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Effects of a trauma-informed curriculum on depression, self-efficacy, economic security, and substance use among TANF participants: Evidence from the Building Health and Wealth Network Phase II

(<https://www.sciencedirect-com.ccny-proxy1.lib.ccny.cuny.edu/science/article/pii/S0277953620303555>)

This article found that recipients of TANF (temporary assistance for needy families) who needed assistance rejoining the workforce flourished when they were guided by trauma-informed approaches to help them reintegrate into the workforce. It was found that exposure to violence and adversity could cause symptoms of trauma which increase negative health conditions and likelihood of economic hardship. Current TANF policy places an emphasis on people securing *any* employment over securing high-quality employment; thus long term data has documented that TANF beneficiaries encountered difficulty maintaining continuous employment and continued to rebound back into the program. In a randomized controlled pilot trial, designed to address familial hardships and financial capability, the participants were found to report lowered depression and increased household economic security. This research warrants further focus as it suggests that we ought to consider whether trauma-informed peer support programming improves economic security in the long term and whether government resources should be directed towards these types of programs instead of towards conventional methods.

An Analysis of Employment and Wage Outcomes for Women Under TANF

(<https://www-jstor-org.ccny-proxy1.lib.ccny.cuny.edu/stable/pdf/20778686.pdf?refreqid=excelsior%3A6412e84c264fe94faca33f3e077746d2>)

This research article finds that poverty is not solely a voluntary condition driven by poor personal incentive... Specifically, it posits that women are held to standards that are different to that of men that affect both their rates of welfare dependence and their employment outcomes shaping both their wages and tenure. The article goes on to show how if cultural filters work against stable employment, then our cultural values and filters along with current policies surrounding TANF generate a level of dependence among women. The article goes on to make policy recommendations based on these findings.