Happening in SRO

You can find this "Happening in SRO" and all similar newsletters on the SRO Intranet Home Page, located at: http://isr-wp.isr.umich.edu/srointranet/ under Recent News.

If you have items for the newsletter or if you would like to highlight an event, please let Ann Vernier or your unit director know.

Dear SRO -

As we head into the winter break, I'd like to thank you again for your incredible efforts and successes in 2021. I appreciate every member of our SRO team!

I'm glad to see that many of us are taking some additional time off around the University season days, and, as always, I extend a special **thank you** to our colleagues who will continue to be available during the break to support our data collection staff and projects.

I hope everyone is able to do exactly what you want to do over the break -- even if that's nothing at all. 🤗

Happy New Year, and I look forward to seeing you all in January.

~Stephanie

Every Dollar Counts
(Karin Schneider & Barb Ward)

OpenResearch Lab (ORL) and the primary investigators are conducting an evaluation of Every Dollar Counts (EDC), a three-year cash assistance gift program that is administered by two non-profit organizations, CitySquare, based in Dallas, Texas, and Heartland Alliance, located in Chicago, Illinois. The mission of both CitySquare and Heartland Alliance involves addressing the causes and consequences of poverty. Unconditional cash assistance is not part of the existing permanent social safety net, but research on cash transfer programs in developing countries suggests that it may be an efficient and effective approach. These two non-profit organizations are piloting cash assistance gifts, and ORL and its academic partners are evaluating the program.

The EDC program evaluation is conducted in the two regions: nine counties in the Chicago, Illinois area and ten counties in the Dallas, Texas area. Participation in the monthly EDC cash assistance gift program is not conditional on participation in research activities, but most participants consented to both enrollment and Baseline interview participation (conducted in 2019-2020 by SRO). Baseline data collection included 3000 total participants. The majority (2,000) are receiving a modest cash assistance gift each month for three years, while a randomly-selected subset of 1,000 participants receive substantially more each month. By comparing these groups, the researchers can examine the effects of the program. The study includes extensive quantitative measurements related to individuals' economic, social, and physiological self-sufficiency and well-being, as well as gathering data on how individuals use their time and money and how their receipt of a cash assistance gift impacts their children and those in their social and family networks. SRO is now preparing for the Midline data collection (fieldwork is starting in March 2022) where we will recontact all the baseline participants mostly by telephone. The Midline is about 18 months after the start of the three-year period of receiving the cash assistance gift.

In addition to the Baseline and Midline interviews, SRO is conducting the Every Dollar Counts Program Evaluation Semi-Structured Project (Every Dollar Counts SS, or "EDC-SS" for short). The EDC-SS is a key component of the program evaluation. In this sub-study, just over 150 of the 3000 EDC participants have been asked to take part in six in-depth qualitative interviews (one every six months over the three-year program period). EDC-SS is led by an interdisciplinary team of social scientists, including Jessica Wiederspan and Elizabeth Rhodes from ORL and Sandra Smith from Harvard University. SRO interviewers have been trained in qualitative techniques and conduct most of the interviews, all audio-taped, by telephone. The third round of EDC-SS is wrapping up in January.
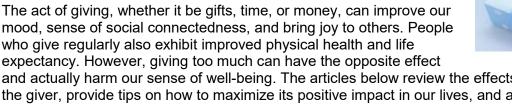
SRO Shiners
(Stephanie Chardoul)

Congratulations to **Nicole Kirgis** and **Daric Thorne**, recipients of ISR's Shine Award! The announcement was made at ISR's State of the I event on December 16. Thank you, Nicole and Daric, for helping SRO to SHINE!

CCP Corner – The Impact of Giving
(Aimee Miller)

The act of giving, whether it be gifts, time, or money, can improve our mood, sense of social connectedness, and bring joy to others. People who give regularly also exhibit improved physical health and life expectancy. However, giving too much can have the opposite effect and actually harm our sense of well-being. The articles below review the effects of giving on the giver, provide tips on how to maximize its positive impact in our lives, and address common questions related to donating and volunteering.

- 5 Ways Giving Is Good for You
- Why Giving Too Much Can Be Harmful to You and Your Health
- Charity Navigator

SRO Wellness News
(SRO Wellness Committee)

HAPPY HOLIDAYS! *Hope you enjoy the opportunity this holiday break to relax and embrace the activities that bring you joy!*

Our committee is committed to finding new ideas to encourage wellness at SRO. Send ideas to the SRO Wellness Committee at: srowellcomm@umich.edu

WELL-BEING SURVEY – Please take a moment to provide feedback on wellness at SRO by completing the Well-Being Survey. This will help us plan activities that align with the goals of our colleagues. This survey is being conducted in connection with M-Healthy. Please complete the survey by **January 7th.**
Click Here to Complete Well Being Survey

M-HEALTHY PROGRAMS
- **Better Choices, Better Health®** – Are you managing a health condition, struggling with pain, or experiencing symptoms that are affecting your daily life? Get support without leaving your home through this anonymous, six-week online workshop. New sessions are starting now are are available to U-M employees, retirees, and spouses/other qualified adults.

- **Holiday Help for Your Well-Being** – The holiday season can be celebratory and fun. But, it can also put your well-being to the test. If you need assistance, U-M has programs and resources to support your mental and emotional health, financial well-being, nutrition, and more.

- **Active U 2022: January 10** – Active U 2022 registration opens January 10, 2022! MHealthy's 12-week physical activity challenge is open to all at the university – U-M

faculty, staff, students, retirees and spouses/other qualified adults of U-M employees. Logging your physical activity minutes starts January 24. [Learn more.](#)