

UNDERSTANDING US

Community Street Tai Chi

Lucy Casey

INFO 281-05

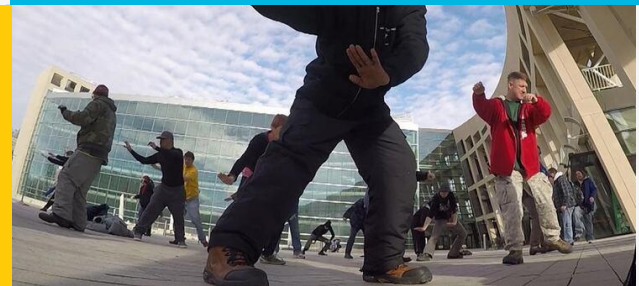


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THANK YOU



01

INTRODUCTION



INTRODUCTION

COMMUNITY STREET TAI CHI



COMMUNITY

A holistic program for the community located in Salt Lake City, Utah. Four times a week participants meet outside of the Salt Lake City Library.



SAFE SPACE

Nourishment, social interaction, and movement are the backbone of the activity. Beyond community, participants are encouraged to show up as themselves.



WELCOME

Tai chi is led by current homeless community members or those that have experienced homelessness in the past. All homeless community members are welcome.

02

MODEL

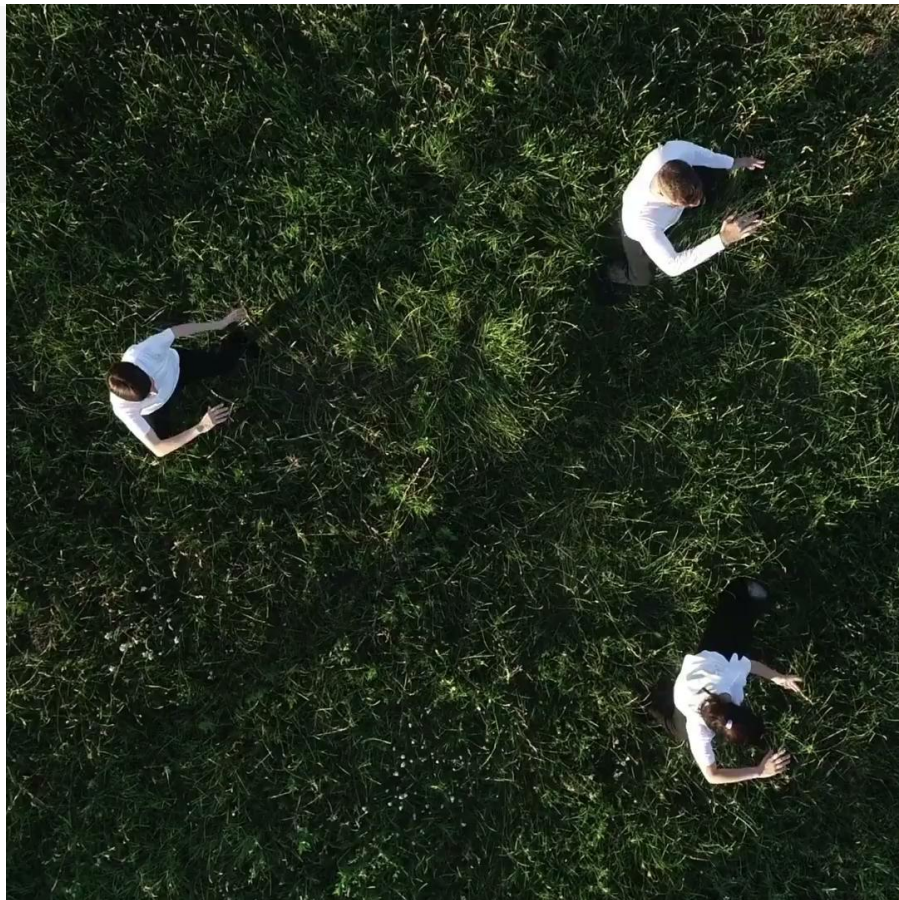


MODEL

ENCOURAGE

Community Street Tai Chi has committed to the support and inclusion of members of the homeless community by respectfully giving participants opportunities to lead, interact, and think independently.

Providing consistent times to meet up each week, the program develops consistency with homeless community members. Participants are provided with burritos, coffee, a safe social setting, and tai chi every Monday, Wednesday, Thursday, and Saturday.



03

BENEFITS

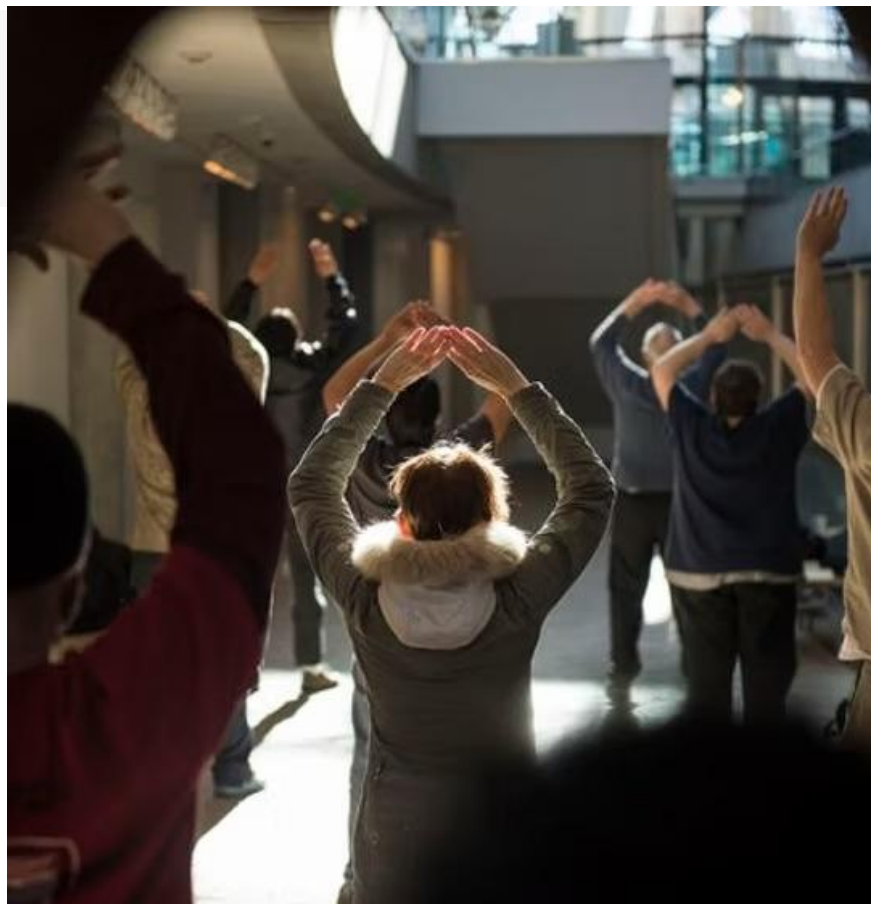


BENEFITS

MOTIVATION

Led by individuals that have historically or are currently experiencing homelessness, the tai chi program helps encourage leadership. By encouraging a welcoming atmosphere, the organization builds a trusting environment for members to depend on.

By promoting mindful movement and encouraging participants to show up authentically, the program motivates homeless community members to define personal success.



04

PERSPECTIVE



PERSPECTIVE SUPPORT

The Community Street Tai Chi program had a unique and kinda approach to providing support to program participants. While analyzing the program, I found that the desire to inspire homeless community members to define their own success, inspiring.

While encouraging members to define their own success is admirable, I do think a more structured approach would be helpful for homeless individuals.

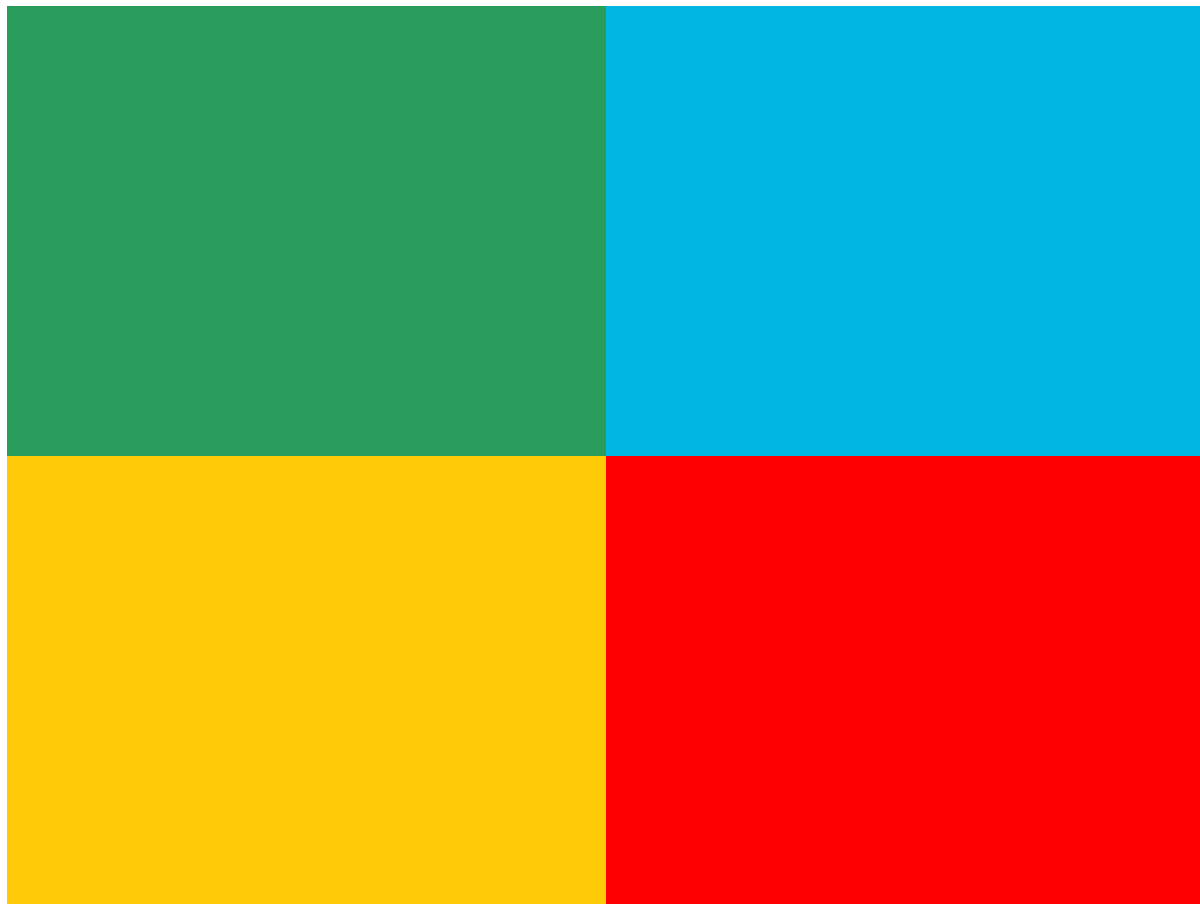


PERSPECTIVE

FINDING A WAY

While analyzing the program, I found the programs stance of *community members finding themselves out of homelessness* to be slightly concerning. I am concerned that if community members were able to find a way out of homelessness, they would have attempted to already.

Homeless support material should be available to participants in order to successfully initiate first steps in resolving homelessness.



05

EVALUATION



EVALUATION IMPACT



To evaluate the success and impact of the Community Street Tai Chi the attendance or participants would need to be recorded and analyzed.

Homeless community members would also need to be surveyed after attending the program over a period of time. Their involvement with the group after finding their way out of homelessness can be noted as successful.

Thank you

