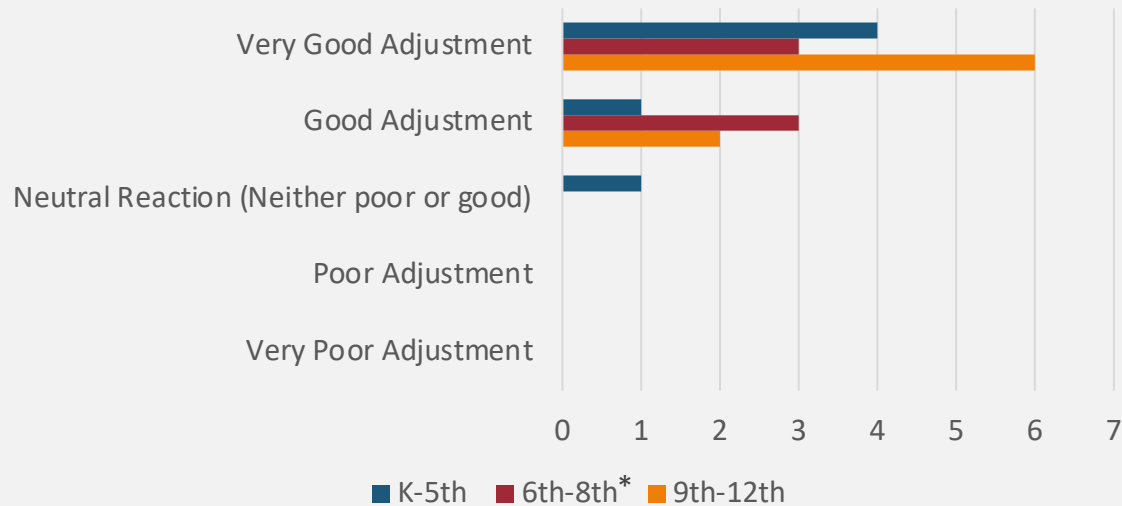
2018 N=10; 2019 N=10; 2020 N=9; 2021 N=9



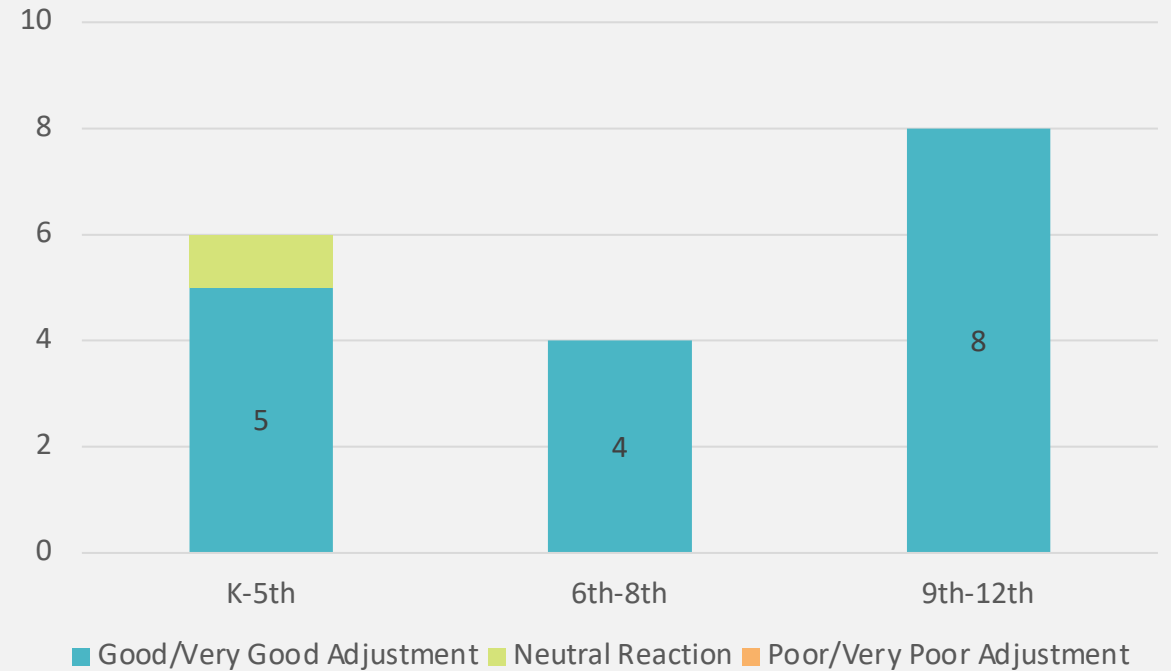
# 5.2 Adjustment to New School by Grade Level (2022)

Participants indicated in the fall of 2022 that 17 out of 18 children had a good or very good adjustment to their new school. One participant indicated her child’s level of adjustment to their new school was “Neutral.”

How did your child adjust (or react) to their school while participating in MTP?



\*Two participants selected two responses (i.e., “Good Adjustment” and “Very Good Adjustment”) to this question to describe their children who were in the 6<sup>th</sup> to 8<sup>th</sup> grades.



### Participant Reflections:

- *“(My child)..flourished!”*

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CITY AND REGIONAL PLANNING

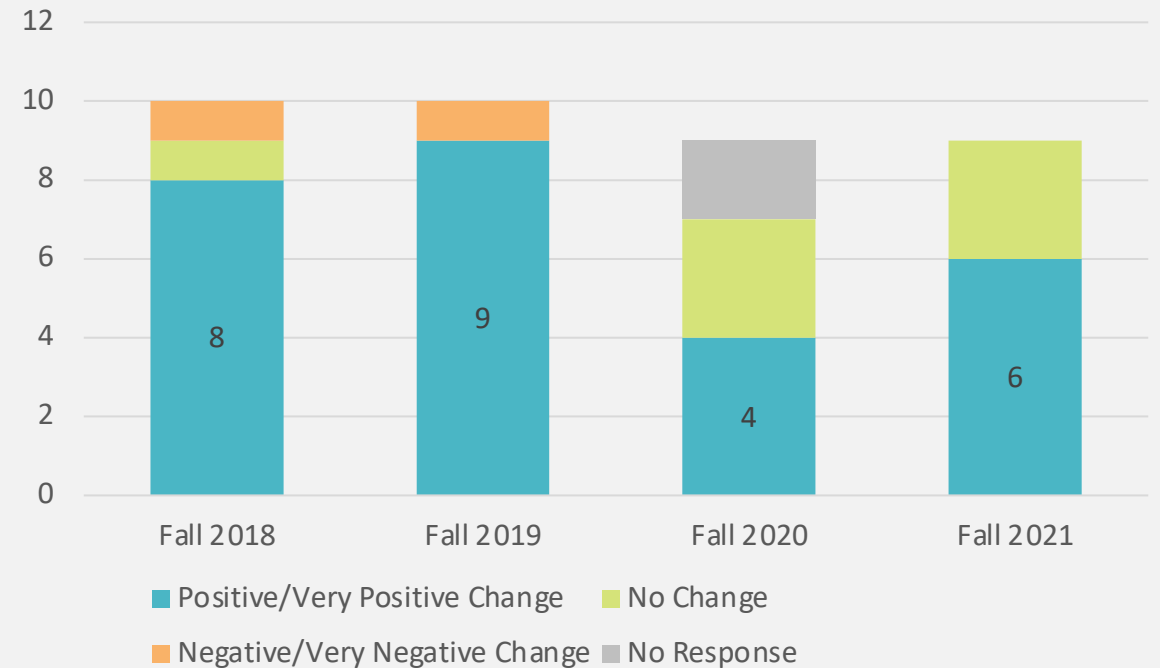
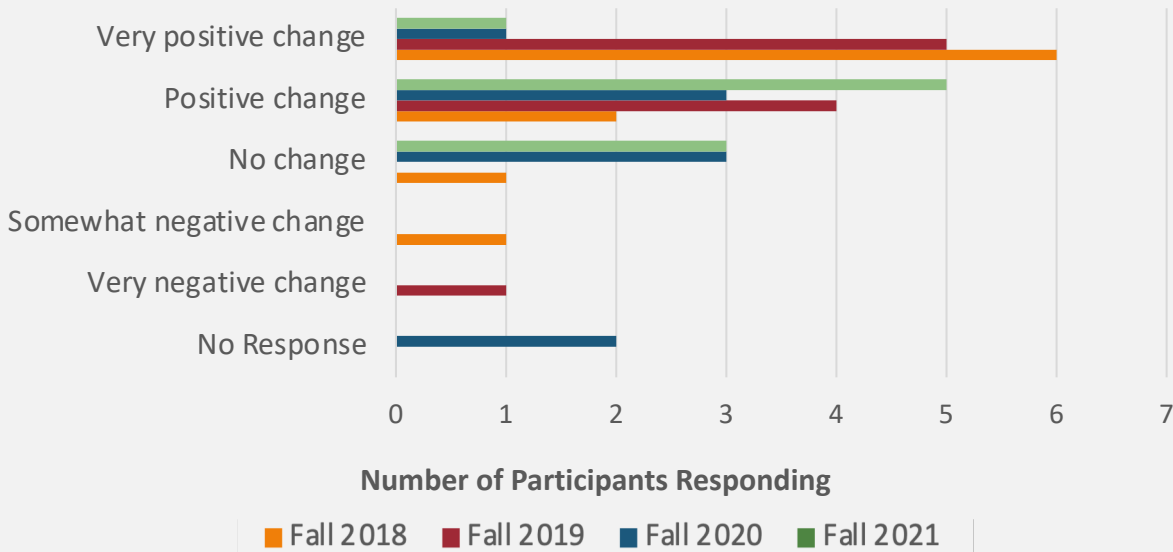


# 5.3 Change in Academic Outcomes (2018-2021)

Over half of the participants who responded (six out of nine) indicated that their children’s academic outcomes improved either positively or very positively in 2021. Unlike earlier surveys, no participants indicated their children’s academics had negatively changed.

How has your child's (or children's) grades changed since enrolling in MTP?

2018 N=10; 2019 N=10; 2020 N=9; 2021 N=9

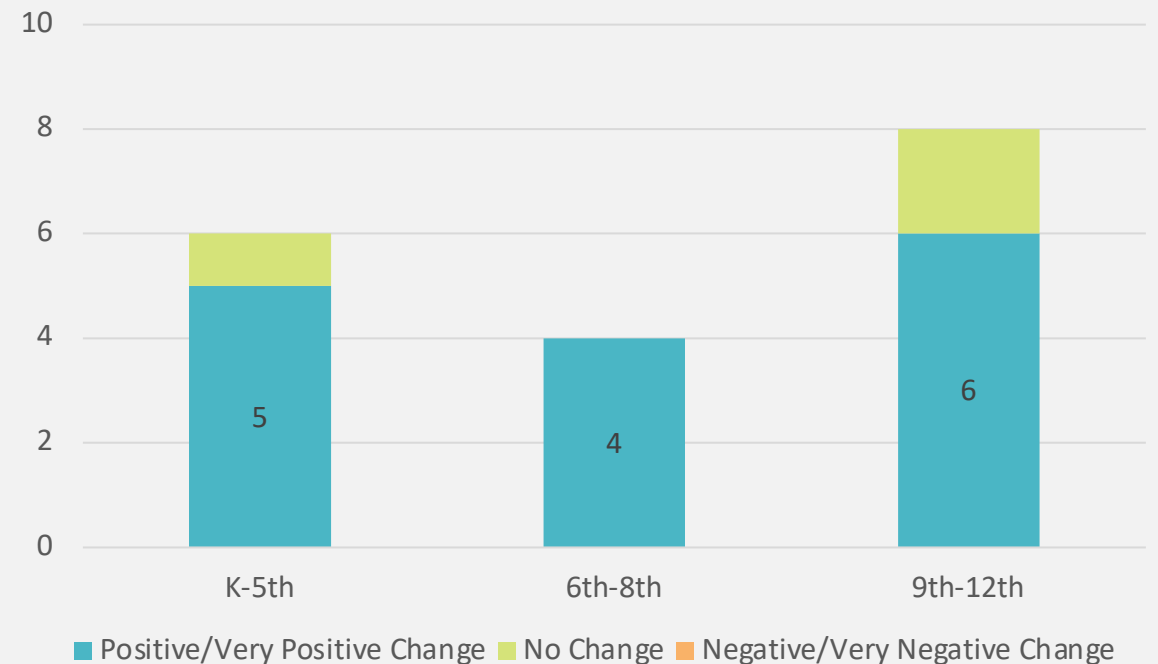
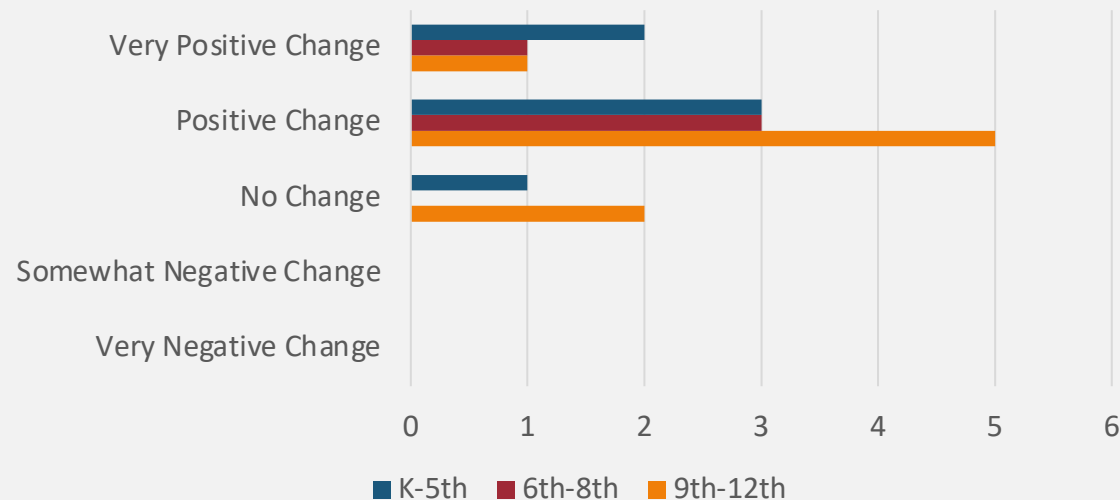


Note: Participant responses stating “no change” reflected no change from prior year.

## 5.3 Change in Academic Outcomes by Grade Level (2022)

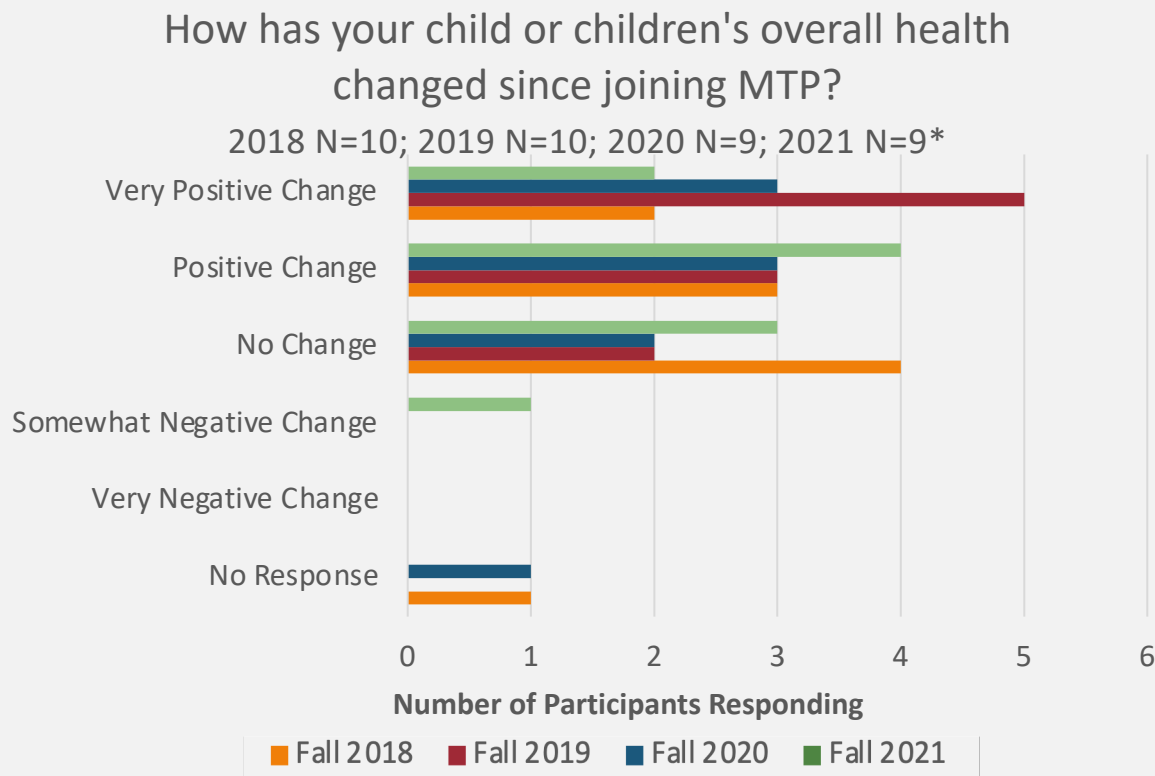
Participants indicated that after participating in MTP, 15 out of the 18 children's academic outcomes improved either positively or very positively. Three children's academic outcomes showed no changes after participating in MTP, as compared to before starting the program. No participants indicated their children's academics had negatively changed.

How did your child's grades change after participating in MTP compared to before starting the program?

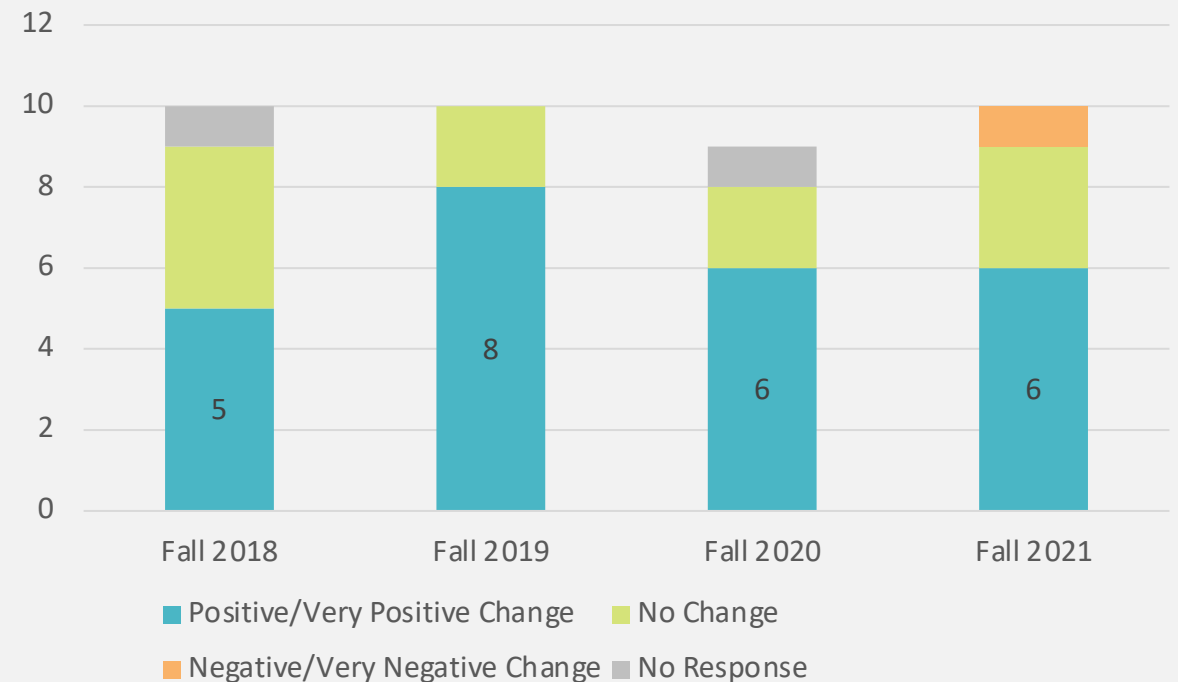


# 5.4 Changes in Children's Overall Health (2018-2021)

In the 2021 survey, most participants (six) saw positive or very positive changes in their children's overall health since joining MTP. Three participants saw no change and one participant noted a "Somewhat Negative Change." However, there were 10 survey points collected for this question, so it is difficult to determine which answer was selected in error.



\*One participant selected two responses to this question in 2021.



Note. One participant selected two responses to this question in 2021.

## Participant Reflections:

- *“My daughter is no longer on asthma medication!!”*

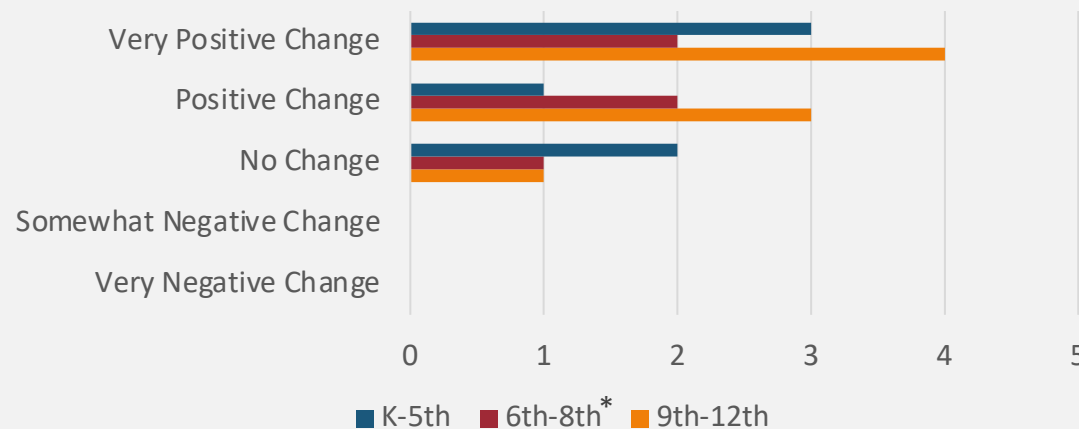
**KNOWLTON SCHOOL**

ARCHITECTURE  
LANDSCAPE ARCHITECTURE  
CITY AND REGIONAL PLANNING

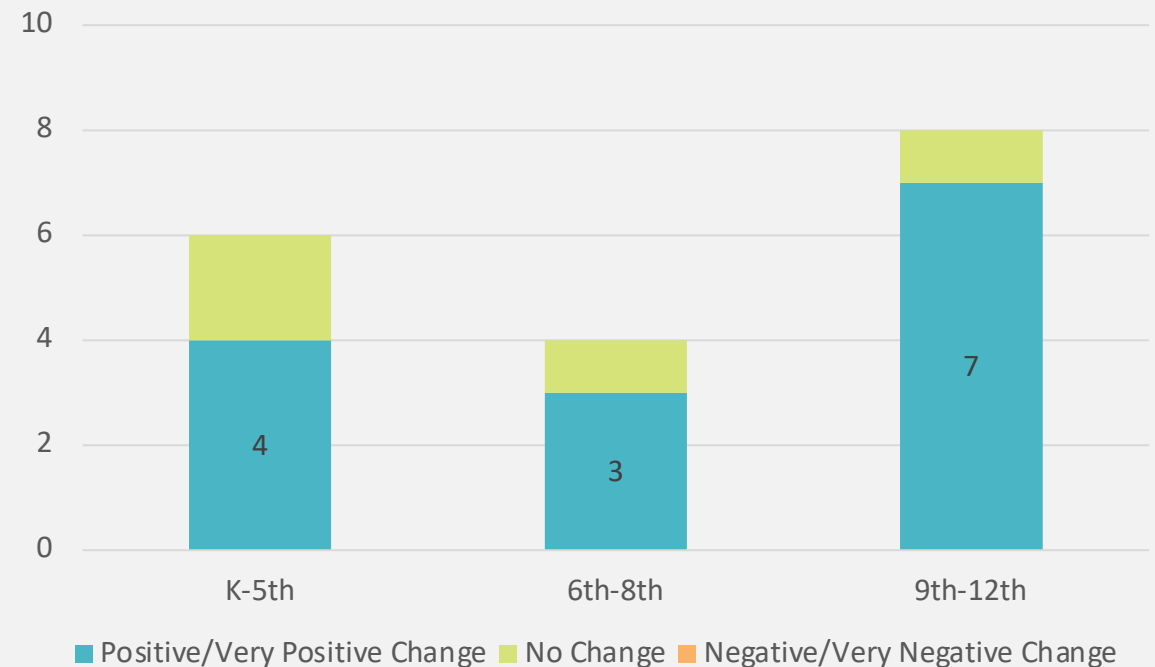
# 5.4 Changes in Children's Overall Health by Grade Level (2022)

Most participants saw positive or very positive changes in their children's overall health after participating in MTP. Participants saw no change in four children.

How did your child's overall health change after participating in MTP compared to before starting the program?



\*One participant selected two responses (i.e., "Positive Change" and "Very Positive Change") to this question to describe their children who were in the 6<sup>th</sup> to 8<sup>th</sup> grades.



## Participant Reflections:

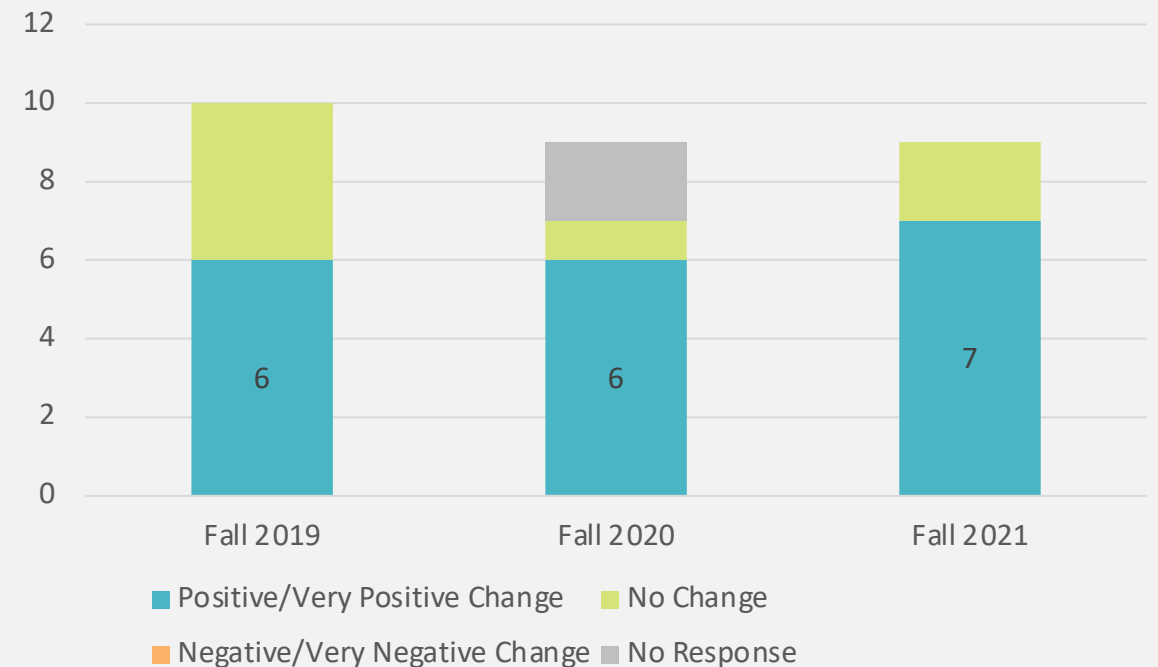
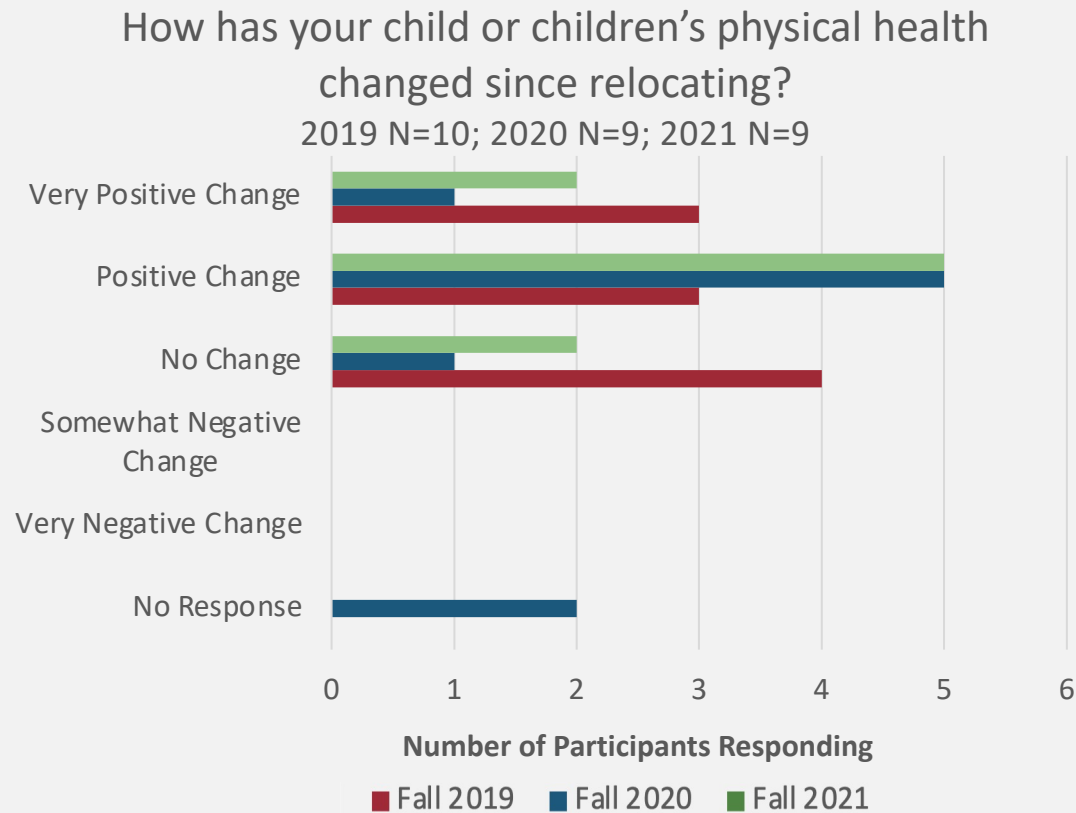
- *"No longer taking asthma medication! Healthier environment :)"*

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CITY AND REGIONAL PLANNING

# 5.5 Changes in Children's Physical Health (2019-2021)

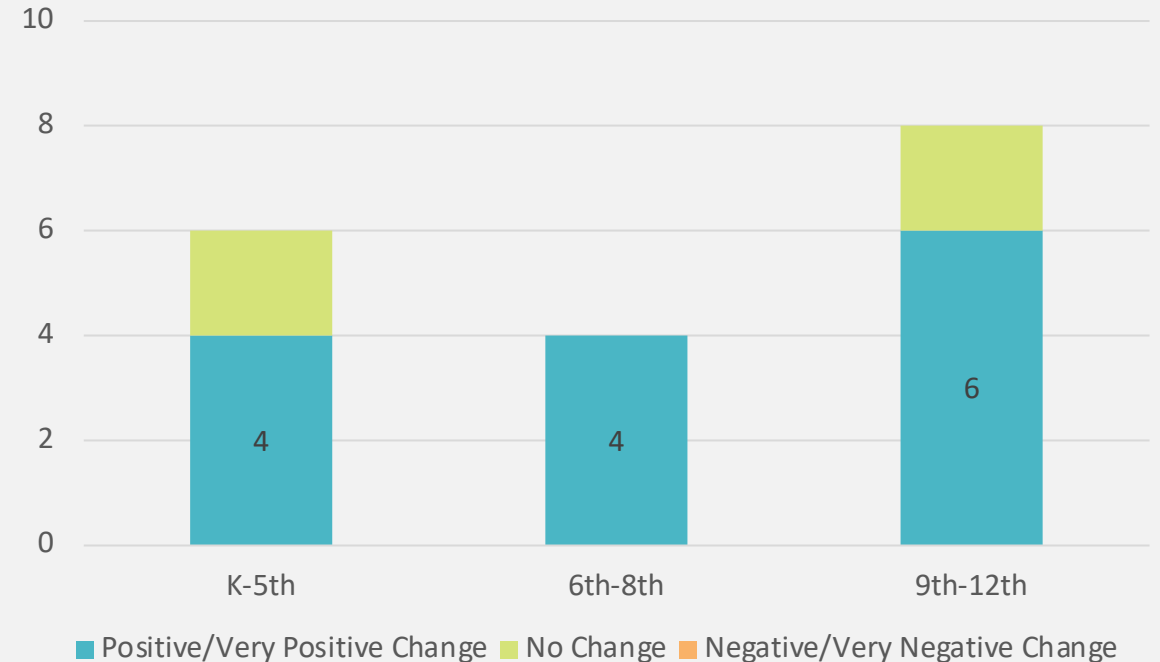
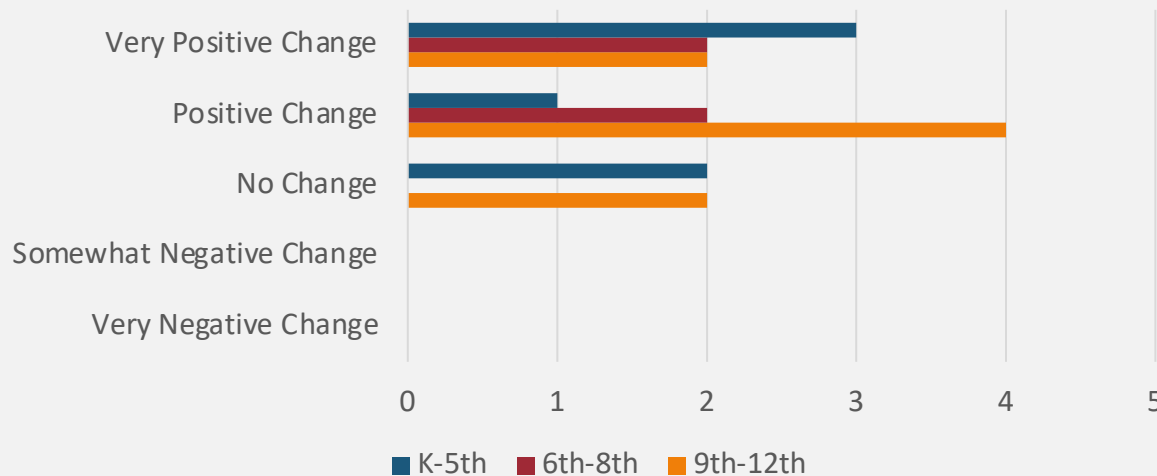
Similar to previous results, in the fall of 2021, the majority of the participants (seven out of nine) indicated very positive or positive changes in their children's physical health since joining MTP.



# 5.5 Changes in Children's Physical Health by Grade Level (2022)

Participants indicated positive or very positive changes for 14 out of 18 children's physical health after participating in MTP. Participants saw no change in four children.

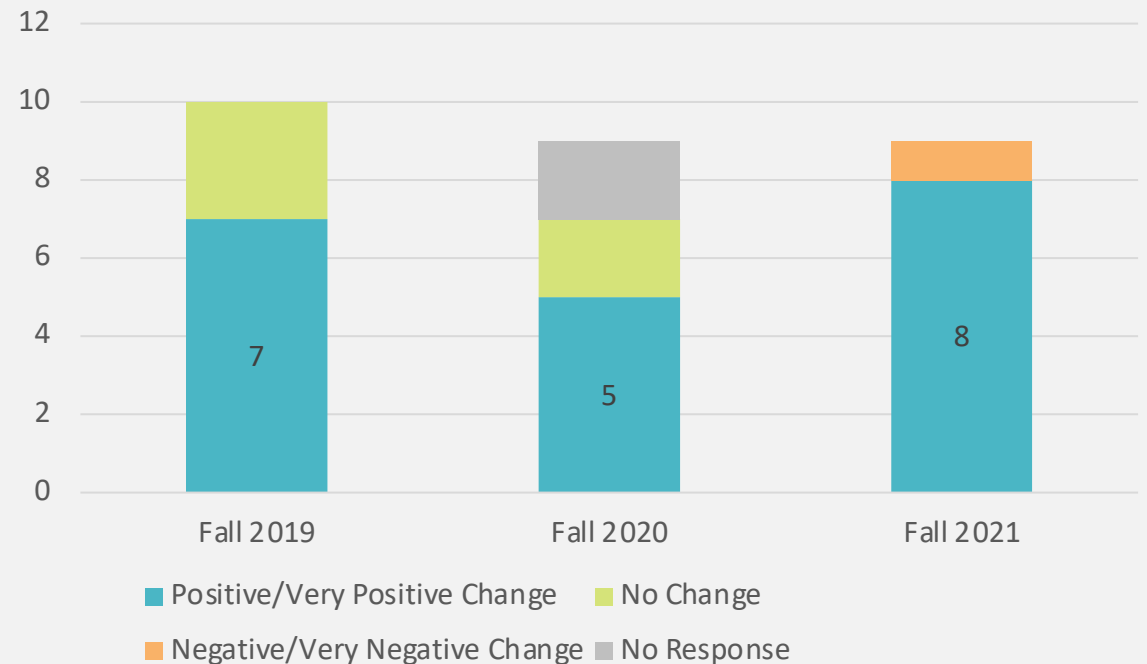
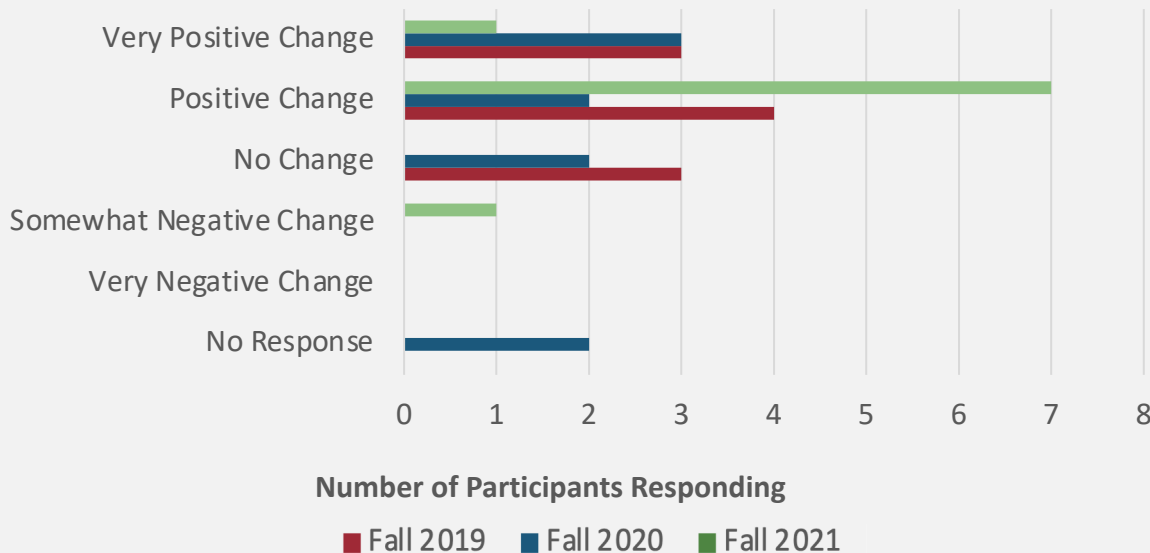
Has your child's physical health changed after participating in MTP (compared to prior to entering the program)?



# 5.6 Changes in Children’s Mental Health (2019-2021)

Almost all participants (eight out of nine) indicated positive or very positive changes to their children’s mental health since joining MTP. One participant responded that there had been a “Somewhat Negative Change” in the fall of 2021, related to school bullying.

Has your child's (or children's) mental health changed since relocating?  
2019 N=10; 2020 N=9; 2021 N=9\*

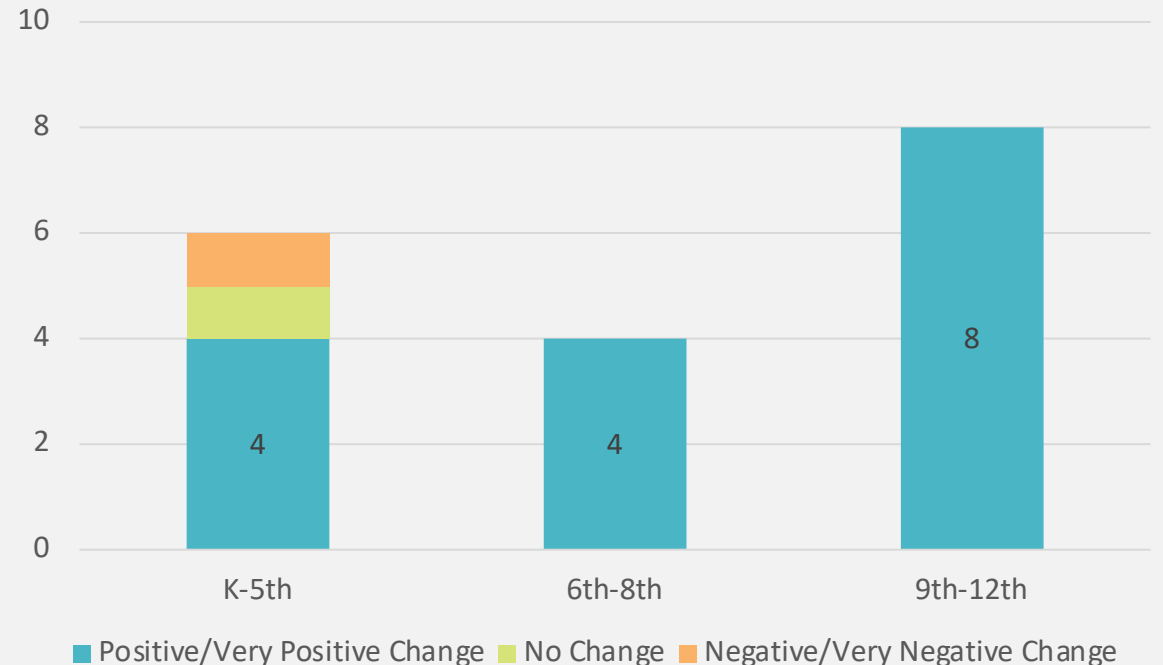
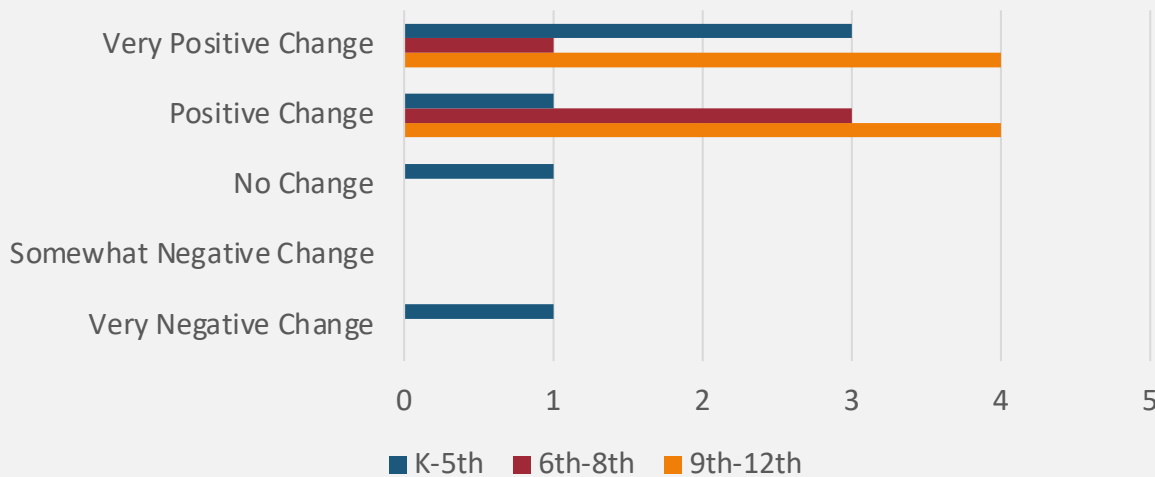


\*The participant indicating a “somewhat negative” change to their child’s mental health noted a recent experience with racial discrimination and bullying in their school.

# 5.6 Changes in Children's Mental Health by Grade Level (2022)

Participants indicated positive or very positive changes for 16 out of 18 children's mental health after participating in MTP. Participants saw no change in one child and a very negative change in the other.

Has your child's mental health changed after participating in MTP (compared to prior to entering the program)?



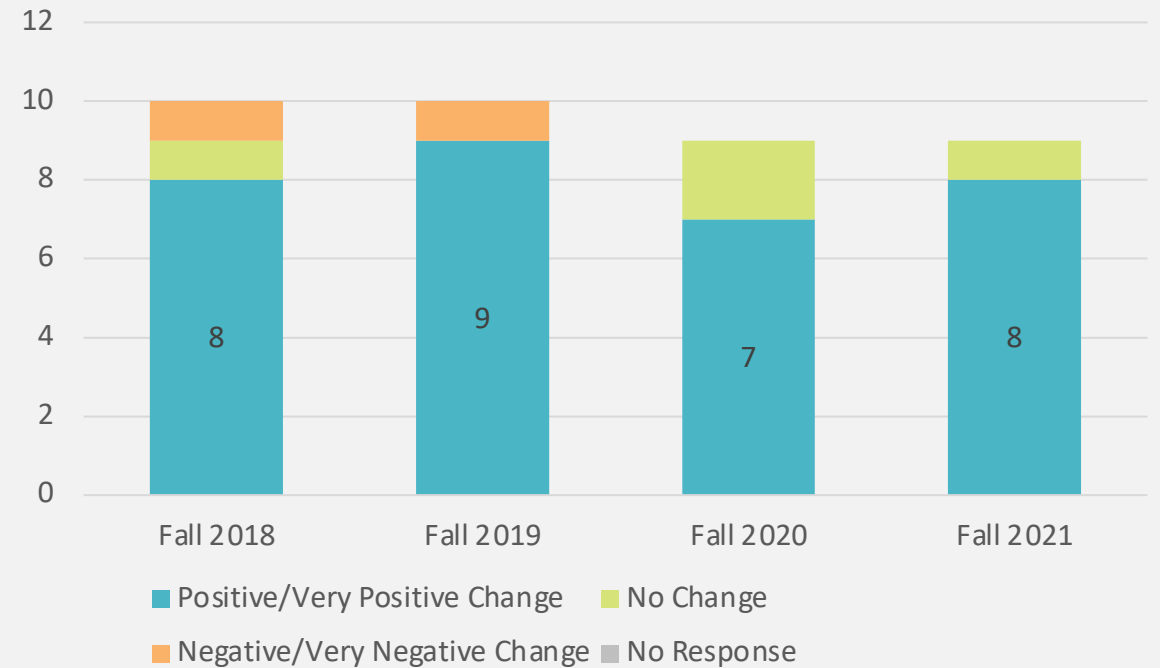
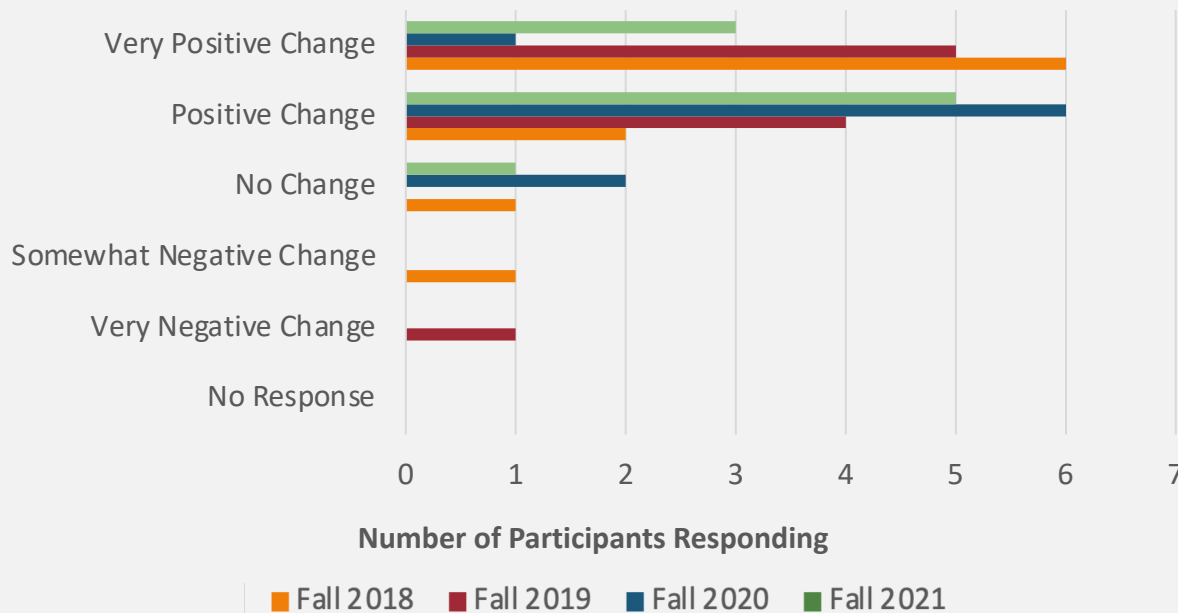


# 5.7 Changes in Children's Behavior (2018-2021)

Similar to previous surveys, almost all participants (eight out of nine) felt their children's behavior had improved since relocating in the fall of 2021. Unlike earlier surveys, no participants indicated negative changes to their children's behavior.

Has your child's (or children's) behavior changed since relocating?

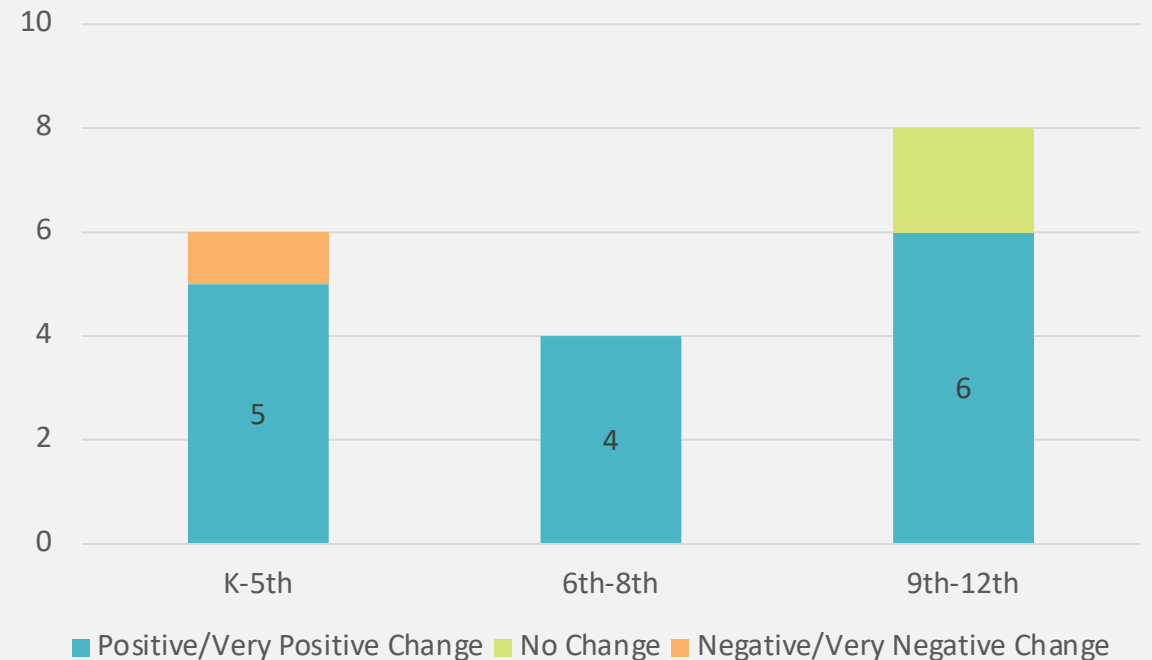
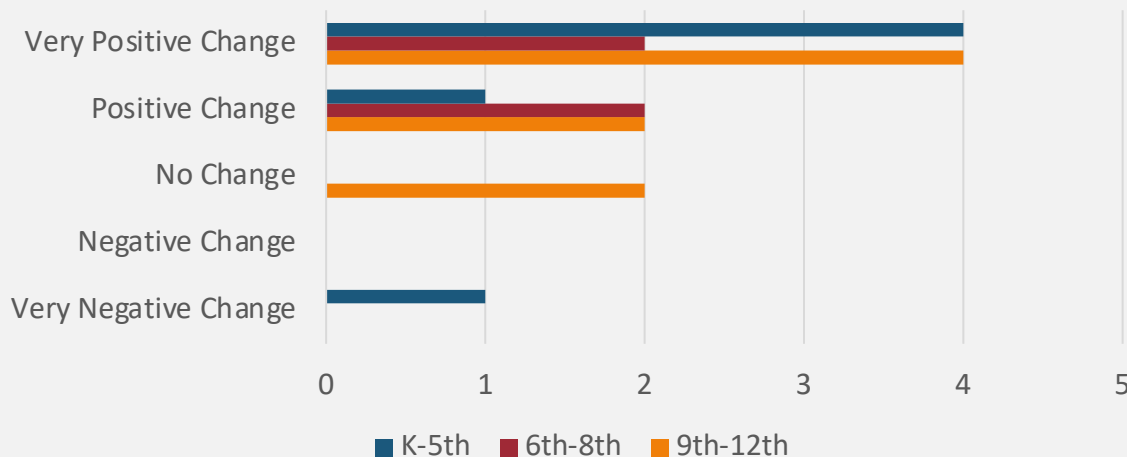
2018 N=10; 2019 N=10; 2020 N=9; 2021 N=9



# 5.7 Changes in Children's Behavior by Grade Level (2022)

In the fall of 2022, participants felt that behavior improved for 15 of the 18 children, as compared to before starting the program. Participants indicated no change in behavior in two children and very negative changes in the behavior of one child.

How did your child's behavior change after participating in MTP compared to before starting the program?

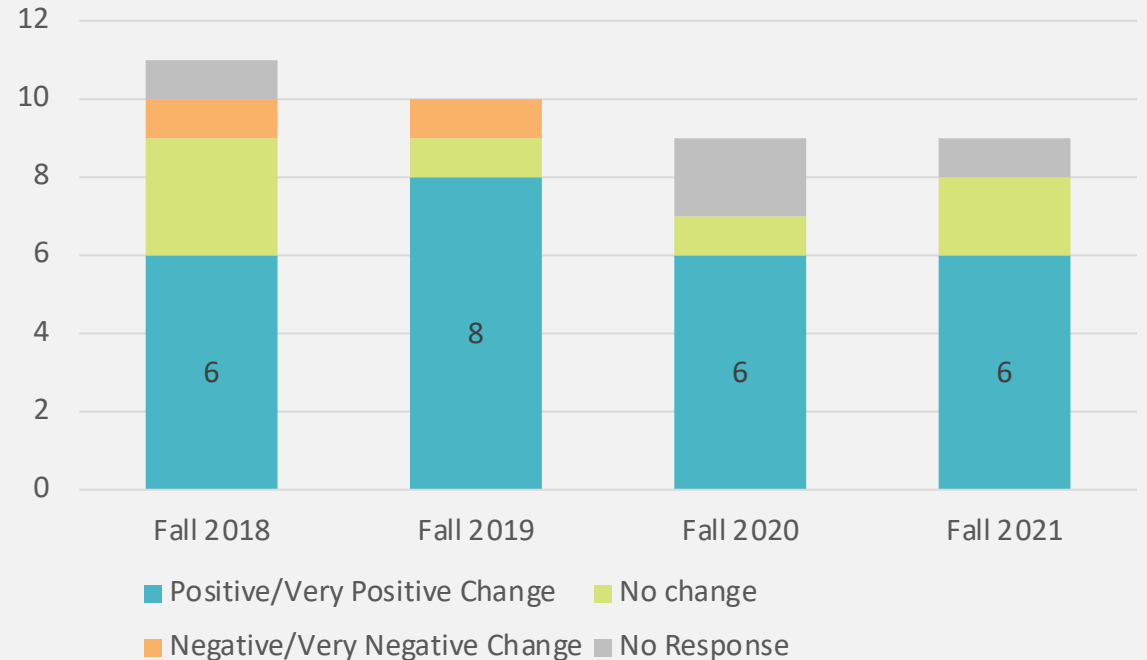
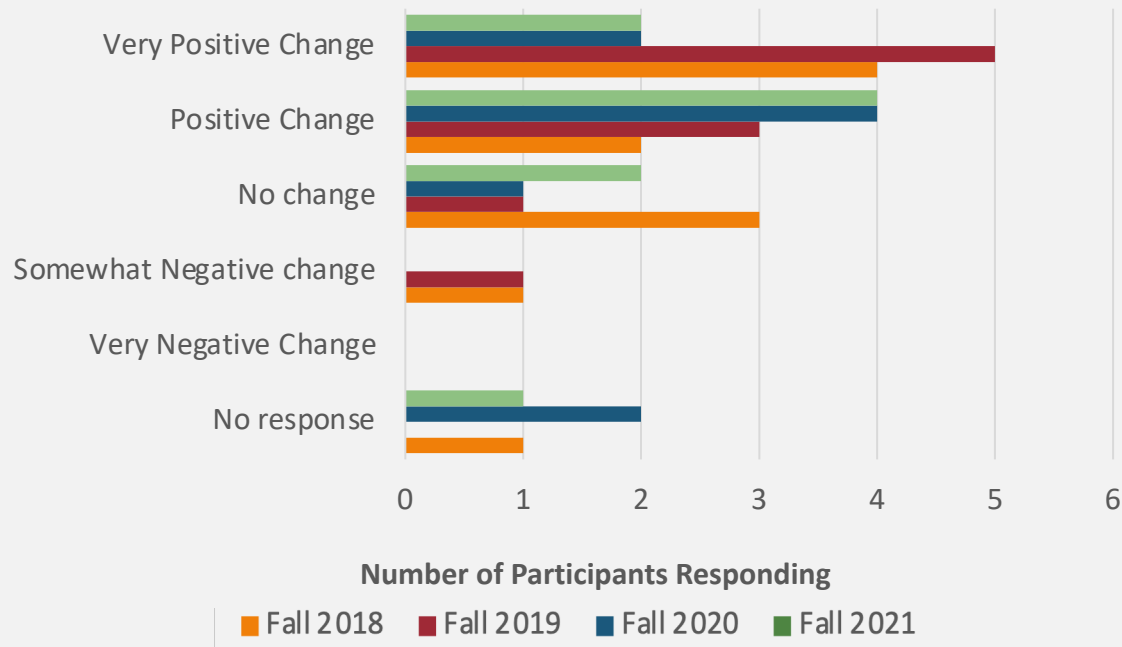


# 5.8 Impact on Children's Self-Esteem (2018-2021)

Most participants (six out of seven) indicated an increase in their children's self-esteem or self-image/self-worth. No participants indicated a decline in their child's self-esteem or self-image/self-worth.

How has your child's (or children's) self-image/self-worth changed since enrolling in MTP?

2018=10\*; 2019=10; 2020 N=9; 2021 N=9\*\*



Note. One participant selected two responses for this question in 2018.

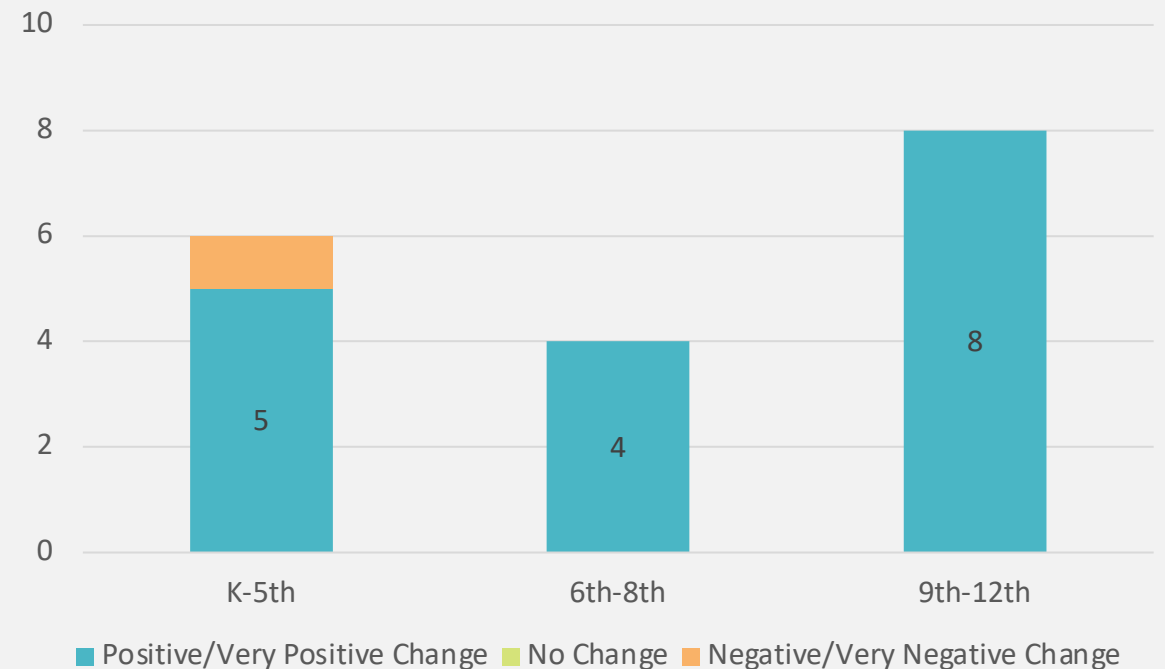
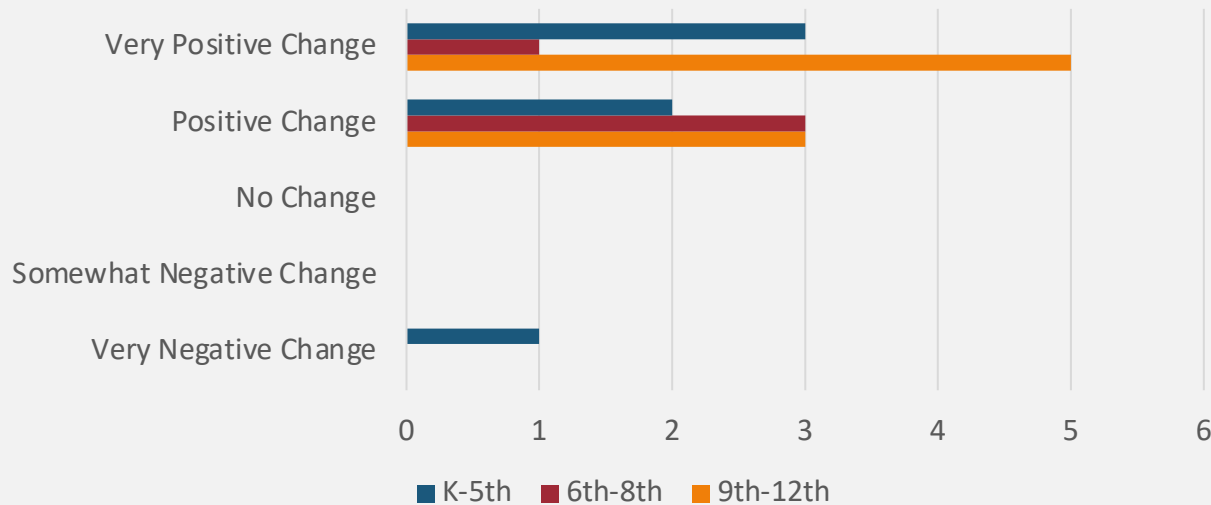
\*One participant selected two responses to this question in 2018.

\*\*The participant indicating a "somewhat negative" change to their child's mental health noted a recent experience with racial discrimination and bullying in their school.

# 5.8 Impact on Children's Self-Esteem by Grade Level (2022)

All except one participant indicated an increase in their children's self-esteem or self-image/self-worth. One participant indicated a decline in their child's self-esteem or self-image/self-worth.

How did your child's self image/self worth change after participating in MTP compared to before starting the program?

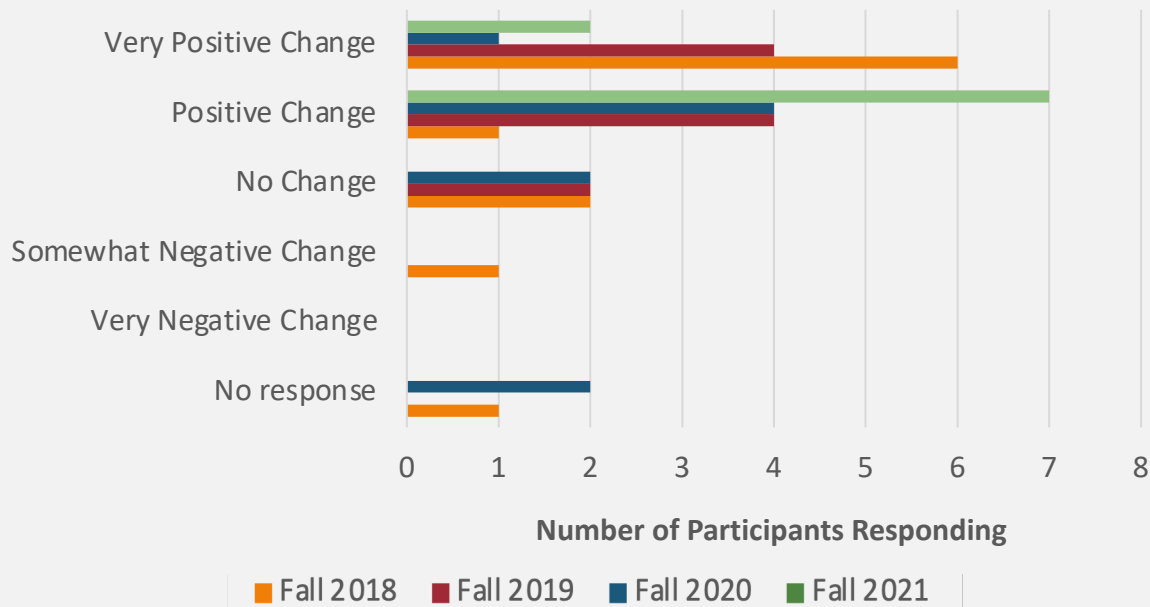


# 5.9 Impact on Children's Optimism (2018-2021)

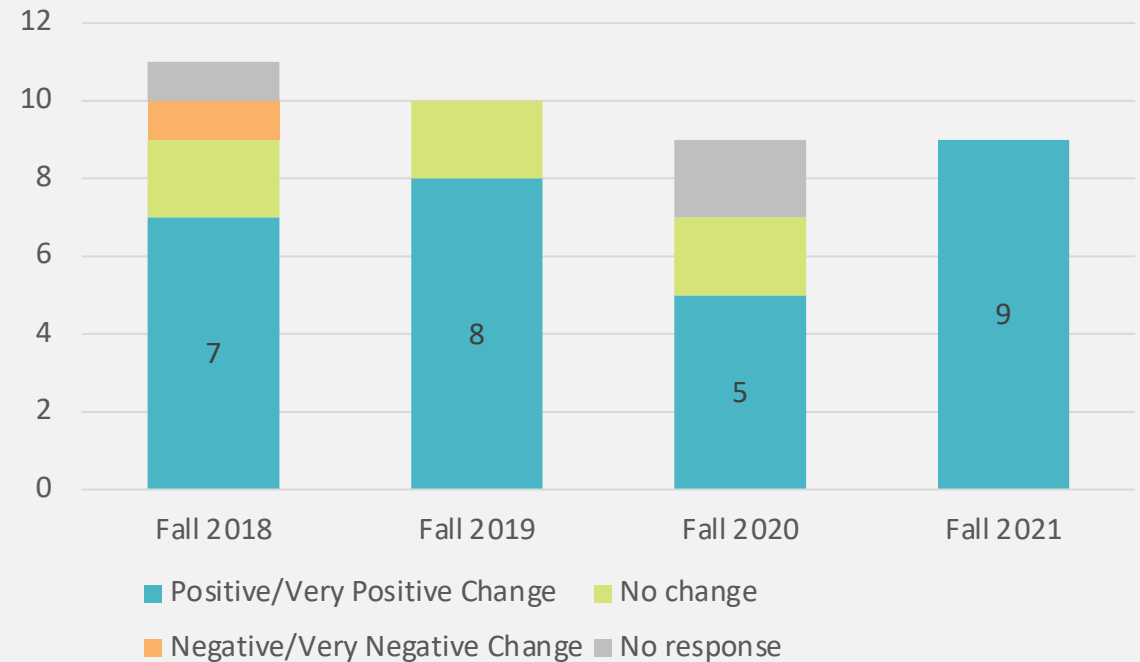
All participants saw a positive or very positive change in their children's optimism since joining MTP. Survey results have remained relatively consistent for this measure since 2018.

How has your child's (or children's) optimism changed since enrolling in MTP?

2018=10\*; 2019=10; 2020 N=9; 2021 N=9



\*One participant selected two responses to this question in 2018.

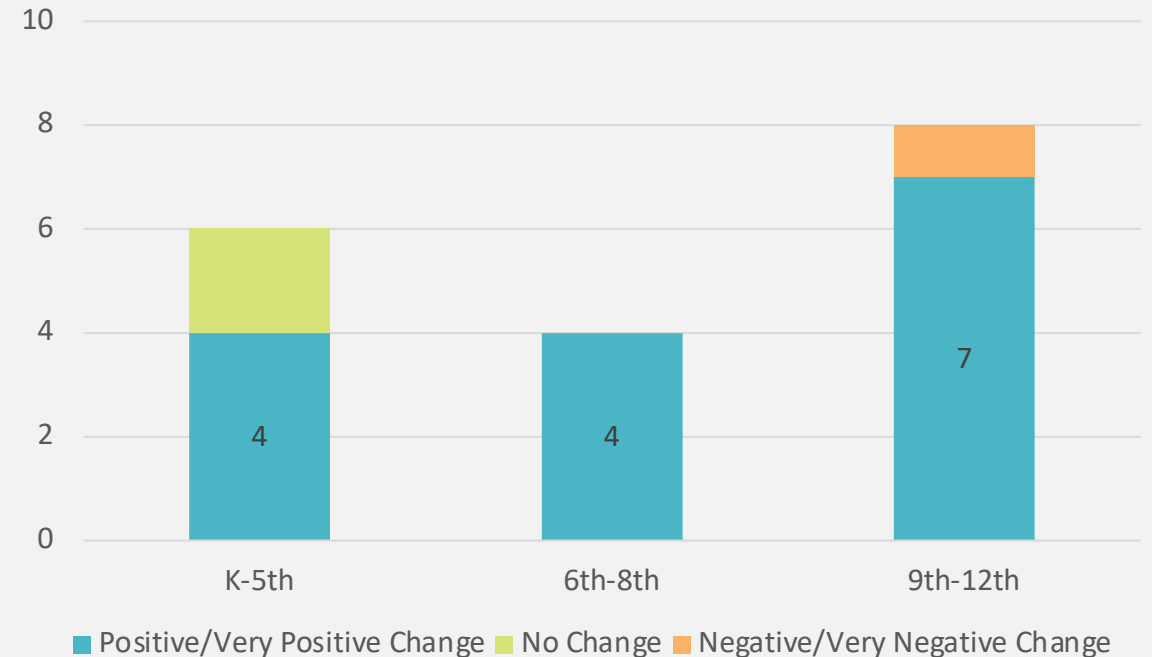
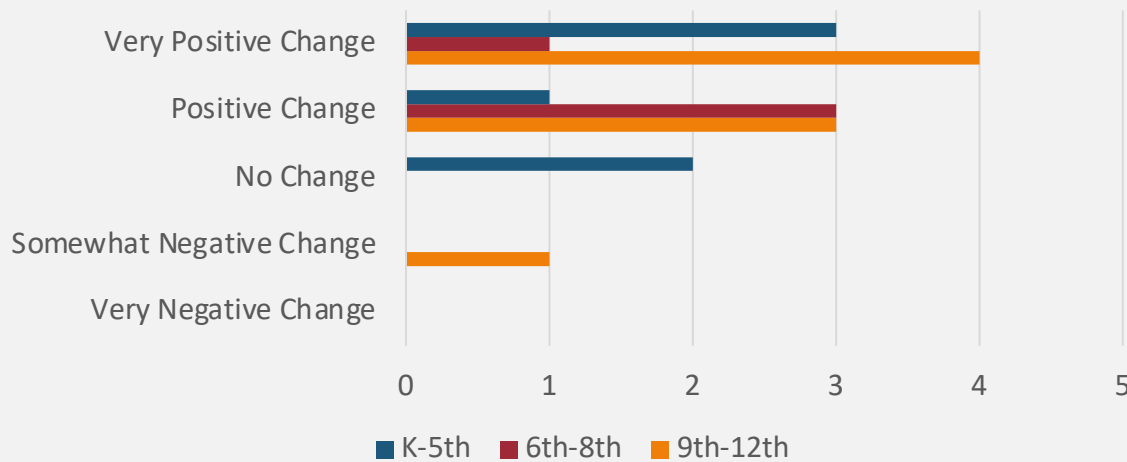


Note. One participant selected two responses for this question in 2018.

# 5.9 Impact on Children's Optimism by Grade Level (2022)

Most participants saw a positive or very positive change in their children's optimism after participating in MTP. One participant indicated a decline in their child's optimism.

How did your child's optimism change after participating in MTP compared to before starting the program?



## 5.10 School Satisfaction: Reflections from Parents

In final exit interviews, participants all indicated strong satisfaction with their children's current school and school district, as illustrated in the statements from participants below.

### Are your children enjoying school?

#### Participant Reflections:

- *“Everything’s good, good grades, honor roll. Older daughter, she takes some AP courses, and she takes some college courses.”*
- *“Yes. My daughter is a senior this year. So, we've been very busy, and she so far has ten applications in, and we've already gotten three admission letters. So, it's really exciting time for her.”*
- *“When I was looking into moving, my son was like, ‘If you move, I can't go to Middle School with all my friends.’”*
- *“The boys are doing great.”*
- *“Yes, she likes it. She rides the bus now more and just getting older and different friends, and so she enjoys it.”*

### Are you happy with your child’s school?

#### Participant Reflections:

- *“Oh, yes. I can’t be a happier with the schools. They haven’t given me that one reason to complain whatsoever.”*
- *“Yes, absolutely. I'm extremely happy with the school.”*
- *“I’m enjoying that. It’s great.”*
- *“Yes, definitely. My youngest is getting involved in orchestra and some other things. And so, they've just really been staying busy with activities and things with school. A lot going on, but it's been positive.”*

### How have your child(ren)’s goals changed?

#### Participant Reflections:

- *“They want to be more involved in the community sports and various activities.”*
- *“They have started to look more toward future and what it looks like for them.”*

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SCHOOL**

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**6.0**

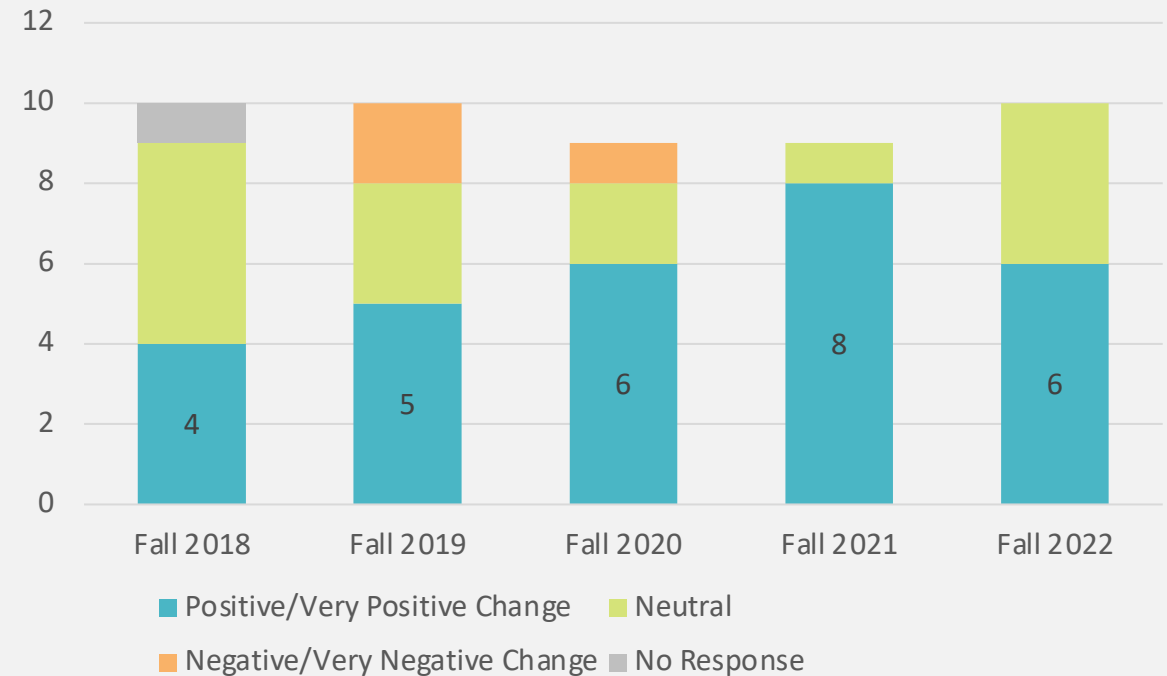
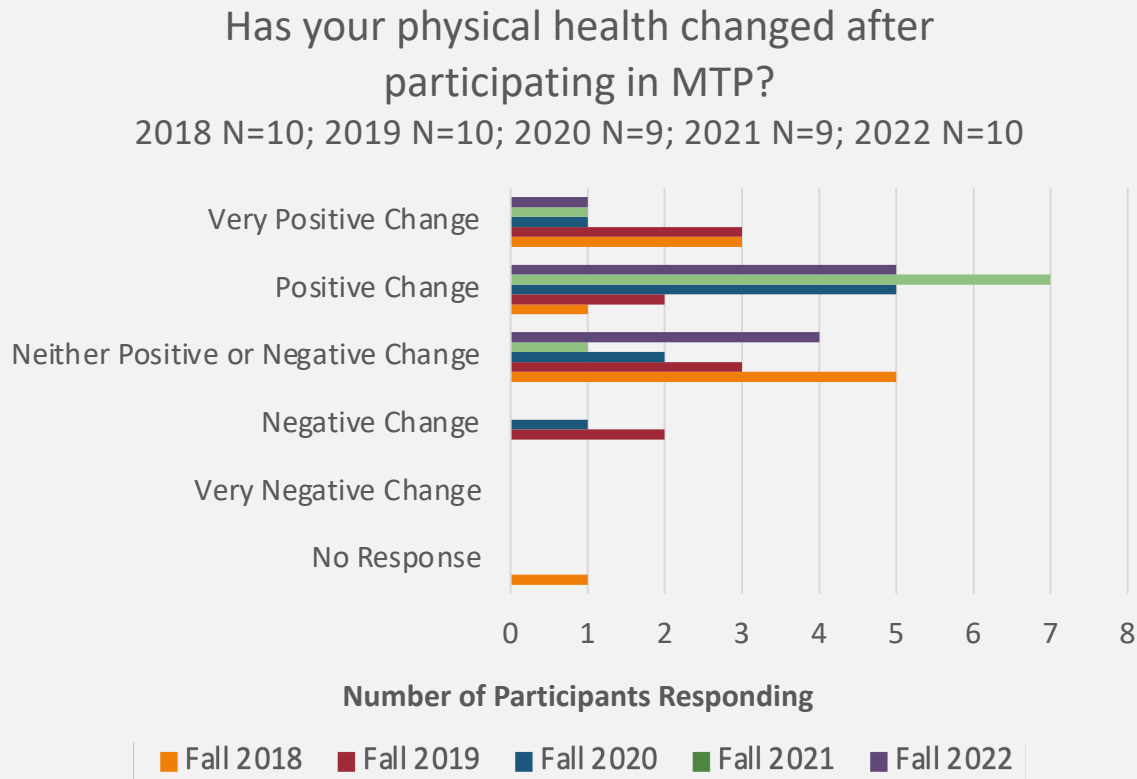
**PARTICIPANT HEALTH**





# 6.1 Changes in Participant Physical Health

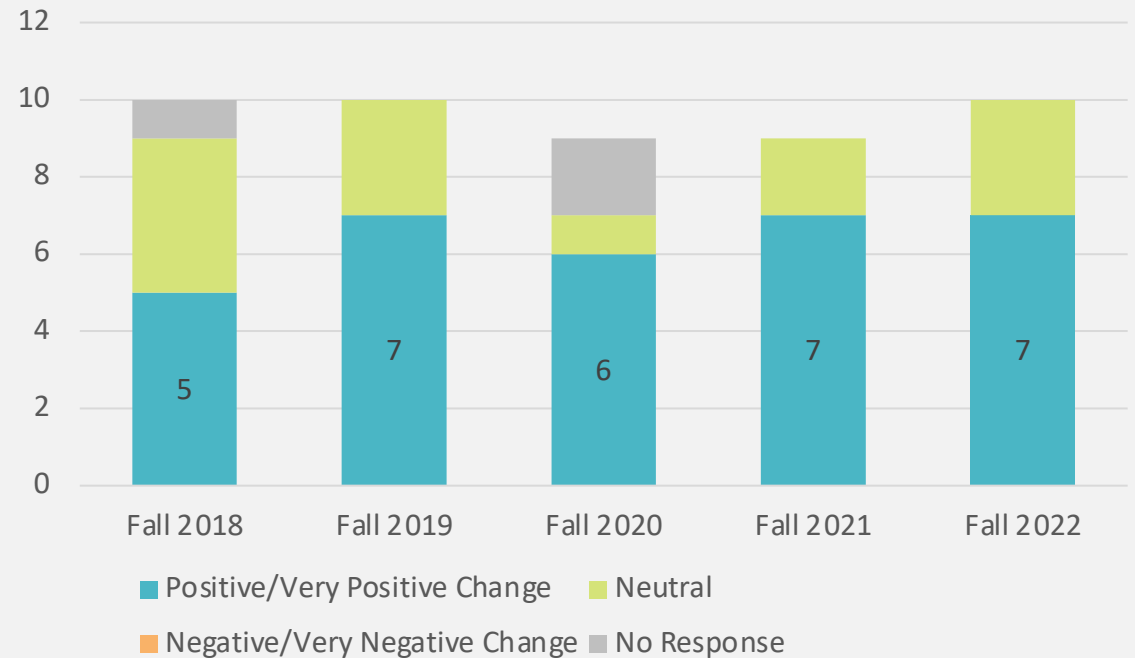
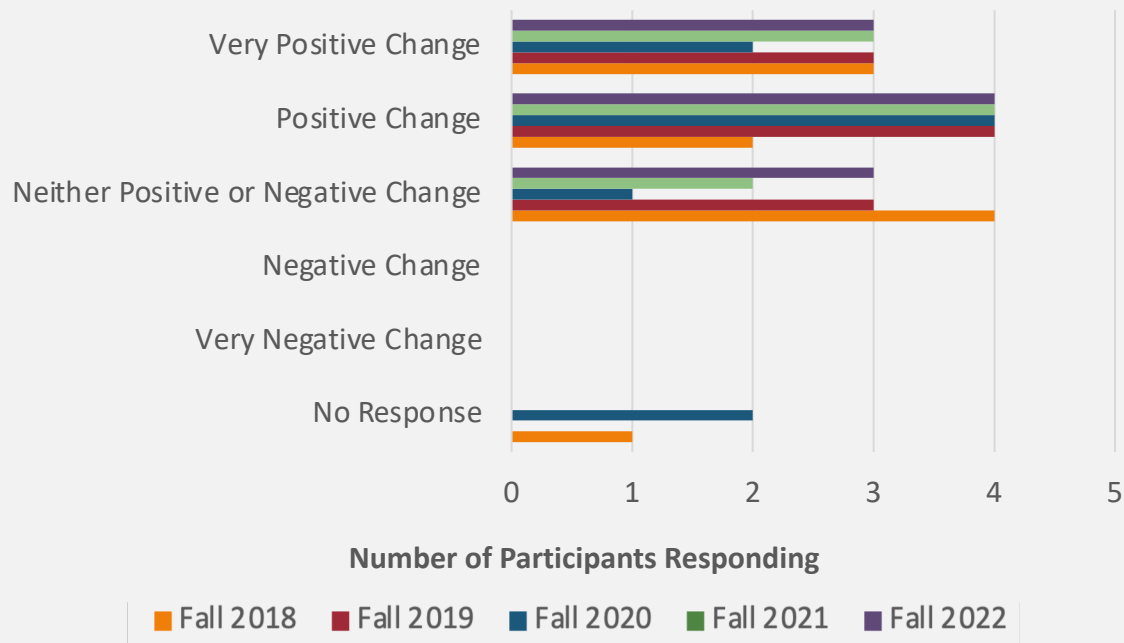
The majority of participants continue to identify improvements to their physical health after participating in the MTP program. Six out of 10 participants noted physical health improvements. The remainder of the participants noted no changes in their physical health. The continued positive scores for physical health are notable given the tremendous health risks during the COVID pandemic.



# 6.2 Changes in Participant Mental Health

The majority of participants continue to identify improvements to their mental health after participating in the MTP program. Seven out of 10 participants noted positive changes to their mental health. The remainder of the participants noted no changes in their mental health. The continued positive scores for mental health are notable given the tremendous mental health stress during the COVID pandemic.

Has your mental health changed after participating in MTP?  
 2018 N=10; 2019 N=10; 2020 N=9; 2021 N=9; 2022 N=10

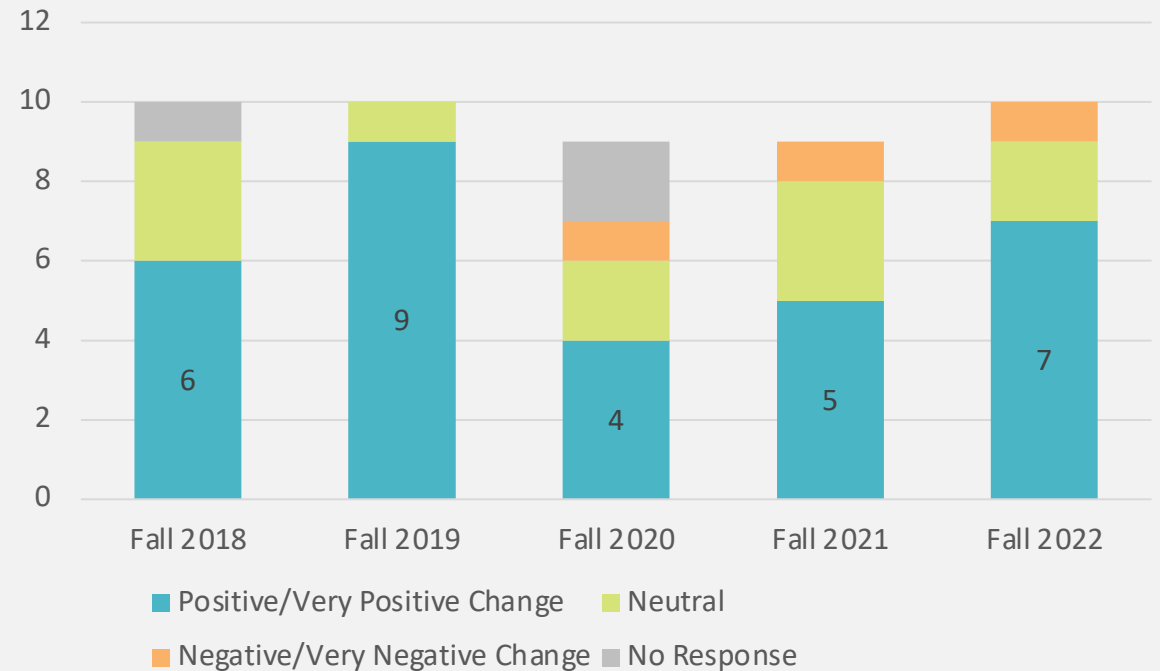
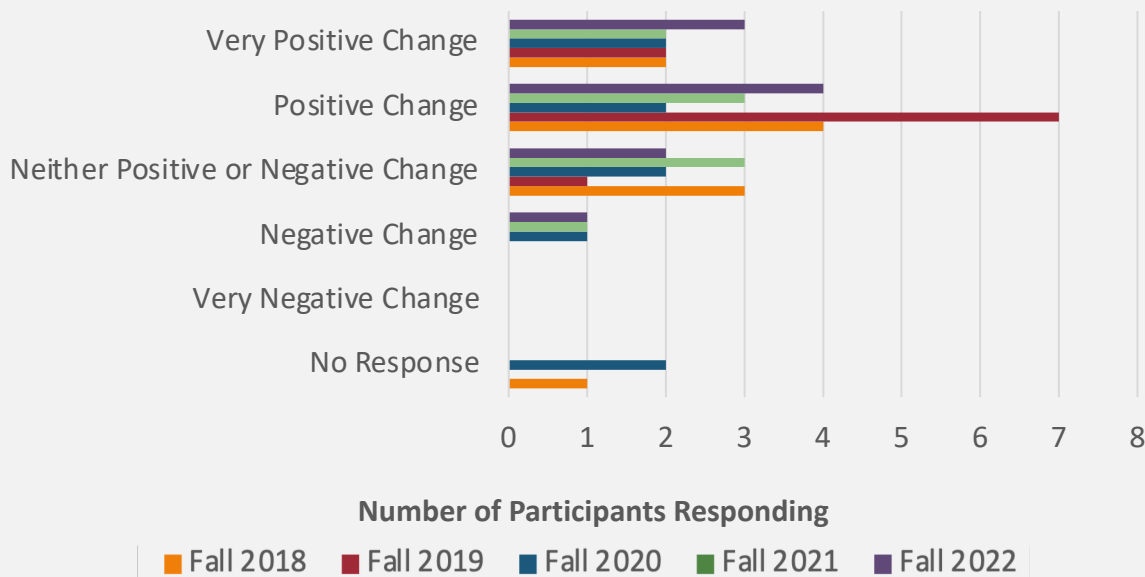


# 6.3 Stress Levels

The first evaluation report of MTP indicated an improvement in the mental health of participants and a reduction in stress. The most recent survey shows this trend has continued even though several participants noted that the unusual stress associated with the COVID pandemic directly impacted their mental health and stress in both 2020 and 2021. Seven out of 10 participants noted a positive or very positive change in their levels of stress after participating in the MTP program. One participant in the 2022 survey indicated a negative change in their stress levels, interview data suggested that new job responsibilities were the source of increased stress.

How has your level of stress changed after participating in MTP?

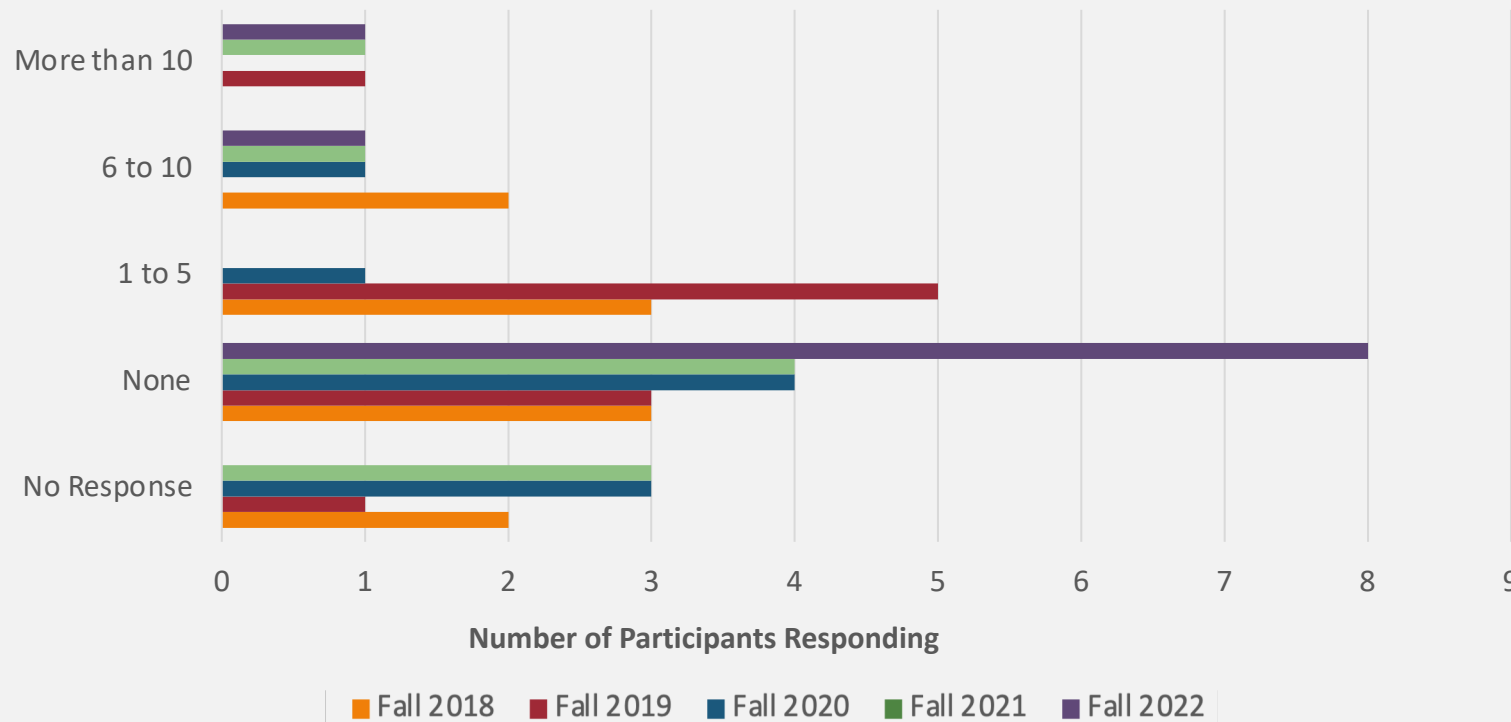
2018 N=10; 2019 N=10; 2020 N=9; 2021 N=9; 2022 N=10



# 6.4 Poor Mental Health Days

Participants were asked to identify how many days of poor mental health they had in the preceding month. Survey results in 2022 indicated a decrease in poor mental health days, as compared to previous years. In the most recent 2022 survey, eight out of 10 participants indicated that their mental health was not poor in the past 30 days.

Days of Poor Mental Health in the Preceding Month  
2018 N=10; 2019 N=10; 2020 N=9; 2021 N=9; 2022 N=10

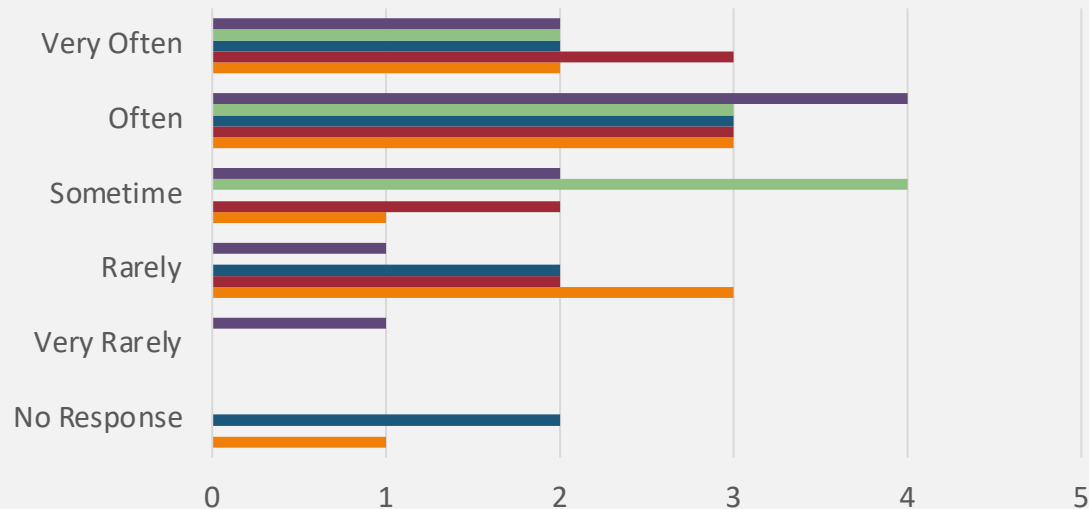


# 6.5 Social and Emotional Support

Participants were asked to rate how often their social and emotional needs are met. More than half of the participants (six out of 10) reported that their social and emotional needs were met “Often” or “Very Often” while participating in MTP. The remainder of the participants indicated that their social and emotional needs were only met “Sometimes,” “Rarely,” or “Very Rarely.” Surveys over time indicate that the number of participants who had their social and emotional needs improved slightly since the start of the program.

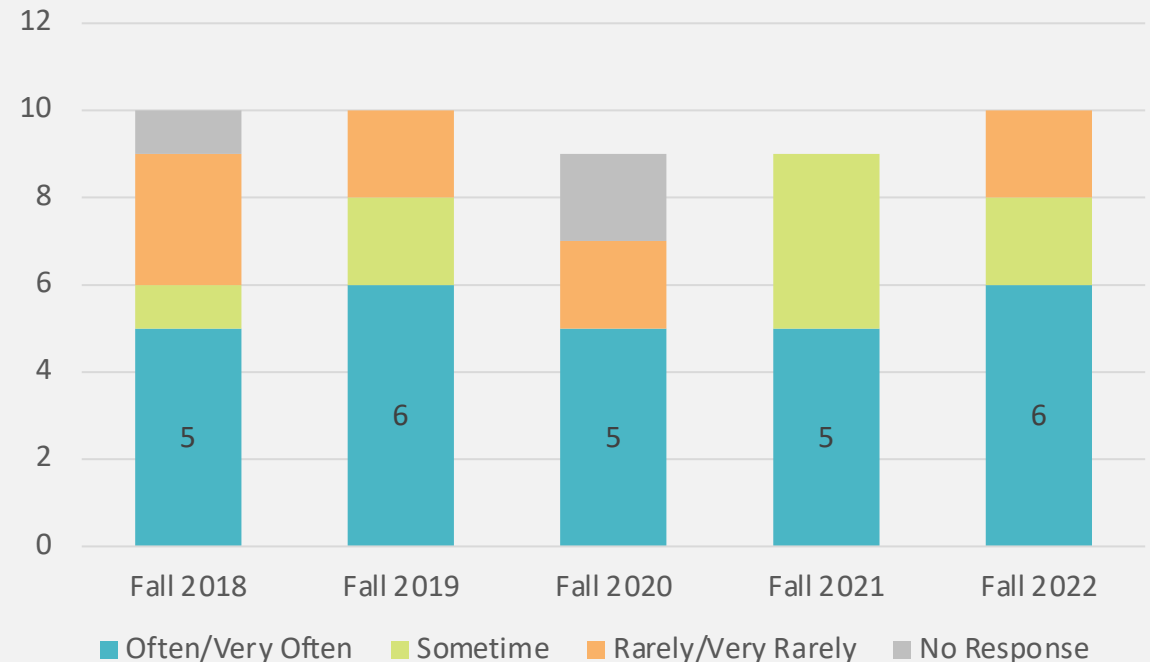
How often do you get the social and emotional support you need while participating in MTP?

2018 N=10; 2019 N=10; 2020 N=9; 2021 N=9; 2022 N=10



Number of Participants Responding

Fall 2018 | Fall 2019 | Fall 2020 | Fall 2021 | Fall 2022

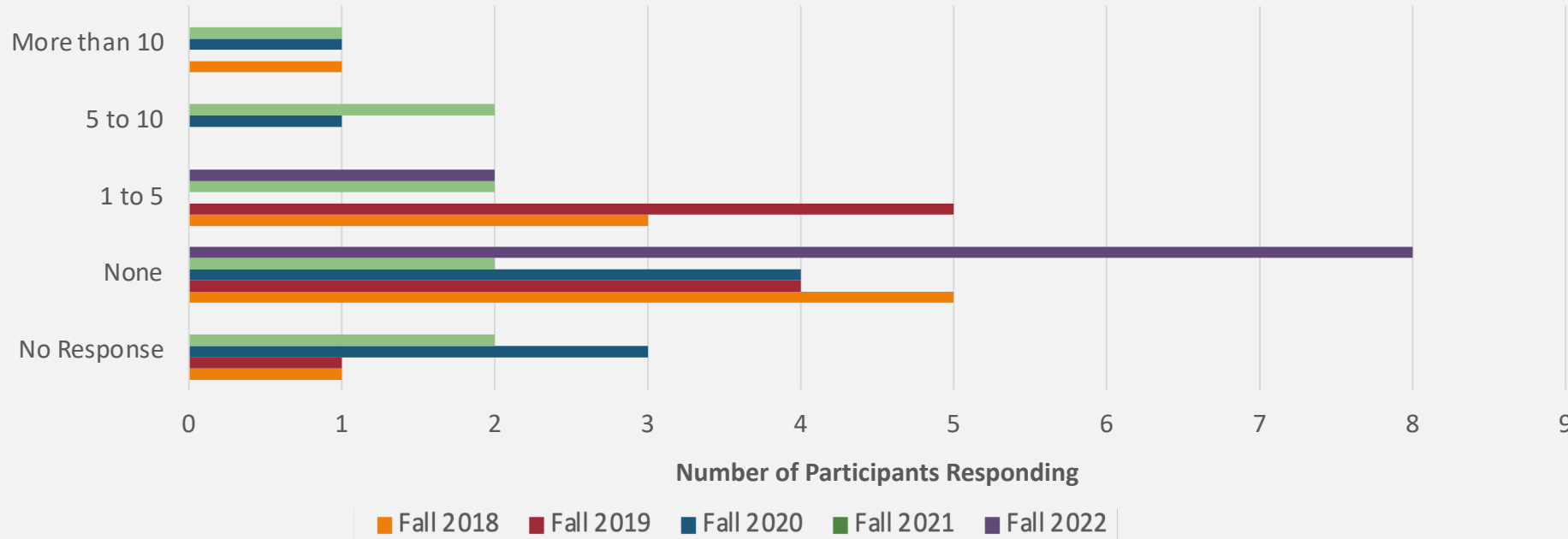


# 6.6 Health Impacting Daily Function

Participants identified the number of days in the preceding month that poor mental or physical health impaired their ability to support their self-care, work or recreation. Surveys from fall of 2022 indicate an improvement in poor health days, as compared to previous years. Eight out of 10 participants indicated zero of the past 30 days experiencing poor physical or mental health to a level that kept them from engaging in their usual activities.

Number of Poor Physical or Mental Health Days that Impacted Function in the Preceding Month

2018 N=10; 2019 N=10; 2020 N=9; 2021 N=9; 2022 N=10



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**7.0**

**RELATIONSHIP DEVELOPMENT,  
SATISFACTION WITH NEIGHBORS &  
PROPERTY MANAGEMENT**

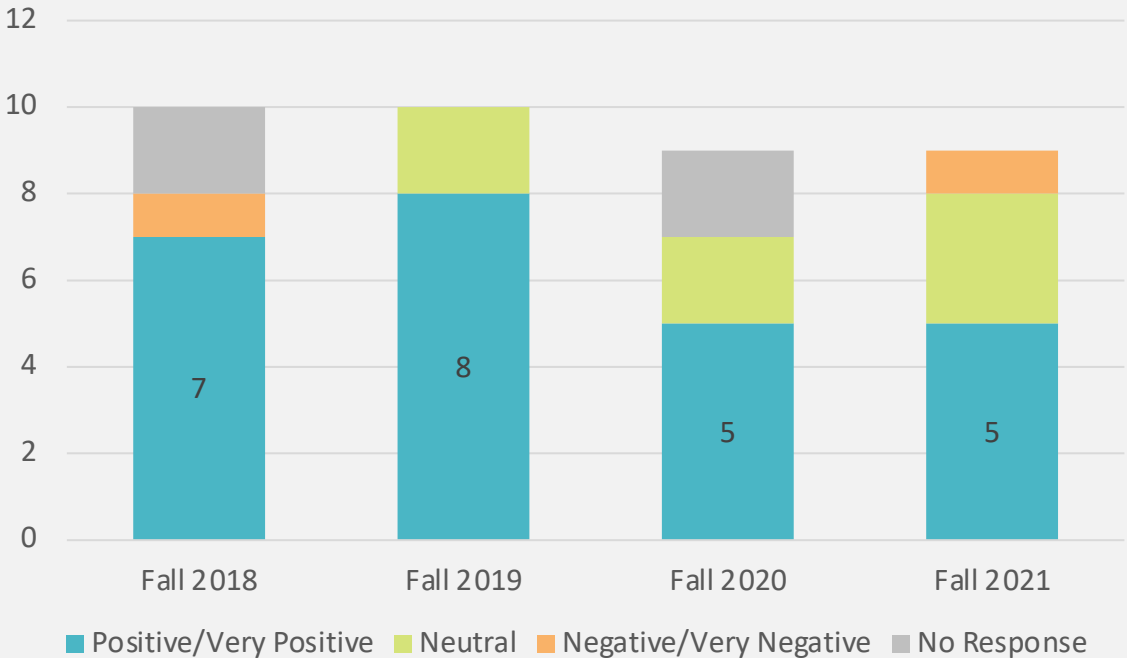
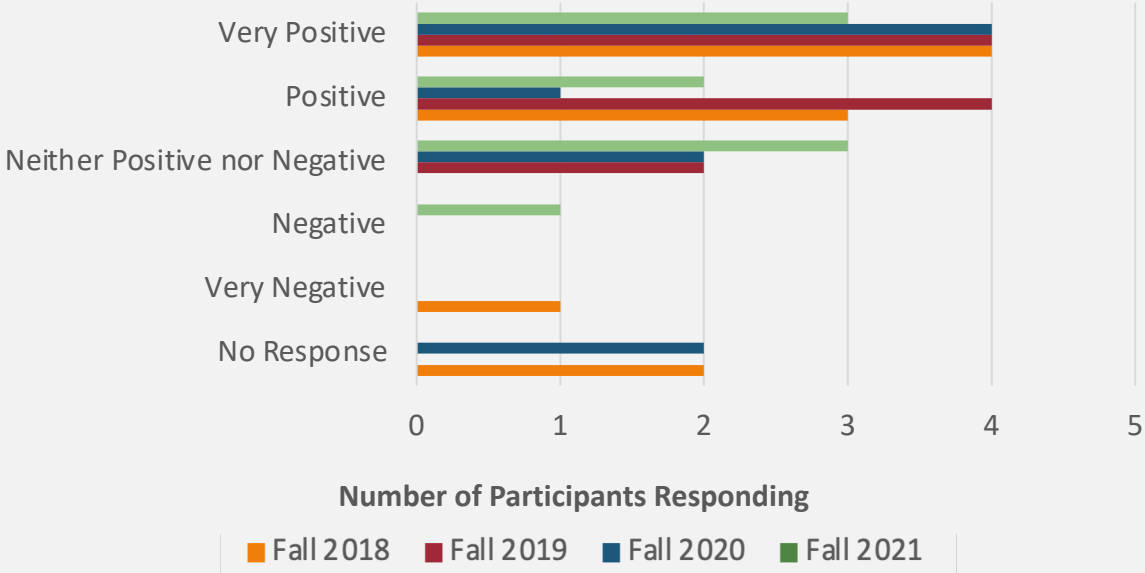


# 7.1 Experience with Property Management (2018-2021)

This question was not included in the 2022 survey because at the time data was collected, some respondents had already moved out. In the 2021 survey, most participants (five out of nine) described their experience with property management as “Positive” or “Very Positive.” Three out of nine participants reported an ambivalent experience, and one person indicated a “Negative” experience.

How would you describe your experience with property management?

2018 N=10; 2019 N=10; 2020 N=9; 2021 N=9



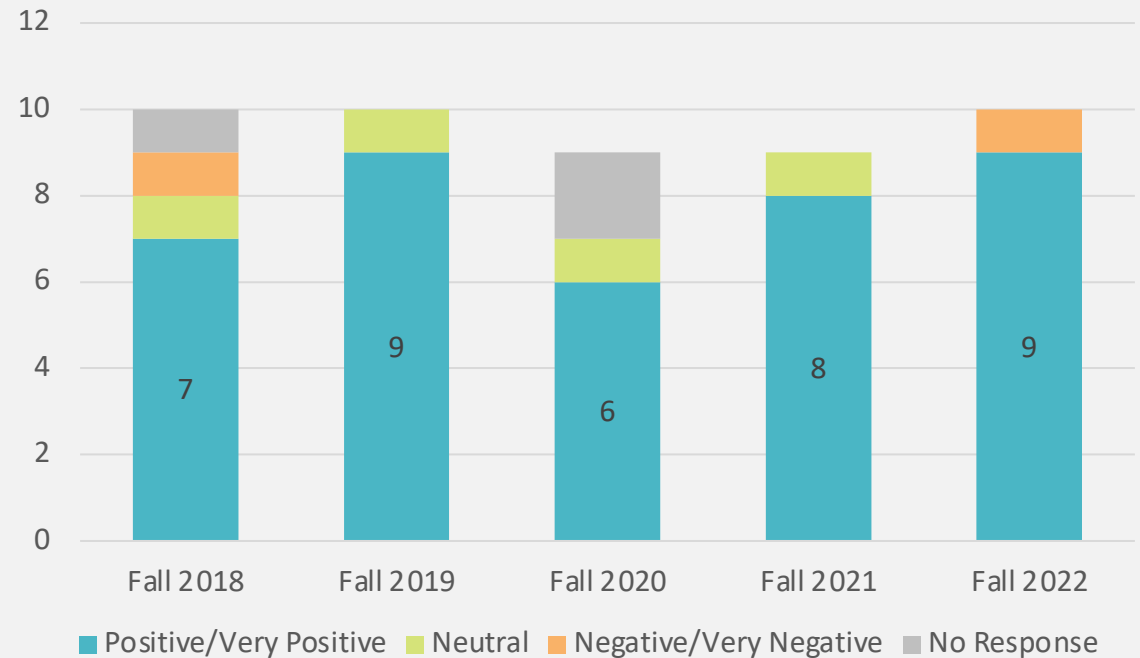
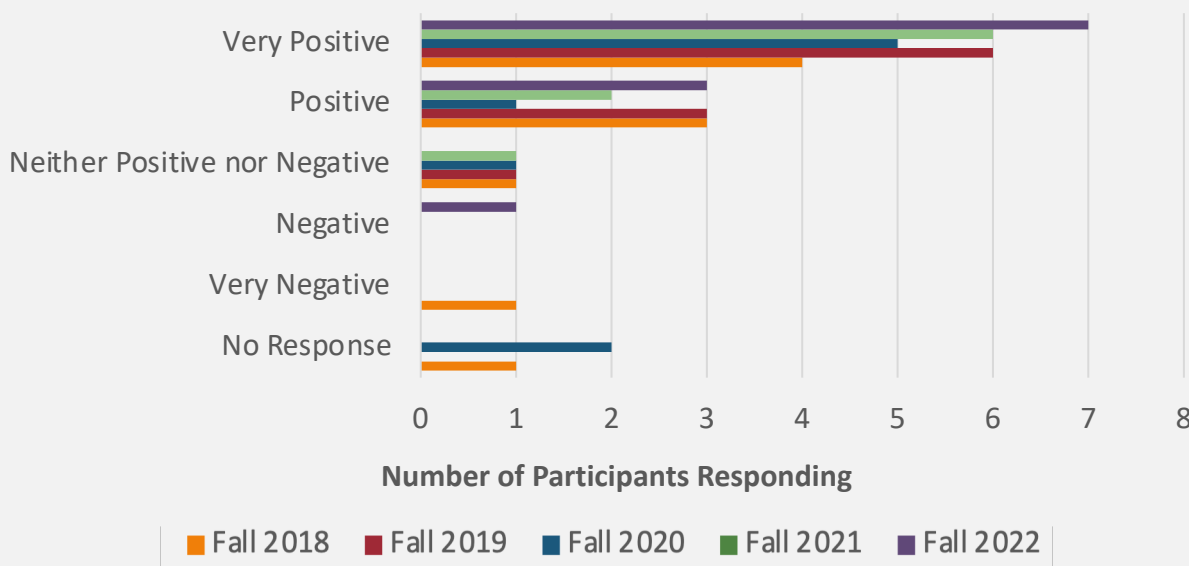


# 7.2 Interactions with Neighbors and Property Management Staff

Almost all participants (nine out of 10) indicated positive or very positive interactions with the property management staff and their neighbors. The majority of participants (seven) indicated the relationships were “Very Positive.” Relationship ratings have improved over time. Only two responses indicated a negative interaction in the fall of 2018 and 2022.

How would you describe your interactions with neighbors, other tenants, and property management staff?

2018 N=10; 2019 N=10; 2020 N=9; 2021 N=9; 2022 N=10\*



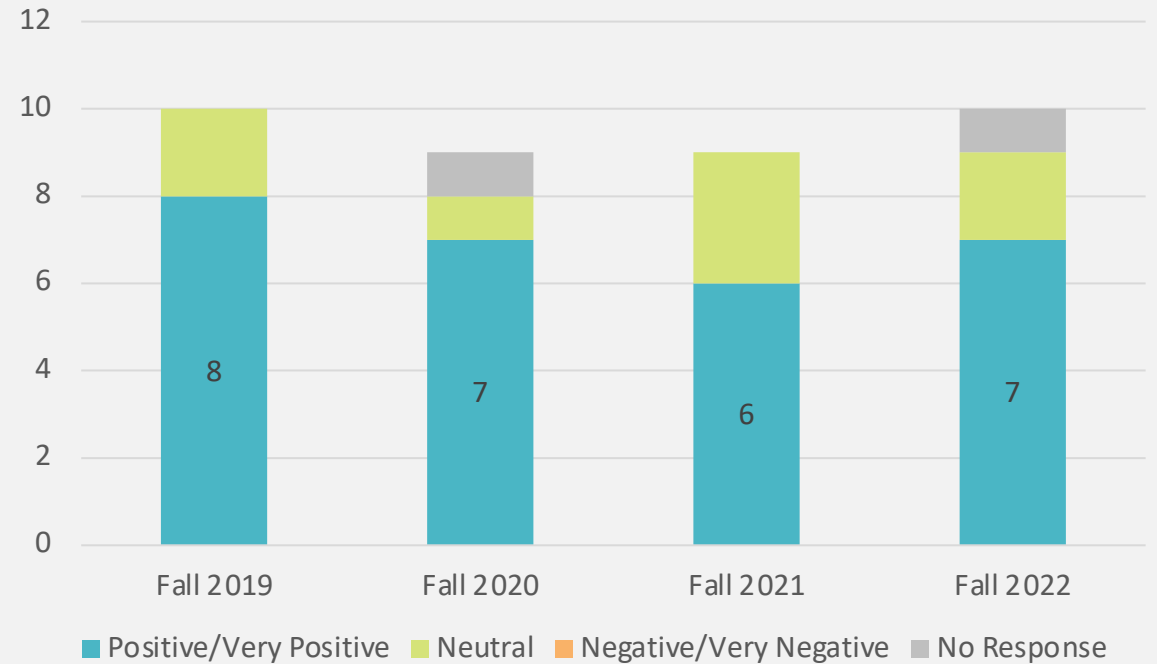
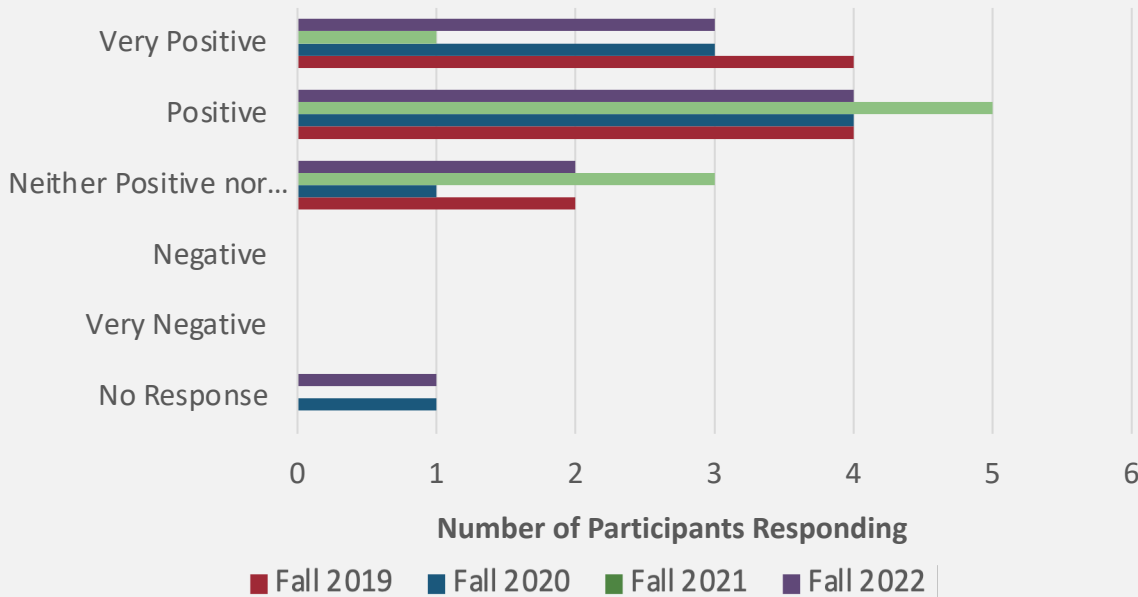
\*One participant selected two responses (i.e., “Positive” and “Very Positive”) to this question in 2022, noting “Very positive: rental staff, Positive: neighbors.”

# 7.3 Relationships with Other MTP Families

Participants continue to develop positive relationships with the other MTP families. The majority of the participants (seven out of 10) indicated a “Positive” or “Very Positive” relationship with the other MTP families. No participants expressed a negative relationship with other families, with the remaining responses being a “neutral” relationship. Relationships are supported through the “buddy” program, in which some participants engage with other MTP participants who live close to them. Although participants were using a mobile app to communicate frequently in the past, this informal communication has declined. The ongoing positive relationships should be contextualized within the pandemic. The transition to virtual monthly program sessions also limited in-person interaction between participants in 2020 and 2021. Although participants had less direct in-person contact, they indicated relationships remained strong and supportive.

How would you describe your relationship with other MTP families?

2019 N=10; 2020 N=9; 2021 N=9; 2022 N=10



move to  
**PROSPER**



**8.0**

**CONCLUSION & DISCUSSION**



# 8.1 Closing Thoughts: What Participants Wanted to Share about MTP

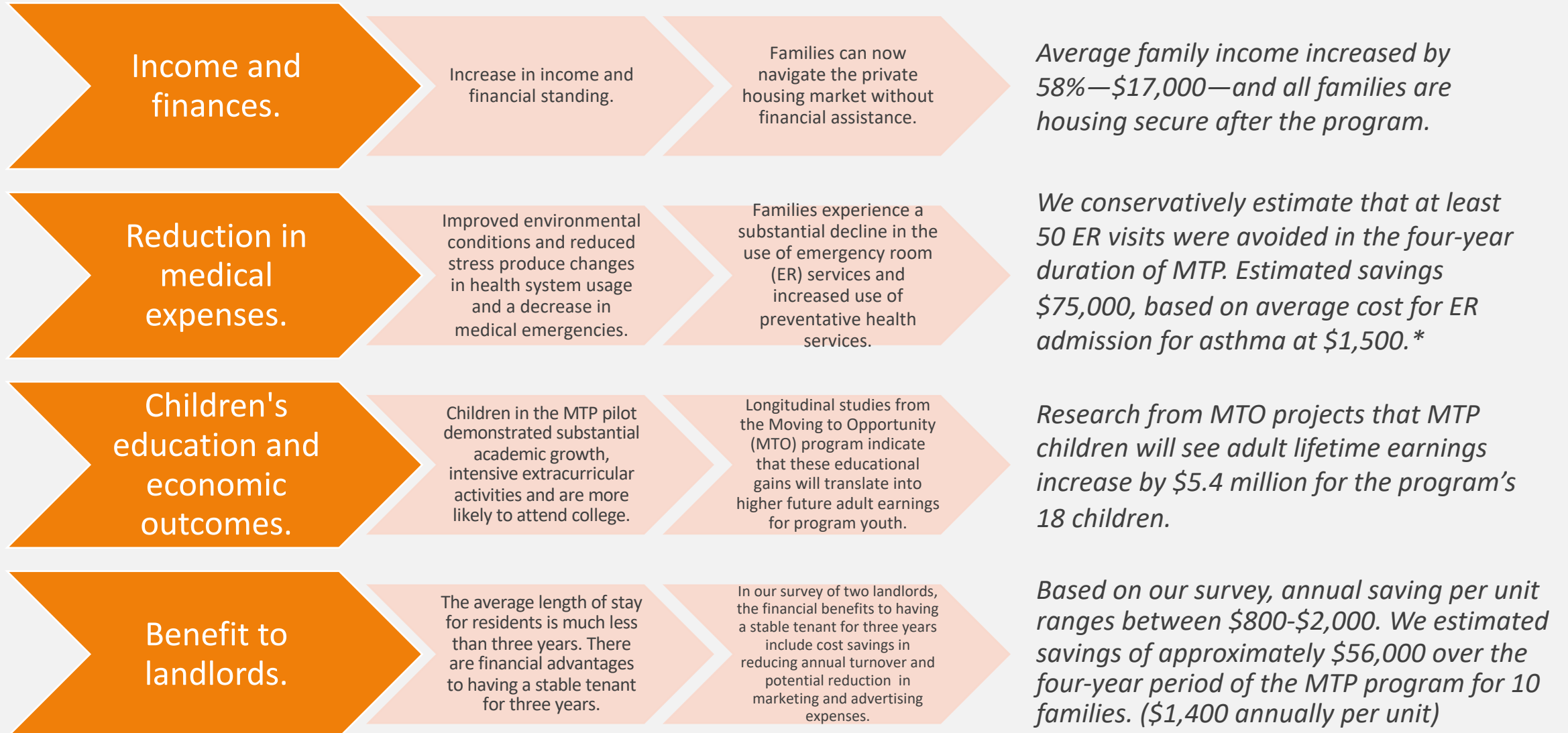
## Participant Reflections from Seven Participants:

- *“I've been able to like basically almost double my income. So that's...my major accomplishment.”*
- *“I knew I needed to get to a better area. I knew that I needed to get my daughter into a better school district. I never imagined that I would have all of this. I never imagined that the hospital visits would stop, that our overall health would improve, my stress decreased. Like all of these things, when you literally, when you take housing out of the equation, you can focus on so much more. And I was safe, and we were happy, and we were healthy. ... In addition to a host of other things, I just never thought self-confidence, the budgeting, the financial aspect like I've received four promotions at my job since. So, it's just made a huge difference, like when you're stuck in a bad neighborhood, you really don't see a way out. And so, for someone to start a program and then tell you there is another way, and then provide you with the tools to make sure that you can stay, it was just life changing.”*
- *“I definitely had an improvement. I didn't have negative anything. Anything within it definitely benefited the school change, kid's attitude, my attitude, just a way to view different people that I meet from different nationalities.”*
- *“I'm so thankful to you all for this program and all the opportunities that we've had, that we wouldn't have otherwise had. We love our neighborhood and our home and the school district, and just everything's been so great. I'm just feel really grateful and really thankful for everyone that was able to make this happen.”*
- *“It (MTP program) just allows me to restart, close off one chapter, and start anew, so (this is) my fresh ground. So yes, it was the best thing that happened to me.” “It definitely was a great experience. I learned a lot about myself over the years. Confidence level has changed. Anxiety level has changed. So, everything got better. So yes, it's a good program.”*
- *“I opened up a lot. I got to meet some lovely people, and step out of my comfort zone, which I don't do much.”*
- *“I will say I'm extremely comfortable. ... I know I have some money and savings, not worrying paycheck to paycheck, so it's not perfect, but I'm able to feed them.”*

## 8.2 Return on Investment (ROI)

\*ER cost estimate from: Wang, T., Srebotnjak, T., Brownell, J., & Hsia, R. Y. (2014). Emergency department charges for asthma-related outpatient visits by insurance status. *Journal of health care for the poor and underserved*, 25(1), 396–405. <https://doi.org/10.1353/hpu.2014.0051>

Based upon existing research and evaluation data, we have identified several pathways of short- and long-term financial returns on investment from MTP families. These primary ROI pathways are illustrated in the following figure.



## 8.3 Conclusion & Discussion

The MTP program has had tremendous success, both in the short- and long-term periods of its four-year pilot\*. The program provides a combination of rental assistance, one-on-one coaching, cohort-based programs, peer learning and relocation to a “higher” resourced neighborhood (and healthy housing unit) within Franklin County.

After leaving the program, eight of 10 participants are currently living in the same apartment complex where they lived while participating in MTP.

Participants have experienced multi-faceted improvements along the dimensions of health, mental health, child development, financial security, employment stability and income.

Early surveys and interviews with participants indicated a significant reduction in children’s health concerns and events related to asthma, in particular, and positive outcomes in school relocation for most families. Participants indicated that children were doing better academically, emotionally and were more engaged than in their previous school districts.

\*MTP originally planned for a three-year pilot, but due to the pandemic, MTP extended the pilot by one year.

**A longitudinal view of the changes** experienced by participants in the MTP pilot provides insight on the sequential process of change. With an immediate reduction in stress related to reduced concerns for their children’s safety and housing stability, parents were enabled to deeply engage with coaching activities in the first year of the program. In the second and third years of the program, the benefits of coaching and the reduction of stress produced substantial economic improvements for families.

The COVID-19 pandemic directly impacted MTP families. Generally, participants showed remarkable resiliency in the face of extraordinarily challenging times. Participant physical and mental health scores remained majority positive, satisfaction and relocation scores were still high, and children’s health outcomes remained strong. Thus, the pilot’s final-year survey results should be reviewed in consideration of the ongoing, multi-year impact of the pandemic that has caused considerable disruption across every sector of the economy.

None of the participating families missed a single rent payment since the beginning of the COVID-19 pandemic. Several participants made progressive job transitions, explored training opportunities, and parents identified utilizing preventative care more, improved parenting techniques and engagement with wellness strategies.

## 8.3 Conclusion & Discussion (cont.)

At the beginning of the program no families would have been eligible to rent in their rental communities due to either housing cost, amount of debt and/or collections, and/or credit scores. Four years later, almost all families can **afford staying in their current property** or to rent comparable units without rental assistance. Increased incomes and improved credit scores were the primary factors influencing family housing stability at the end of the pilot program. Substantial increases in income have expanded the financial capacity of families to afford housing in higher rent areas. As a ten-family cohort, the average income for MTP families increased by 58% (from \$29,000 in 2018 to \$46,000) in 2021. Individual families reported increases in their income ranging from 30% to 115% from 2018 to 2021.

Progressive job changes, entrepreneurial activity (small business startups) and gig economy activities were the primary factors leading to increased incomes. Increased income enabled a reduction in debt and increased savings which also bolstered family economic stability. All families have reported increased credit scores.

In addition to improved incomes and financial conditions, families have reported other long-term benefits of MTP, related to **social and peer support**. The majority of families reported that personal relationships built with other MTP families are a critical support resource. Several participants have been keeping in touch with other MTP families after leaving the program, and the majority of participants would like to stay engaged with MTP by receiving emails with resources and participating in an alumni group. Additionally, most pilot families responded that they are interested in engaging with future MTP participants.

Year four and post program exit evaluation surveys found general consistency in the positive outcomes found throughout the program's earlier evaluations. After four years, the combination of rental support, access to a healthy and safe housing unit/neighborhood, intensive coaching, programming and peer relationships have placed families in a position to sustain the improvements fostered by MTP as they exit the program. Over time, the participants grew more interested in exercising agency over their own success, and this was reflected in their responses to the questions.

## 8.3 Conclusion & Discussion (cont.)

MTP has formed strategic partnerships to support participating families, including Big Brothers Big Sisters (BBBS). MTP remains involved with BBBS. Over the past four years, eight pilot families have participated in the BBBS program. In 2022 interviews, two participants said their children were still participating in the BBBS program.

- *“We still see their BIGs, regularly, and that has been huge for them through all of this. I think that was a very important piece for the kids, because it had another layer of, there was so much unknown, and so much transition going on for them throughout.” (MTP participant response)*

MTP coaches’ overall experiences with the program had been “positive” or “very positive” according to our surveys and interviews in the past years. For example,

- *“Glad to be part of the program and the opportunity to work with the moms...help them to achieve their goals – awesome!” (MTP coach response in 2020)*
- *“The women displayed resiliency and adaptability.” (MTP coach response in 2020)*

MTP serves families who do not have access to the many resources Central Ohio has to offer, who are challenged by housing instability, who are concerned about neighborhood safety and who do not have access to healthy neighborhood environments. MTP’s model is new and innovative, creating affordable and mixed income housing opportunities while enabling working parents to become self-sufficient. This model is based upon enabling families to move into quality housing in higher-resourced neighborhoods, along with coaching support, with access to needed resources, so that MTP families experience increased housing stability, improved financial position, improved physical and mental health, and improved children’s educational behavior. MTP’s long-term goal is to assist children from very low-wage families to **transition to self-sufficiency for themselves and future generations.**

### Next steps:

- Due to the positive impacts seen in the pilot, this program is now being implemented and evaluated on the next 100 participants.
- This program can be scaled by serving more families in Central Ohio and by other organizations utilizing the MTP model. The materials have been created and copyrighted, so others can use them.





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