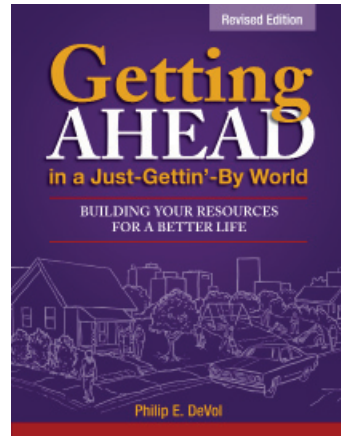




## Getting Ahead in a Just-Gettin'-By-World Building Your Resources for A Better Life



Now in its 4th edition, *Getting Ahead in a Just-Gettin'-By-World* was first introduced in 2004, and is offered to people in generational and situational poverty. In many communities, many sectors use Getting Ahead: social services, faith-based organizations, schools, government, health, mental health, workforce development, courts, corrections, domestic violence, and housing.

The curriculum involves rigorous work done in a safe learning environment with the support of a certified Getting Ahead facilitator.

Participants, called “investigators,” are viewed as the experts on poverty in their communities. Their first task is to investigate and define what poverty is like where they live. In following modules they investigate the research on the causes of poverty, class structures and hidden rules of class, language issues, and the eleven resources that define poverty.

Investigators do three self-assessments on stability factors, resources, and negotiating skills, which allows them to track their progress over time. Getting Ahead puts the concepts, tools, and relationships in the hands of people in poverty to make a difference in their own lives and in the life of the community.

To learn how aha! Process can help you start your Getting Ahead initiative, call (800) 424-9484 or visit [ahaprocess.com](http://ahaprocess.com)



## How Getting Ahead Fits into a Bridges Out of Poverty Initiative

**Getting Ahead graduates contribute to their communities by:**

- Serving on boards
- Becoming certified Getting Ahead facilitators and Bridges trainers
- Identifying and solving problems at the institutional and community levels
- Helping to make policy changes

**Used by multiple sectors of a community**

- Civic life
- Criminal justice
- Education
- Faith-based
- Government
- Healthcare
- Nonprofits
- Workplace

**Be inspired!**

Read Getting Ahead graduate success stories!  
[ahaprocess.com/GA-mag](http://ahaprocess.com/GA-mag)



## Research and Results

### A Group-Based Intervention for Persons Living in Poverty: Psychosocial Improvements Noted Among Participants of Getting Ahead in a Just-Gettin'-By World

A national study of Getting Ahead was conducted by Elizabeth Wahler of the Indiana University School of Social Work and reviewed in the journal *Social Work with Groups*. The study found that from beginning to end of the Getting Ahead learning experience there were statistically significant improvements.

**Wahler study link:** [ahaprocess.com/getting-ahead-study](http://ahaprocess.com/getting-ahead-study)

### Connecting Poverty, Culture, and Cognition: the Bridges Out of Poverty Process

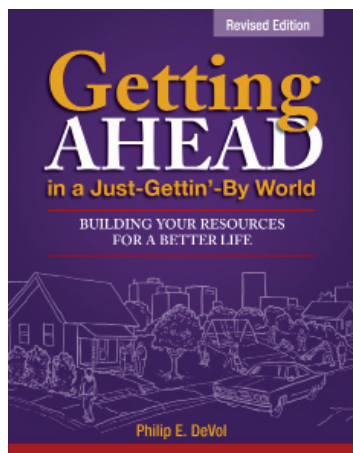
Ines Jindra and Michael Jindra, former research scholars at the University of Notre Dame, published the results of a two-year study of Getting Ahead investigators in the *Journal of Poverty*.

**Jindra study link:** [ahaprocess.com/jindra-connecting](http://ahaprocess.com/jindra-connecting)

We came into this class thinking we would learn about budgeting. We thought we were stuck in our situations alone, but then we saw other people with the same issues. Together we learned there is a way out. We now have the confidence, mindset, and resources to build better lives for our kids. We will take from this class new ways of doing things [...] that will guide us as we make better life choices.

—Muskogee Bridges Out of Poverty Getting Ahead graduate

## Getting Ahead in a Just-Gettin'-By-World



*Getting Ahead in a Just-Gettin'-By World* is a book and a 16-session curriculum that helps individuals in poverty build stability and their resources for a more prosperous life for themselves and their families. Getting Ahead provides people in poverty with the same information found in *Bridges Out of Poverty*, which was developed for professionals and others working to end poverty in the community. Together the books form a common language for people from all classes.

Investigators learn to:

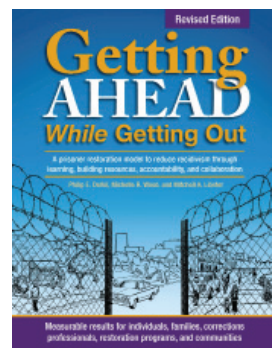
- Take charge of their lives
- Complete self-assessments of their stability and resources and make plans to build them
- Develop a series of mental models to examine their own lives and create new future stories
- Investigate the impact that poverty has had on themselves and their community
- Use this information to build relationships across class lines
- Available in Spanish: *Hacia Adelante en un Mundo en que Solo Se Sobrevive*

Note: *Getting Ahead* has a version for college students too. See *Investigations Into Economic Class* on our web store.

Through *Getting Ahead* and *Advocates for Change* workshops, *Getting Ahead* graduate Desiree and her husband recently prequalified for a mortgage. Desiree credits Common Heart and *Getting Ahead* for these dramatic changes in her life.

—Kara Lopp, Common Heart community engagement manager, Union City, North Carolina

## Getting Ahead While Getting Out

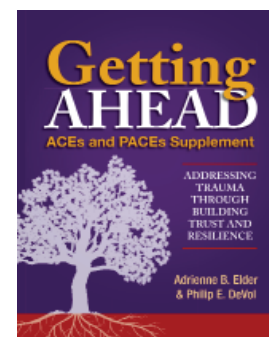


The restoration model provides citizens returning from incarceration and their families a comprehensive, community- and relationship-based approach to reentry that begins in pre-release and follows through with long-term support. It promotes the complete restoration model that can be merged easily with existing reentry programs without duplication. The restoration model offers training for corrections and probation/parole officers and support for the returning citizen's family and children.

Participants:

- Develop three plans:
  - 1) A 72-hour plan for the most vulnerable period of their return
  - 2) a plan for immediate needs
  - 3) the My Future Story Plan with SMART goals
- Restored citizens are connected to existing Bridges and Getting Ahead initiatives that offer support to them and their families

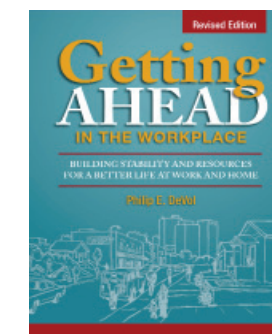
## Getting Ahead ACEs and PACEs



Trauma is a deeply distressing or disturbing experience that, without supports, can have long-term negative effects. Adverse childhood experiences (ACEs) is a term to describe traumatic events occurring before age 18. ACEs include all types of abuse and neglect, as well as parental mental illness, substance use, divorce, incarceration, and domestic violence.

A landmark study in the 1990s found a significant relationship between the number of ACEs a person experienced and a variety of negative outcomes in adulthood, including poor physical and mental health, substance abuse, and risky behaviors. The more ACEs experienced, the greater the risk for these outcomes. However, understanding the impact of ACEs can lead to more prevention efforts and trauma-informed interventions that help to reduce negative outcomes.

## Getting Ahead in the Workplace



*Getting Ahead in the Workplace* is a workbook of 15 facilitated sessions to help under-resourced people build resources and gain control over their future stories for a better life at home and at work.

Participants create their own success by investigating:

- The realities of conditions at home/work/community and how they impact stability
- The “hidden rules” and special language of getting ahead in the workplace
- How to build resources and relationships that open doors and help keep them open
- Practical skills for dealing with change and creating stability at work and at home
- The power of intentionally creating and following a new future story plan
- Available in Spanish: *Hacia Adelante en el Lugar de Trabajo*