

# Training Tools to Support BHERO SCHOOLS

"I have worked in the school system for 17 years, and it wasn't until I attended this Poverty Simulation that I got an actual firsthand look at what some of our students go through. As a result, it has made me a better teacher and community member."

– Kristi Reinke, Minot Public Schools Educator and 2021 ND Teacher of the Year

## PROGRAMMING OVERVIEW: POVERTY SIMULATION

**DEVELOPED BY:** Missouri Association for Community Action

**INCEPTION:** CREA was initially trained in the facilitation of the training in 2018 in collaboration with Community Action of North Dakota.

**COST:** Cost for the simulation varies based on location and supporting agency.

**BH PROFESSIONAL DEVELOPMENT TRAINING CATEGORIES:** Understanding the prevalence and impact of youth behavioral health wellness on family structure, education, juvenile services, law enforcement and health care treatment providers.

Find all Behavioral Health Professional Development Training Categories in North Dakota state law, NDCC 15.1-07-34.

"This simulation really opens your eyes to what community organizations do on a daily basis to serve people and help alleviate some of the stressors of living in poverty."

– Jalissa Tinnes, Assistant Director, Companions for Children

**DESCRIPTION OF SERVICE:** The Poverty Simulation is an interactive immersion group experience designed to bridge the gap from misconception to understanding of the realities of living in poverty. In this simulation, participants are assigned to a "family" where they face common challenges and scenarios present when living week-to-week in a low-income household. The objective of the simulation is to promote awareness, increase empathy and inspire local change.

Local community partners partake in this event and assume the role of various community resource stations that participants interact with as they navigate the challenges of life on a low-income budget. Participants will need to complete tasks, like report to work or seek employment, ensure children are attending school or have childcare, pay their rent/mortgage and utilities on time, and ensure their family is fed each and every day. Just as in real life, additional challenges will arise, making these tasks increasingly difficult. A debrief takes place at the end of the simulation, allowing both participants and community partners an opportunity to share their experiences and learnings. Key objectives of this simulation are to increase empathy and improve understanding of facts vs. myths related to the lives of those who live in poverty.

## GET INVOLVED

Southeastern North Dakota Community Action, United Way of Cass Clay, and Central Regional Education Association offer the Poverty Simulation. To connect with the organization that can best serve your region, please contact Anne.

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