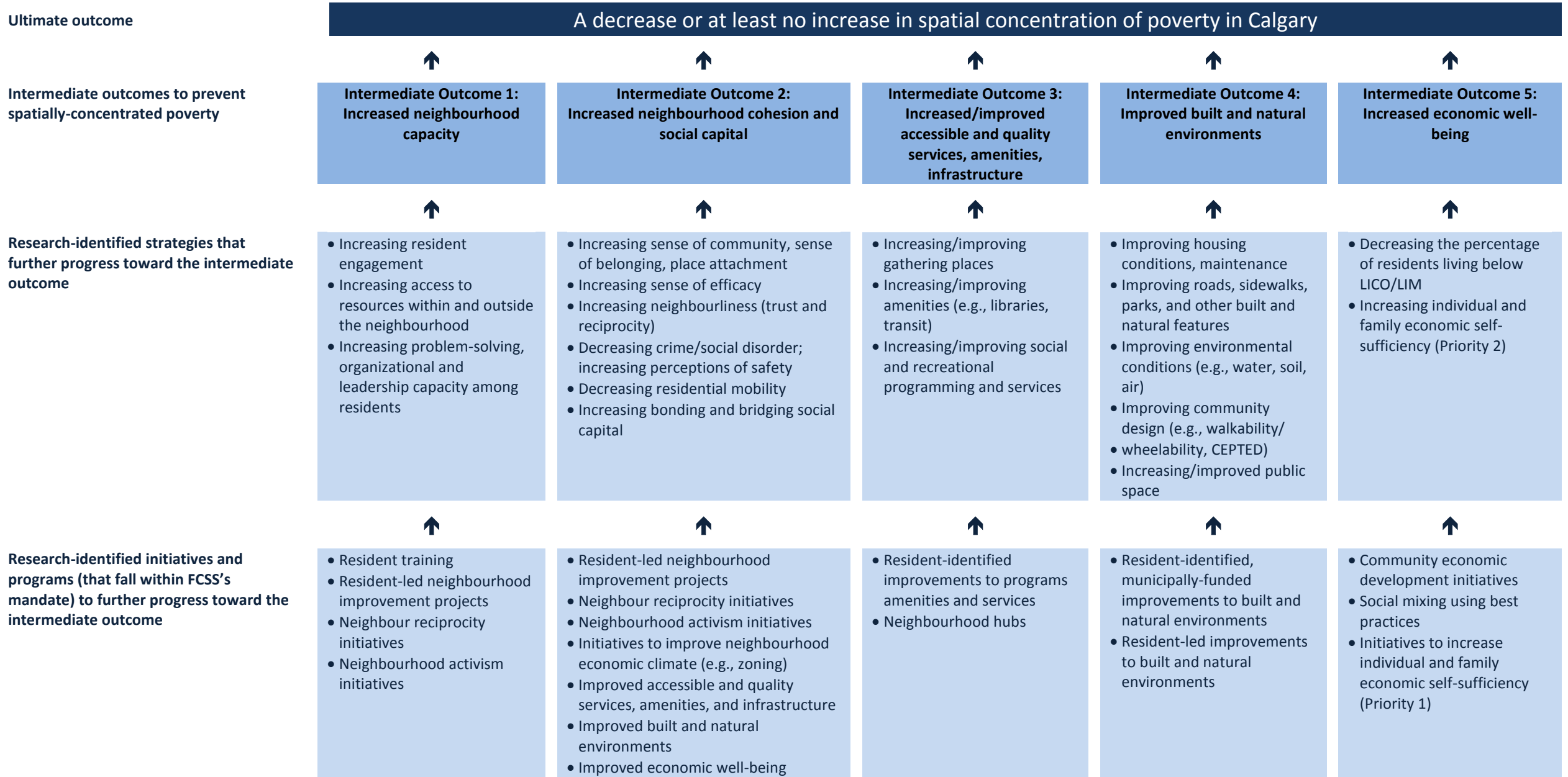


PRIORITY: STRENGTHENING NEIGHBOURHOODS



PRIORITY: INCREASING SOCIAL INCLUSION

Ultimate outcome

Increased social inclusion experienced by vulnerable Calgarians participating in FCSS-funded programs and initiatives

Intermediate outcomes to prevent social exclusion

Intermediate Outcome 1:
Increased adult personal capacity/individual and family economic self-sufficiency

Research-identified strategies that further progress toward the intermediate outcome

- Increasing individual or family income through earnings and/or social benefits/transfers
- Improving employment conditions (e.g., permanency/security, hours of work, benefits, union membership, opportunities for advancement)
- Increasing personal capital (e.g., education/training certification, employment experience, workplace skills, recognition of foreign credentials)
- Increasing individual or family assets (e.g., savings, equipment/tool ownership, home ownership; increased social ties in the world of work)
- Decreasing individual or family expenses (e.g., food, shelter, transportation, debt reduction/elimination)

Research-identified initiatives and programs (that fall within FCSS's mandate) to further progress toward the intermediate outcome, assuming the initiatives and programs use an evidence-based model

- Advocacy programs that increase receipt of government benefits/transfers/subsidies
- Advocacy programs that enforce employment-related rights
- Advocacy programs that enforce employment-related rights
- Family literacy programs
- Support to obtain formal recognition of foreign credentials
- Asset building programs/initiatives (IDAs, financial literacy training, micro-finance)
- For recent immigrants, volunteering that provides clear opportunities for skill-building, making professional connections, Canadian work experience
- Advocacy programs that increase receipt of subsidies or grants for rent, damage deposit, transportation, child care, food, shelter, clothing, household goods, or health care or products
- Financial literacy programs

Additional initiatives and programs (that may fall within FCSS's mandate) that are not evidence-based but have varying degrees of potential to further progress toward the intermediate outcomes

- *Adult work mentoring program*
- *For people who are not recent immigrants, volunteering that provides clear opportunities for skill-building, making professional connections, Canadian work experience*

PRIORITY: INCREASING SOCIAL INCLUSION

Ultimate outcome

Increased social inclusion experienced by vulnerable Calgarians participating in FCSS-funded programs and initiatives

Intermediate outcomes to prevent social exclusion

**Intermediate Outcome 2:
Increased child & youth positive development**

**Intermediate Outcome 3:
Improved parenting and family functioning**

Research-identified strategies that further progress toward the intermediate outcome

- Increasing achievement of age-appropriate indicators of social and emotional development through
 - Early childhood programming
 - Developmental programming
 - Treatment for mental health problems
 - Community-based educational supports
 - Initiatives to improve the transition to adulthood

- Preventing teenage pregnancy
- Improving parenting practices and family functioning
- Strengthening social supports

Research-identified initiatives and programs (that fall within FCSS's mandate) to further progress toward the intermediate outcome, assuming the initiatives and programs use an evidence-based model

- Developmental programming (mentoring, after-school, social emotional learning, school engagement programming)
- Sexuality education/pregnancy prevention programming

- Parent training programs, including programs to prevent child abuse
- Parent social support programs that are nested within a parenting/family strengthening program
- Parental personal counselling to address issues within FCSS's mandate that can compromise parenting skills
- Pregnancy prevention programming
- Programs/initiatives to improve family self-sufficiency (above)

PRIORITY: INCREASING SOCIAL INCLUSION

Ultimate outcome

Increased social inclusion experienced by vulnerable Calgarians participating in FCSS-funded programs and initiatives

Intermediate outcomes to prevent social exclusion

Intermediate Outcome 4:
Increased positive social ties

Research-identified strategies that further progress toward the intermediate outcome

• Increasing individuals' number of positive social ties/bonding social capital

• Increasing individuals' bridging social capital

Research-identified initiatives and programs (that fall within FCSS's mandate) to further progress toward the intermediate outcome, assuming the initiatives and programs use an evidence-based model

• Inclusive neighbourhoods, strong sense of community, physically accessible design

• For recent immigrants, volunteering that provides clear opportunities for skill-building, making professional connections, Canadian work experience

Additional initiatives and programs (that may fall within FCSS's mandate) that are not evidence-based but have varying degrees of potential to further progress toward the intermediate outcomes

For all vulnerable groups

• **Possibly**, collective kitchens, peer support groups (in some situations, for some groups)

For recent immigrants

• **Possibly**, peer support groups to supplement professional settlement and integration services; cultural brokers; facilitated, instructional groups for immigrant women that mix cultures; volunteering that provides opportunities to make social connections; initiatives to increase parental engagement in schools

For at-risk families

• **Possibly** (with respect to social ties anyway), parenting programs; initiatives to increase parental engagement in schools

For people with intellectual disabilities

• Not clear that they actually increase positive social ties, but mentoring by a non-disabled adult **may** increase life satisfaction **during** the mentoring period

For seniors

• **In some situations, for some seniors (evidence quite weak here)**, some activity-based group programs, some support-based group interventions, foster grand-parenting, some home visitation programs

• Not clear that they actually increase positive social ties, but inter-generational programs may increase sense of social connectedness

• *Facilitated, instructional, inter-cultural groups for immigrant women*

• *For people other than recent immigrants, volunteering that provides clear opportunities for skill-building, making professional connections, Canadian work experience*

DEFINITIONS	
Prevention	Creating conditions or personal attributes that strengthen the healthy development, well-being, and safety of individuals across the lifespan, and/or communities, and prevent the onset or further development of problems in each of these domains. In the research-based risk and protection prevention paradigm, prevention occurs by reducing risk factors and increasing protective factors.
Social inclusion	For FCSS's purposes, "social inclusion" refers to the ability to fully participate in, contribute to, and benefit from all aspects of society.
Evidence-based programs and practices	For FCSS's purposes, "evidence-based" means that a program or practice has been tested in a well-designed and methodologically sound (ideally but not necessarily, experimental (RCT) or quasi-experimental) study (ideally, but not necessarily, more than one study and replicated in more than one site), and has been shown to produce significant reductions in poor outcomes or associated risk factors or significant increases in positive outcomes or associated protective factors.
Best practices	For FCSS's purposes, "best practices" refer to programs or components of programs or delivery methods that have been identified as effective (i.e., produce significant reductions in poor outcomes or associated risk factors or significant increases in positive outcomes or associated protective factors) by repeated methodologically sound studies using an experimental (RCT) or quasi-experimental design.
Promising practices	For FCSS's purposes, "promising practices" refer to programs or components of programs or delivery methods that have been identified as effective ("effective" as defined above) in at least one well-designed and methodologically sound study using at least a pre-post design with a large sample of participants that has been subject to peer review.
Operational capacity	Basic organizational capacity to effectively run operations; that is, administrative operations, program functioning, and external relationships. Components of basic operational capacity include: board governance, vision and planning, financial management and accountability, fundraising, human resources, public relations, community outreach, partnerships, service delivery, and evaluation.
Neighbourhood capacity and capacity building	Neighbourhood capacity refers to the ability of residents to work together to meet their own needs in some way. Capacity building generally involves equipping people with skills and competencies which they would not otherwise have, realizing existing skills and developing potential, promoting increased self-confidence, promoting people's ability to take responsibility for identifying and meeting their own and other people's needs, and encouraging people to become more involved in their community and the broader society.
Dimensions of strong neighbourhoods	<ol style="list-style-type: none"> 1. Good social networks and social support, bonding and bridging social capital, neighbourhood sense of cohesion and sense of community 2. Accessible, affordable, and quality programs, services, and amenities 3. Good quality of the built and natural environment (built environment includes housing access, affordability, and quality) 4. Positive community economic development
Vulnerable populations	Populations that are most at risk of social exclusion: immigrants, Aboriginal peoples, families, children and youth, and seniors meeting specified criteria, defined below.
Vulnerable immigrants	Have arrived in the last five years, are refugees, face language/cultural barriers, have low income/unable to obtain employment commensurate with credentials, are stay-at-home parents or seniors, belong to ethno-cultural communities with few members in Calgary.
Vulnerable Aboriginal peoples	Individuals and communities that have been affected by the multigenerational impacts of colonialism, such as the effects of residential schools. These effects may include systemic racism and discrimination, resulting in chronic low income, high mobility, loss of culture, and other negative social indicators. Aboriginal peoples include First Nations (status, non-status and Bill C-31 individuals), Métis, and Inuit people. As directed by the FCSS Act, Aboriginal programming must be located within City of Calgary (CMA) boundaries.
Vulnerable families	Experience chronic low-income, teen parents, lone parent + low income, few social supports, high household mobility, homelessness, parents with low personal capacity, family dysfunction, experience/have experienced or witness/have witnessed abuse.
Vulnerable children & youth	Live alone or are homeless, live in families experiencing chronic low-income, live in dysfunctional families, experience or have experienced or witness or have witnessed abuse and/or trauma, lack interpersonal and social skills, have cognitive deficits and/or emotional or mental health issues, are not engaged in or succeeding at school, experience low sense of belonging in school or community.
Vulnerable seniors	Are 65+, live alone (key risk factor for social isolation, along with 75+), have low income, are single and/or bereaved, are in poor health, experience language/cultural barriers, have transportation difficulties.