Combining TimeBanks with Wraparound for Positive Results

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TimeBanks USA
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Why Combine Wraparound with TimeBanks?

- Recognizes the strengths, talents, and contributions of all individuals and groups involved
- Provides a community for youth and families to meet their basic needs and make social connections
- Increased access additional resources and natural supports
- Strengthens volunteer and workforce capacity
- Promotes cost savings
What is a TimeBank?

_A TimeBank is a ‘community of caring’_

Members form a network of relationships
– helping each other – as persons, groups, associations and organizations
– building trust and a sense of community through exchange projects and events
– making transformational change
Where Are TimeBanks?

• The first TimeBanks began in 1987
• TimeBanks USA was founded in 1995
• TimeBanks have spread to 40 nations
• TimeBanking is in 42 states
• The TimeBank network is expanding and evolving
Assets: We are all assets.

Redefining Work: Some work is beyond price.

Work has to be redefined to value whatever it takes to raise Healthy children, build strong families, revitalize neighborhoods, make democracy work, advance social justice, make the planet sustainable. That kind of work needs to be honored, recorded, and rewarded.
Core Principles & Values

Reciprocity: Helping works better as a two-way street.

The question: “How can I help you?” needs to change so we ask: “How can we help each other build the world we both will live in?”

Social Networks: We need each other.

Networks are stronger than individuals. People helping each other reweave communities of support, strength & trust. Community is built upon sinking roots, building trust, creating networks. Special relationships are built on commitment.
Core Principles & Values

Respect: Every human being matters.

Respect underlies freedom of speech, freedom of religion, and everything we value. Respect supplies the heart and soul of democracy. When respect is denied to anyone, we all are injured. We must respect where people are in the moment, not where we hope they will be at some future point.
Create A Circle of Giving

Paying it Forward

• TimeBanks use Time Hours as a medium of exchange to create a circle of giving

• One hour given in service to others = One Time Hour earned

• Members use Time Hours earned to receive services from others
What to Give, What to Receive

The possibilities are endless – here are some examples:

- **Transportation** (errands, shopping, medical, worship, local, public, long distance, miscellaneous)
- **Help at Home** (child care, cooking, sewing, hair & beauty, housekeeping, chores, pet care, respite, etc.)
- **Companionship** (dining, clubs, email & IM, home visits, telephone calls, visiting, medical trips, etc.)
- **Wellness** (complementary therapy, counseling, diet & nutrition, fitness, exercise, meditation, yoga, etc.)
- **Recreation** (dancing, games, events, books, videos, sports, travel, walking, tours, etc.)

And there’s more…..
What to Give, What to Receive

- **Education** (advocacy, classes, workshops, computers, language, finances, tutoring, mentoring, etc.)
- **Arts, Crafts, Music** (classes, workshops, entertainment, photo, theater, lessons, miscellaneous)
- **Home Care** (house-sitting, carpentry, electrical, garden, yard work, painting, plumbing, car care, etc.)
- **Business Services** (clerical, computer support, financial, legal, marketing, research, translation, etc.)
- **Information** (medical, transport, services, education, community, vendors, service providers, etc.)

And there could be more.....

The possibilities are limited only by our imaginations!
The Power of TimeBanking

• Circles of giving & receiving expand and deepen over time

• TimeBanks draw together people of different generations, ethnicities, backgrounds, and income levels through the five core values/principles

• Build trust, capacity, hope
The Power of Co-Production

- Partnering in 2 ways for systems change:
  - Service systems and professionals
  - the clients they serve

The money economy and the “core” economy of home, family and community

TimeBanks™
## Co-Production Fidelity Tool

<table>
<thead>
<tr>
<th>ASSETS</th>
<th>“Clients/members...”</th>
<th>Never</th>
<th>Sometimes</th>
<th>Always</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Are asked what they can do for others.</td>
<td>1 2 3 4 5</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Are supported in identifying ways they can help others.</td>
<td>1 2 3 4 5</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Skills in surviving in the world or in daily life are valued as an asset.</td>
<td>1 2 3 4 5</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Background, language, culture regarded as asset.</td>
<td>1 2 3 4 5</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WORK</th>
<th>“Your group or organization...”</th>
<th>Never</th>
<th>Sometimes</th>
<th>Always</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Records contributions by recipients/members.</td>
<td>1 2 3 4 5</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Rewards contributions by recipients/members.</td>
<td>1 2 3 4 5</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Values as work recipient/members input about needs and solutions.</td>
<td>1 2 3 4 5</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Budgets funds to provide rewards or incentives.</td>
<td>1 2 3 4 5</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
# Co-Production Fidelity Tool

<table>
<thead>
<tr>
<th>Reciprocity</th>
<th>“Clients/members...”</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Never</td>
<td>Sometimes</td>
</tr>
<tr>
<td>1. Are supported in finding ways to help others in return for services.</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>2. Help to further the organization’s mission.</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>3. Are informed of policy procedures or programs promoting reciprocity.</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>4. Know there is a key person recording and managing exchanges.</td>
<td>1</td>
<td>2</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Community</th>
<th>“Your Group or Organization...”</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Never</td>
<td>Sometimes</td>
</tr>
<tr>
<td>1. Fosters trust relationships while respecting privacy.</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>2. Organizes informal support and peer groups or extended families.</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>3. Supports social events/celebrations by clients and peer groups.</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>4. Creates enduring community-based institutions or traditions.</td>
<td>1</td>
<td>2</td>
</tr>
</tbody>
</table>
## Co-Production Fidelity Tool

<table>
<thead>
<tr>
<th>RESPECT</th>
<th>“Your Group or Organization…”</th>
<th>Never</th>
<th>Sometimes</th>
<th>Always</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Creates forums for voices of clients, members, families, community.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>2.</td>
<td>Makes resources available to recipients/members seeking to mobilize.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>3.</td>
<td>Partners with community to hold officials or others accountable.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>4.</td>
<td>Alters practices/priorities in response to views of clients/community.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

TOTAL SCORE: ____

- Total = 20 - 40: It’s not there
- Total = 40 - 60: Starting out
- Total = 60 - 80: On the way
- Total = 80 - 100: Going strong....
An Example of A Large TimeBank Map
(Courtesy of Stephanie Rearick, Founder, Dane County TimeBank)

Social Services
- Developmental programs
- Home-based support
- Elderly, youth & child care
- Tutoring & enrichment
  *Enlist persons to help each other and build community*

Juvenile/Criminal Justice
- Youth courts – jury of peers and learning
- Drug/STD prevention, education, treatment,
- Informal support networks for persons returning home from prison
  *Help integrate these persons into community, build skills, create success experiences*

Faith-based Organizations
- Congregations and members become mentors
- Sponsorship of events
  *Organizations carry out mission and increase impacts in community*

Local Business
- Accept credits, discounts or coupons
- Participate in mentoring
- Supplement wages
- Use local source services
  *Link businesses & non-profits, boost purchasing & loyalty*

Community Centers
- Provide activities, give credits for:
  *Skills training*,
  *Classes and workshops*
  *Peer tutoring / ESL, etc*
  *Child and youth care*
  *Sports and games*
  *Group events*
  *Host clubs*
  *Facilitate interaction, involvement, interdependence in center, groups and community*

Arts Organizations
- Artists working in community – after school, community centers, projects, workshops, courses and training
  *Artists earn, youth learn, more exposure of community to art*

Public & Private Institutions
- Schools
  - Cross-age tutoring, mentoring and support activities
- City
  - Accept for bus tickets
  - Sponsor community events
  - Volunteer programs and roles
- County
  - Supplement social and city services
  - Community and group affairs/events
  - Volunteer programs and roles
- Other
  - *Stretch public funds by enlisting TimeBank members, increase accessibility of services*
### Exploring TimeBanks with Wraparound

#### Figure 4. Steps towards timebanking

<table>
<thead>
<tr>
<th>Step</th>
<th>Question</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Review mission and values. Do your organisation’s mission and values relate to timebanking values?</td>
</tr>
<tr>
<td>2.</td>
<td>Review aims of activity. Can the design and implementation of your activity be enhanced by timebanking approaches?</td>
</tr>
<tr>
<td>3.</td>
<td>Review local assets. What level of activity already exists locally? What physical resources exist? How much are they used and by whom?</td>
</tr>
<tr>
<td>4.</td>
<td>Identify allies and partners. Who owns and funds the physical assets? Who are the people getting things done?</td>
</tr>
<tr>
<td>5.</td>
<td>Explore existing timebanking approaches. In order to achieve aims do you need: Community- or public service agency-centred approach? Person-to-person or person-to-agency or agency-to-agency?</td>
</tr>
</tbody>
</table>

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New Economics Foundation-New Wealth of Time
Four key areas that promote and protect mental well-being are identified:

1. Enhancing control
2. Reducing anxiety
3. Facilitating participation
4. Promoting inclusion

MWIA helps participants identify key things about a policy, program or service that impact on feelings of control, anxiety, participation and inclusion and therefore their mental health and well-being. In this way the toolkit enables a causal link to be made between policies, programs or service and mental well-being, that can then be measured.
## MWIA Assessment Measures

**Table A1. Indicators of mental well-being for Clapham Park Time Bank**

<table>
<thead>
<tr>
<th>MWIA area</th>
<th>Increasing control</th>
<th>Reducing anxiety</th>
<th>Participation and inclusion</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Key determinant</strong></td>
<td>Control over influencing things</td>
<td>Being involved in your community</td>
<td>Giving access to informal support – friends, groups.</td>
</tr>
<tr>
<td><strong>Activities</strong></td>
<td>Sharing an idea with a group of people</td>
<td>Giving your time and talents</td>
<td>Coffee in any weekly meeting</td>
</tr>
<tr>
<td></td>
<td>Moving it forward yourself</td>
<td>‘Feeling’ wanted</td>
<td>Time credit system</td>
</tr>
<tr>
<td></td>
<td>People understand what their skills are worth</td>
<td>Meeting needs.</td>
<td>Open days</td>
</tr>
<tr>
<td><strong>Indicator</strong></td>
<td>New members (further afield).</td>
<td>New projects develop within time bank by local people to full capacity</td>
<td>Commitment to the time bank</td>
</tr>
<tr>
<td></td>
<td>Greater partnerships – local, national and international.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Outcomes: Recovery Star

The outcomes recovery star enables the organizations to measure change across a range of service utilizers and projects.
Welcome

Upcoming Events
No upcoming events posted.

Featured Events
No upcoming events posted.

The Friendly Neighborhood TimeBank was started in 2012 with three main goals:

- Strengthen the fabric of our community.
- Serve people and give them a means to serve.
- Establish new relationships and meet real needs of our community members.

We recognize that each person has talents to share, and that the overall community is strengthened when neighbors help one another. For every hour that you help meet the needs of another member, you earn a time credit for the exchange. This time credit can then be redeemed for services from others, and the cycle of...

Getting Started with our TimeBank:

- Create a login and fill out your member profile.
- Attend an orientation or complete an online orientation.
- Post some skills and talents you have to offer other members.

User login

Username or e-mail: *
Password: *

LOG IN
- Log in using OpenID
- Create new account
- Request new password

Announcements
No new announcements posted.
TimeBanks Member

Account balance: 0
Last login 3 min 18 sec ago

Availability

Mon Tue Wed Thu Fri Sat Sun

Checked

Affiliations

- Denver Metro
- TimeBanks USA

Help and Support:

- I can help with Community Driving
- I can help with Group Projects

New Messages

You have no NEW messages in your inbox.

[View All Your Messages]

About Me

I am looking forward to offering and exchanging services with you!

Map of Rock Creek Park Area, Washington DC.

Current Offers

Post a new Offer of a Service

Sorry. No service ad listings found.

Current Requests

Post a new Request for a Service

Sorry. No service ad listings found.
Enter a short meaningful title for your Service Ad. For example, Piano Lessons, Computer Repair (Windows only), Need Meals Cooked, Babysitting, etc.

Be sure to include details like your proficiency (pro, amateur).

For Requests: indicate level of urgency.

For Offers: indicate quantity per month.
<table>
<thead>
<tr>
<th>Service performed</th>
<th>Date Service Performed</th>
<th>Other user</th>
<th>Earned</th>
<th>Spent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ate the cookies</td>
<td>June 23, 2011</td>
<td>TimeBanks Manual</td>
<td>2.75 hrs</td>
<td></td>
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<tr>
<td>Drive me to get some cookies</td>
<td>June 23, 2011</td>
<td>TimeBanks Manual</td>
<td>1.25 hrs</td>
<td></td>
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<tr>
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<td>TimeBanks Manual</td>
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<td>TimeBanks Manual</td>
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<td>June 8, 2011</td>
<td>TimeBanks Manual</td>
<td>3.00 hrs</td>
<td></td>
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<tr>
<td>Ate my cookies</td>
<td>June 6, 2011</td>
<td>TimeBanks Manual</td>
<td>3.00 hrs</td>
<td></td>
</tr>
</tbody>
</table>
Key Ingredients

- Leadership, Governance, and Core Group of Interest
- Mission, Vision and Strategic Direction
- Infrastructure-Program Model and Approach
- Funding Support and/or Fee Structures: Fiscal Accountability
- Community Weaver Software, website, and/or paper directories
- Coordinators, Staff, and Helpers: Volunteer or Paid
- Outreach and marketing: Materials and Media
Key Ingredients

• Policies and Procedures- “Structure, Process, Liabilities and Ensuring a Safe Community”
• Enrollment and Orientation
• References and Background Checks
• CIMA Volunteer Insurance/ Liability Insurance
• Building Assets, matching and connecting individuals
• Social Events: Building Trust and Relationships
• Special Projects, Partnership & Co-Production
• Evaluation: Data, Outcomes, Success Stories, and Quality Assurance
TimeBanks USA Offers

• Community Weaver 2.0 Community Network Software
• Network of TimeBanks supporting and learning from one another to create a united movement.
• Ongoing distance Learning Opportunities: Website, Teleconference, Discussion groups, and Webinars
• TimeBanks Institutes is committed to furthering the innovative and best practices in the field of TimeBanking and evaluating the effectiveness of over 300 TimeBanks worldwide.
• Customized Training and Technical Assistance and Partnership Initiatives
• Bi-annual International Conference
Want To Know More?

Check out

www.timebanks.org

Or phone:
202-686-5200
Lisa Conlan, CEO

For connections, materials, information