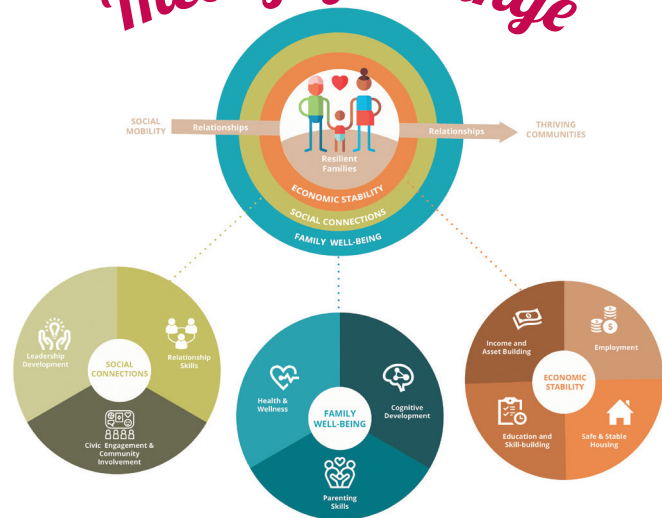


Theory of Change



Central Missouri Community Action uses a Whole Family Approach to strengthen resilience for families. This approach focuses on building strong social connections, family well-being, and economic stability. CMCA staff work with families and communities by removing barriers and creating opportunities.

Coaching is the core of our Whole Family Approach. Families who receive services from CMCA are often eligible for Family Coaching services. Family Success Coaches use a strengths-based model of family coaching and work with all members of the family to address needs, overcome barriers, and support families as they set goals and work toward achieving them.



Social Connections include programs centered on leadership development, relationship skills, civic engagement, and community involvement.



Family Well-Being includes programs centered on health and wellness, cognitive development and parenting skills.



Economic Stability includes programs centered on employment, safe and stable housing, education, and income and asset building.

Helping People. Changing Lives.

The Promise of Community Action

Community Action changes people's lives, embodies the spirit of hope, improves communities, and makes America a better place to live. We care about the entire community, and we are dedicated to helping people help themselves and each other.



To learn more about the initiatives outlined in this brochure please visit our website

www.cmca.us

Community Services Block Grant (CSBG) funding provides 5% of CMCA's budget at \$1,177,371 with federal funds received from the U.S. Department of Health and Human Services provided by the Missouri Department of Social Services, Family Support Division.



Central Missouri Community Action

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*Supporting the
Whole Family*

CMCA Initiatives



Our Mission

The mission of CMCA is to build relationships to empower people, strengthen resilience, and improve quality of life for all members of the community.

Community Organizing



Community Organizing is the art of bringing people together on behalf of and/or in response to community needs. It is designed to nurture community engagement that activates solutions to these needs. Community Organizers focus on the realities of poverty at the local level, the needs of those living in poverty and the cost of poverty to individual communities.

Programs offered through Community Organizing include:

Poverty Simulations - uses role playing to promote awareness about poverty and to increase understanding about the realities of living on a low income with a goal to inspire change.

REALL Presentations - Reality Enrichment And Life Lessons is a simulation training designed for high school students to experience life through a proactive and reactive lens.

Step Up to Leadership - Step Up to Leadership is a leadership development curriculum that teaches low income adults the skills necessary to be community leaders. Participants learn about best practices for serving on boards, engaging in committee work, and generally stepping up to serve their community.

Energy Assistance Programs



Low Income Home Energy Assistance Program (LIHEAP)- Energy Assistance (EA) is a one time payment for heating or cooling costs from Oct. to Sept. The max benefit depends on your fuel type. The Energy Crisis Intervention Program (ECIP) pays for an emergency energy bill or need. The max benefit from Nov-Sept is \$1600. The max benefit from Nov.1-May 31 is \$1200.

Low Income Household Water Assistance Program (LIHWAP)- a one time payment for your water and or wastewater (sewer) bill from Oct.. 1st to Sept. 30th. The maximum benefit amount is \$750.00 per year.

Weatherization Assistance Program- Weatherization is a residential energy efficiency program which reduces household energy usage and improves the health and safety of low income members.

Senior Volunteer Programs



Foster Grandparent Program (FGP)

The FGP provides low-income adult seniors, ages 55 years and up, opportunities to mentor children at schools, child care centers,

and other settings. FGP volunteers work with children individually and in small groups to provide support, guidance and friendship for kids with developmental, emotional, educational and physical needs.

Retired Senior Volunteer Program (RSVP) Specific to Cooper County. Individuals age 55 and over, volunteer to serve in Cooper County. RSVP volunteers contribute their time by supporting agencies and individuals with local challenges, in their own community. Volunteers choose how, where and when they want to serve. Local initiatives include transportation assistance, companionship, food insecurity and volunteer income tax assistance programs.

Child Development



Early Head Start (EHS) - provides child development and family support services to low income infants, toddlers, pregnant women, and their families.

Head Start (HS) - provides programming for the emotional, social, and cognitive development of preschool-age children and support to families. This whole family approach prepares children for success in school and helps adults meet their economic, social, and family goals. Children attend center-based classrooms and adults receive coaching to set and achieve goals.

BRIDGE - BRIDGE supports children, families, teachers and schools to ensure family stability and educational success for children in grades K-5. The BRIDGE Program is made possible through support from the Boone County Children's Services Fund and Heart of Missouri United Way. BRIDGE is offered in Boone, Cooper, and Howard Counties.

Financial Opportunity Center



The Financial Opportunity Center® model pairs individuals with coaching services to create a plan toward financial freedom. Coaches support individuals with tools and resources that allow them to navigate the complexities around increasing income, decreasing expenses, and acquiring assets. The FOC model has three required components: income supports, financial counseling, and employment supports that contribute to the program's success.

Health Care Advocate



Advocates provide one-on-one enrollment assistance for the Health Insurance Marketplace, Medicaid and Medicare.

Housing Choice Vouchers



CMCA's Housing Choice Voucher Program (Section 8) provides rental assistance to qualifying low-income individuals and families in Callaway, Cole, Cooper, Howard, Moniteau and Osage Counties. (Funded by the US Dept. of Housing & Urban Dev.)

Housing Development



Working with community partners, CMCA builds and rehabs multi and single family housing units to provide affordable, quality, and accessible housing options for low-income families.

Missouri Housing Development Coalition (MHDC)



CMCA is a MHDC - State Assistance for Housing Relief- Housing Stability and Eviction Diversion (SAFHR-HSED) site to help eligible renters and landlords who need financial assistance with paying rental arrears and forward payments.

Missouri Women's Business Center (MoWBC)



The MoWBC is dedicated to providing business development assistance to aspiring women, with a focus on minority and low-to-moderate income based entrepreneurs throughout Mid-Missouri. Services include free one-on-one counseling, business planning, and training. The MoWBC is funded in part through a cooperative agreement with the U.S. Small Business Administration.

ShowMe Healthy Relationships (SMHR)



The SMHR Program offers free courses for individuals wanting to learn more about healthy relationships. Courses are designed for people who are not in a committed relationship. Participants learn to identify the qualities of a healthy partner, and how to communicate and maintain relationships. Participants also learn how parenting, finances, and personal well-being impact their healthy relationship choices.

SkillUP



SkillUP helps SNAP recipients obtain new skills, training, education, and employer connections that lead to employment and on-the-job success. SkillUP is funded by the MO Department of Social Services.