



## **A DAY IN THE LIFE**

Education. Community Engagement. Advocacy.

*Thank you for your interest in learning more about homelessness through participating the A Day in the Life program!*

Please refer to this document for all information regarding our virtual programming, contact our Community Engagement Coordinator with questions and request your virtual session by filling out the “Virtual Scheduling Form” on our website.

### A Day in the Life Virtual Program Guide (2021)

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## What is the “A Day in the Life” program?

The A Day in the Life program is St. Stephen's Human Service's community engagement program hosted entirely by Community Educators who have first-hand experience with homelessness.

## What does a virtual session look like?

We equip our participants to become members of an *informed, empathetic, and activated* community around the issue of homelessness through combining quality education, community engagement, and advocacy. Below you will see how each of these components come to life during our virtual sessions.

<p><b>1. <u>Education</u></b></p> <p>Historical Background – Present-Day Context.</p> <p><i>We believe seeing the bigger picture of how this issue has shown up and evolved over time gives participants deeper context as to how and why this issue pervades and impacts our present-day communities.</i></p> <ul style="list-style-type: none"><li>• Participants become more informed through exploring a “living timeline” of housing instability and homelessness in the United States, from the 1860s through the 21<sup>st</sup> century.</li></ul>	<p><b>2. <u>Community Engagement</u></b></p> <p>Understanding and combating homelessness requires social, structural, and relational work.</p> <p><i>We offer hands-on opportunities for relationship building, because we see that shared experiences cultivate a deeper sense of community. Through connecting real faces and names to the word “homeless,” participants can view the issue of homelessness as far more than a statistic.</i></p> <ul style="list-style-type: none"><li>• Participants engage in candid conversations with individuals who have personally experienced homelessness in order to gain an idea of their challenges, successes, and unique perspectives.</li><li>• Participants also hear from service providers who explain their organization’s role in the community and how they approach the work of ending homelessness.</li></ul>	<p><b>3. <u>Advocacy</u></b></p> <p>Taking Action Beyond “A Day in the Life.”</p> <p><i>We want to leave our participants feeling both inspired and prepared to put their newfound knowledge and experience into action.</i></p> <ul style="list-style-type: none"><li>• We equip our participants to impact this issue positively in their work, school and personal lives.</li><li>• Participants are also given an overview of more specific ways they can continue their education and stay engaged in the work to end homelessness beyond attending our program.</li></ul>
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## What are the scheduling options?

Groups may choose from any of the following options.

Individual Participants are given a list of options to choose from, based on our already established programming.

Either may Sign-up using the “Virtual Scheduling Form” linked on our website at <https://ststephensmpls.org/learn-advocate/day-life>.

### 1. Standard Session Package (2.5 Hour Video Call)

#### Format:

(30-45 minutes – depending on group size)

- Staff and Participant Introductions & "Get-to-know-you" icebreakers
- What the "A Day in the Life program" is: Our mission, and how we function in the community
- An abbreviated history of housing instability and homelessness within the United States
- How St. Stephen's approaches the work of ending homelessness present-day

(45 minutes)

- A Community Educator who has personal experience with homelessness shares their story
- Followed by a Q&A and engagement portion with participants

(10-15 minutes)

- *Break*

(45 minutes)

- A second Community Educator who has personal experience with homelessness shares their story
- Followed by a Q&A and engagement portion with participants

(5-10 minutes)

- Participants are given an overview of ways in which they can take action and stay engaged in the mission to end homelessness beyond attending the session.

#### **What's included (Standard Session Package)**

-(1) Discussion Guide on how to navigate the topic of homelessness, which includes example questions, journaling prompts, tips on staying present and aware while discussing important topics within a virtual space, and how to get the most out of a session

-(2) PDF Slides of post-session "Action Steps" to end homelessness, 1 general & 1 specific to participant's field of work, school, religious institution, or community affiliations

-(Optional) 20-minute video call with ADITL team Representative pre-session (to get questions answered, and receive tips on how to get

### 2. Alternative Session Packages (Customizable)

#### Format Options:

The A Day in the Life program has been adapted to:

- Operate as a service-learning opportunity
- Be integrated into university curriculums in social work, health care, and human service fields.
- Be a component of organizational staff and volunteer trainings, or new employee/member orientations
- Participate in Simulation Experiences for Medical Personnel
- Join elementary, middle-school, high-school classrooms, or student clubs to give context to social justice assignments
- Be interviewees for Ethnographic Interviews
- Do abbreviated and alternative info sessions based on the interests and goals of participants
- Present at organizational staff and board meetings, human service organizations, universities, religious institutions, and spiritual communities to talk about the work that we do

#### Focus areas:

The A Day in the Life team is particularly knowledgeable in the following areas as they relate to the experience of homelessness:

- Social/Emotional/Psychological aspects of housing instability
- Intersection of homelessness and disabilities (physical, mental-health oriented, and neurological)
- Intersection of homelessness and the criminal justice system
- Intersection of homelessness and substance use disorder

<p>the most out of your session) or post-session (to follow-up and discuss next steps, debrief the experience, or continue the conversation)          -(Optional) <u>Debriefing Guide</u> + "What to do next?" conversational prompts.</p>	<ul style="list-style-type: none"> <li>• Intersection of homelessness and the health care system</li> </ul> <hr/> <p><b>Looking for something else?</b></p> <p>If you are interested in our programming, but don't see what you're looking for here, please contact the Community Engagement Coordinator (<i>contact info on final page</i>) as we are often able to adapt to meet group interests and goals.</p>
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## Who participates?

The content covered by the A Day in the Life program is broadly applicable, and there are no limitations on who can attend our virtual sessions. While our programming is generally geared towards adult participants, we are happy to provide adapted programming to suit participants of all ages. While individuals from all locations and fields of work or study may attend, below you will find examples of groups who tend to find our programming most beneficial.

- Human Service Organizations
- Universities and Student Groups
- Local Community Members (Minneapolis area)
- Human Service Boards and Leadership Teams
- Religious Institutions and Spiritual Communities
- Direct-Care Professionals (e.g., Health Care Workers of all specialties, Social workers, etc.)

## What does a session cost, and how do I pay?

### Pricing:

- The Standard Session Package is \$350.
- The Alternative Session Package pricing varies based on desired length, number of speakers, and subject matters covered.  
*Note: We recommend this option for groups who want a customizable format, or whose budget cannot accommodate the cost of a Standard Session Package).*

- Individual participants are invited to join established Standard Sessions for \$35. This comes with all the offerings listed under the Standard Session Package.

#### Payment Details:

- There is **no** minimum or limit on participant number for any of our virtual sessions.
- An invoice is emailed within 5 business days post-session. The invoice can be sent out beforehand or by a specific date if given at least 7 business days advance notice.
- Payment can be made by cash or check and mailed to St. Stephen's Human Services main office (*see address below*).
- IMPORTANT: If paying by check, please make payable to St. Stephen's Human Services **and** include "ADITL + the date of your event" in the memo.

Cash and checks can be sent to the address below:

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St. Stephen's Human Services, **ATTN: Finance**  
2309 Nicollet Ave South  
Minneapolis MN, 55404

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#### No-shows, Cancellations, and Reschedules:

In order to cover our virtual programming costs, no shows and cancelations made less than 2 weeks prior to the event are billed at 100%. If this occurs, reschedules are encouraged and available through our Community Engagement Coordinator at no additional cost.

### **Questions?**

Please reach out if you have any questions regarding our virtual programming.

The facilitator's contact information is listed below:

#### **Community Engagement Coordinator**

Abby Abele

Phone: 612-715-0449

Email: [AAbele@StStephensMpls.org](mailto:AAbele@StStephensMpls.org)

***Thank you for your interest in our programming, and partnering with us to create a more informed, empathetic, and activated community around the issue of homelessness.***