

DEFY THE ODDS: FROM STRUGGLE TO SELF-SUFFICIENCY

A WISCAP SUCCESS STORY



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KEYNOTE SPEAKER
www.arlettaallen.com

WEDNESDAY, MAY 22, 2024

Location: LAMBEAU FIELD ATRIUM





"We must open the doors of opportunity, but we must also equip our people to walk through those doors.

Poverty must not be a bar to opportunity. This is America -the place where dreams can come true. "

~ Lyndon B. Johnson

36th US President 1963- 1969 | American Politician

OVERVIEW



- **Community Action Promise**
- **Complex Trauma /ACEs / Affects**
- **Stages of Metamorphosis of the Butterfly**
- **Defying the Odds**
- **Share My Struggles**
- **Programs of Impact**
- **Arrival to Self-Sufficiency & Success**
- **THE NEXT 50 YEARS...**
- **Feedback Survey**





www.communityactionpartnership.com

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.

THE PROMISE

WISCAP MISSION / VISION

WISCAP and its members are committed to creating economic opportunity and supporting community-based solutions to poverty in Wisconsin.

Our Vision is to broaden our impact on poverty by addressing the root causes, while reducing the hardships of economic insecurity.



www.wiscap.org



Types of Trauma



ACUTE

An isolated event such as being the victim of a crime, surviving a natural disaster or serious accident.



CHRONIC

Repeated or prolonged trauma. Living through an ongoing situation such as experiencing domestic violence, slavery, or war.



COMPLEX

Experiencing multi-layered traumatic experiences such as sexual assault, neglect, abuse, poverty, and more....



MY JOURNEY & STRUGGLE



Egg (1st Stage of Metamorphosis)

- POVERTY (LOSS)
- HOMELESSNESS
- DYSFUNCTION (PHYSICAL ABUSE, ANGER)
- LACK OF VALIDATION & SELF WORTH
- NORMATIVE CONFORMITY (BELONGING)
- PROSTITUTION (SEXUAL TRAUMA)
- TEEN MOTHER/ SINGLE MOTHER
- HIGH SCHOOL DROP- OUT
- LACK OF EDUCATION
- ABANDONMENT, DIVORCE, BETRAYAL, REJECTION TRAUMA

ADVERSE CHILDHOOD EXPERIENCE (ACEs)

Caterpillar (Larva) 2nd Stage of Metamorphosis)



- Insulted and belittled by my father
- Enduring physical abuse preventing me from sitting or going to school
- Experiencing homelessness
- Dealing with roaches and living in unsanitary conditions
- Facing rejection
- Confronting racism
- Lacking a sense of belonging
- Sexually Exploited as a Teenager

- Experiencing invisibility, lack of affection, and rejection
- Feeling disconnected
- Insufficient food supply
- Parents' divorce
- Turning to alcohol as a coping mechanism
- Battling depression
- Struggling with mental health issues

DEFY THE ODDS?



Achieving what was thought unlikely or impossible by reaching a goal or overcoming challenges despite obstacles.



"Defying the odds is turning struggle into self-sufficiency, mastering resiliency, and proving that with determination and faith even the seemingly impossible becomes possible."

~Arletta Allen

Author | Authenticity Expert | Professional Speaker



HOW CAN YOU DEFY THE ODDS?

1. BELIEVE IN YOURSELF

3. CHANGE YOUR MINDSET

5. CELEBRATE YOURSELF

7. STEP INTO YOUR PURPOSE

2. FORGIVE YOURSELF

4. BE CONFIDENT

6. LET GO OF THE PAST

GET YOUR COPY
& DEFY THE ODDS TODAY





**"The only way to change
people's behavior is to
connect with them
where they are."**

~ Brené Brown

Research Professor | Master Storyteller



EFFECTS OF UNHEALED TRAUMA

The Person Who Came Looking For Resources...

- Resistant to positive change
- Suffering through codependency in relationships
- Difficulty asserting boundaries
- Craving external validation
- Fear of being abandoned
- Innate feelings of shame
- Tolerating abusive behaviors from others
- Low sense of self-worth and low self-esteem

Chrysalis (PUPA) 3rd Stage of Metamorphosis



<https://www.advocap.org/>



PROGRAMS OF IMPACT

ADVOCAP offered individuals a range of services and support they need to change their lives.

- **Housing for Homeless**
- **Food Pantry**
- **Headstart Programs**
- **WIC (Women Infants & Children)**
- **Affordable Housing**
- **Weatherization**
- **Energy Services/Utility Bill Assistance**
- **LIHEAP (Low Income Home Energy Assistance Programs)**
- **Transportation (Gas Cards / Stipends for Education)**
- **Homeowners Assistance (Freshstart Program)**
- **Business Development/Business Start-Up Funding**





**“You may not control all the events
that happen to you, but you can decide
not to be reduced by them.”**

~Maya Angelou

American Poet | Social Activist

HOMELESS

Housing Services



Bethany House



Homeless woman, 5 children seek quieter, peaceful life here

By KAREN DE FURE KIMMEL
Reporter Staff Writer

Linda is black, poor, jobless and on welfare. In addition to that, she and her

Daughters, 13, Arden, 11, Cee, 9, and

Shavonda, 5, and son Ricardo, 6.
The 10-year-old Linda can only afford to pay utilities because her

she's determined to manage the \$400

All Linda wants for herself and her five children is a roof over their heads - a roof of their own...



Staff
Karen De Fure
Photo
Linda Kimmel



By Karen De Fure Kimmel

She says she feels safe in F. Lee. Her neighborhood is often

was a place of "shooting, fist and drugs." Each morning she

here to check the ground for

house and pick up debris left

house and pick up debris left
each and drug dealers. Some
were so afraid with gunfire they
put her children to sleep in
beds for safety.



HEADSTART PROGRAM





AFFORDABLE HOUSING



LIHEAP

Energy Services

WEATHERIZATION

FAMILY IS PRIORITY

Arletta Canady

“Wednesday is Family Night at the Y-- we all leave smiling ear-to-ear.”

Starts day at the Y

The Y Family Night is a habit



HOME OWNERSHIP & BUSINESS DEVELOPMENT





**“We Delight In The Beauty Of
The Butterfly, But Rarely
Admit The Changes It Has
Gone Through To Achieve
That Beauty”.**

~Maya Angelou

American Poet | Social Activist





BUTTERFLY (4th Stage of Metamorphosis)



- Education (BOC Communications- Leadership Dev.)
- National Award Winner/ Statewide Award Winner
- First Homeowner in the Family
- First Business / Restaurant Owner in the Family
- First Black Woman to Serve as City Council Person
- Best-Selling Author
- Trauma Recovery Expert
- Top National Female Professional Speaker
- Advocates for Awareness Initiatives
- Former President of NLSA Dallas Chapter
- Expert Speaker Trainer & Coach
- Change Agent
- Defied the Odds (Mental Health, Sexual Exploitation, Abuse, Neglect, Abandonment, Rejection, Education, Community Advocate)

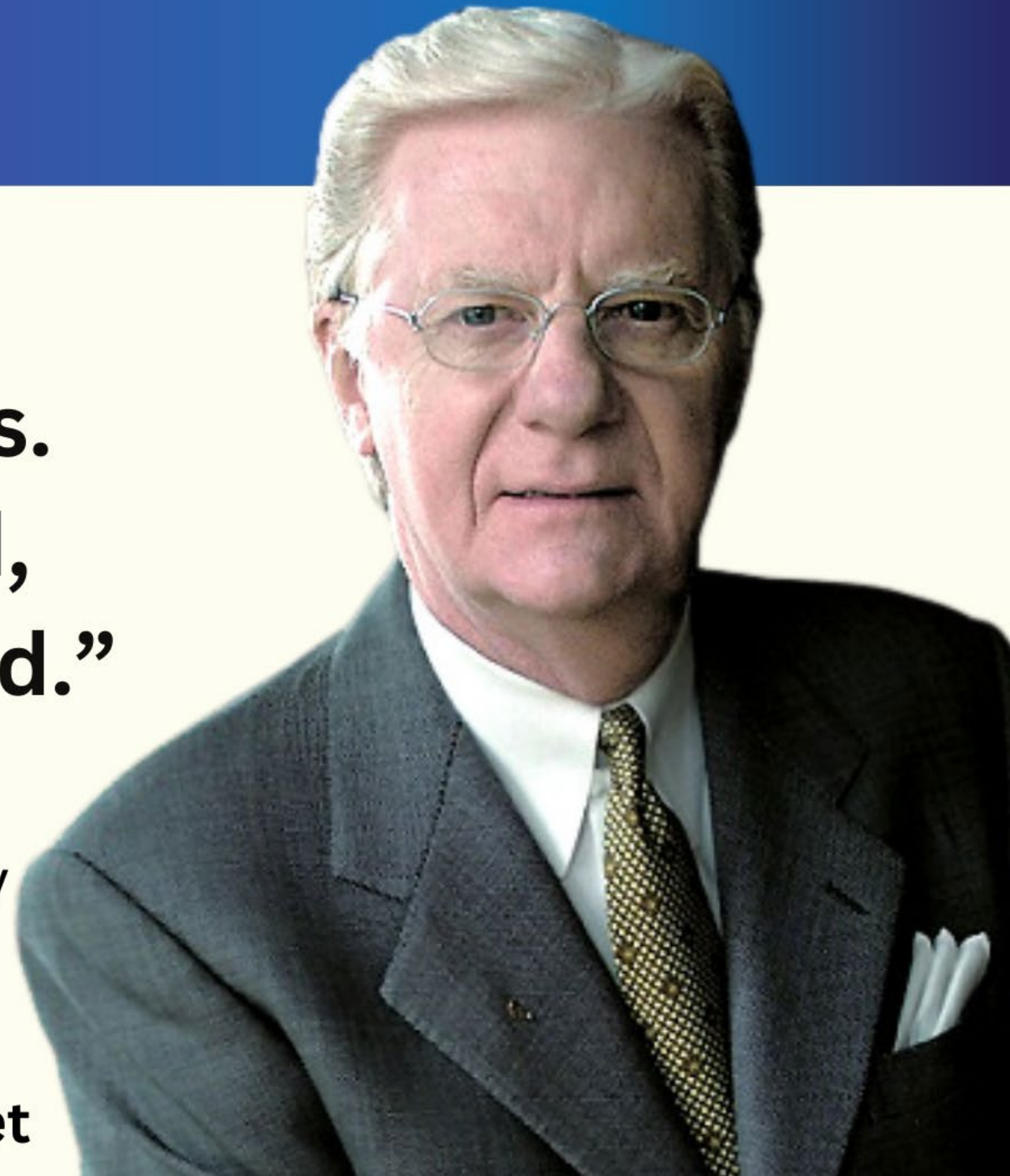


**“Thoughts become things.
If you see it in your mind,
you will hold it in your hand.”**

~Bob Proctor

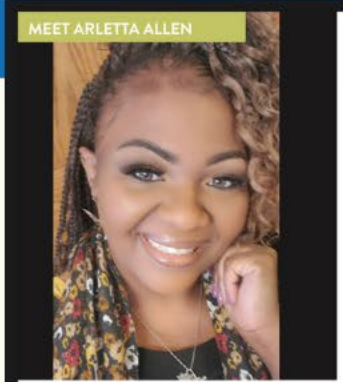
Self-Help Author | Lecturer | International Success Story

Scarcity Mindset ----Abundance Mindset





EDUCATION & TRANSFORMATION



A PERSONAL STORY

Why Diversity and Inclusion are Important

Diversity and Inclusion has become a cultural phenomenon that has taken off and sparked much meaningful action and change in the workplace climates. However, being an African American woman, resident, and city council candidate in Fond



ACHIEVEMENT, BUSINESS, FOUNDATION

"I have quite the life journey that I believe can help young mothers and women"



**ONE BODY
MANY WORKING PARTS...**

**COMMUNITY ACTION AGENCIES
POVERTY ERADICATION**



WISCAP

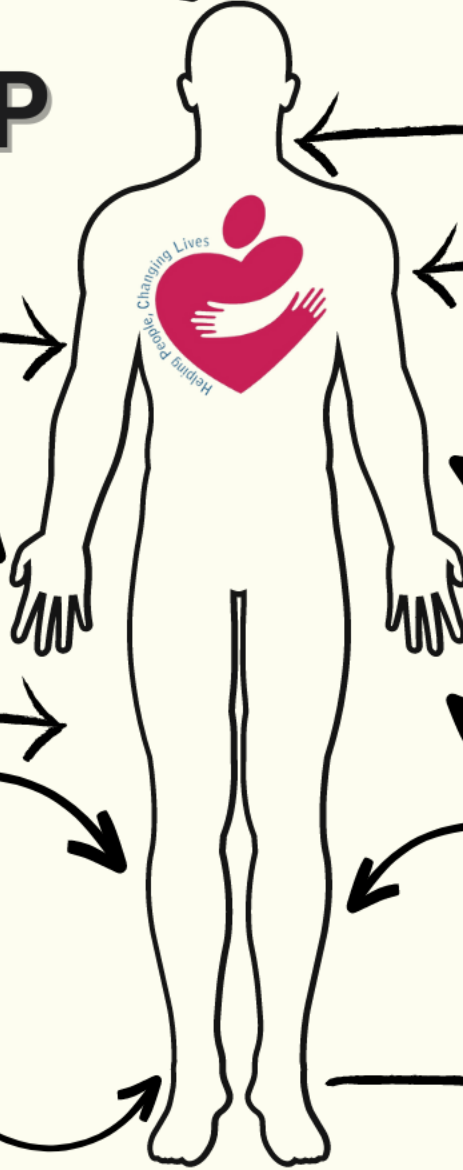
HEADSTART

AFFORDABLE HOUSING

FOOD SECURITY

**WEATHERIZATION
HOME ENERGY CONSERVATION**

BUSINESS DEVELOPMENT



MEMBER AGENCIES

HOMEOWNER ASSISTANCE

WIC (Women Infant & Children)

ENERGY SERVICES

WORKFORCE DEVELOPMENT

TRANSPORTATION

HOMELESS PREVENTION



Give feedback to Arletta

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Or go to

<https://talk.ac/arlettaalleninspires>

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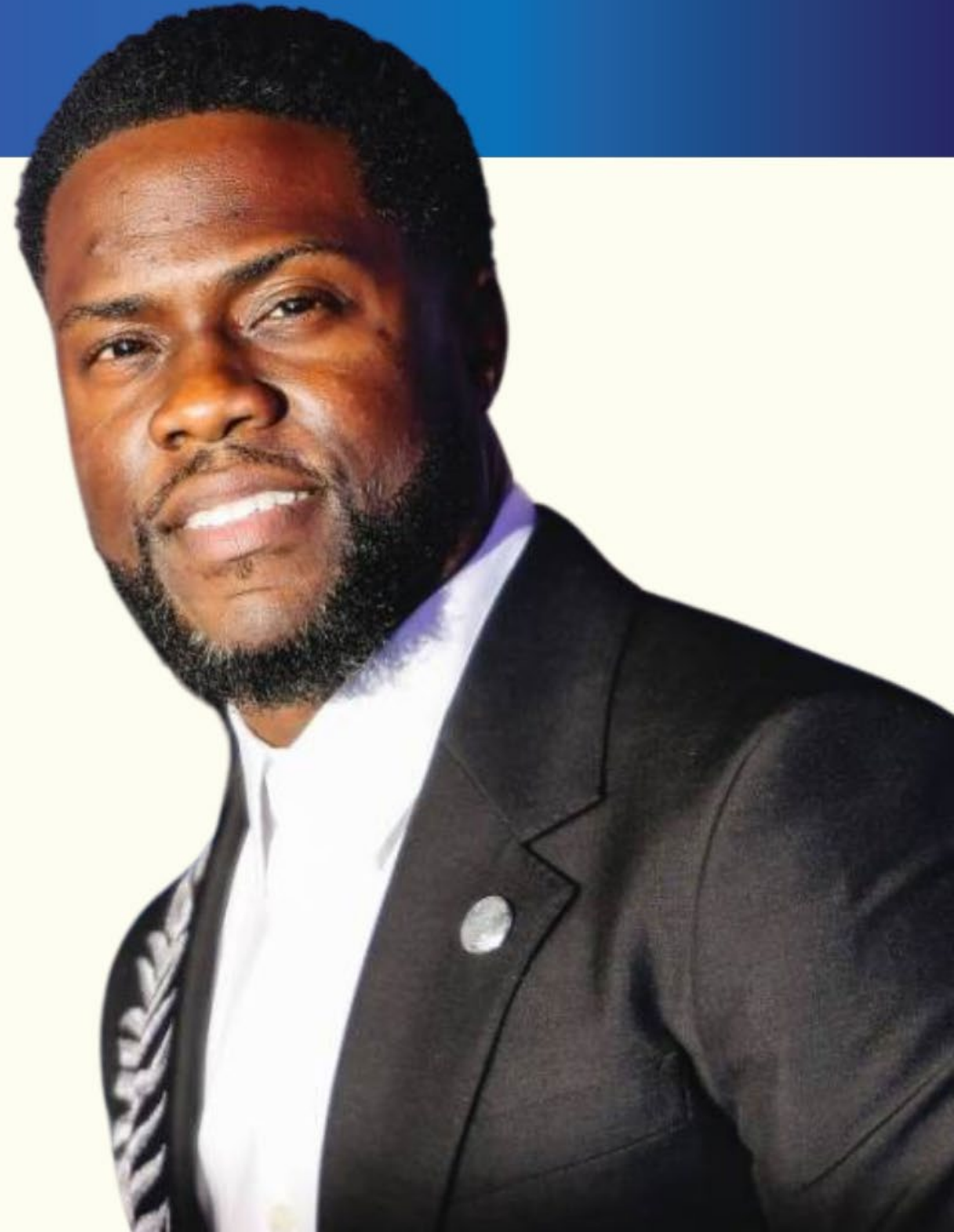
CELEBRATE



“Success is nothing without the people who really know you and can understand what you have been through...You can’t buy or fake support.”

~ Kevin Hart

American Comedian | Actor





“REMEMBER YOUR WHY”

Here's to the NEXT 50 Years!!

"Celebrating 50 years of WISCAP's unwavering commitment to fighting poverty, we find not only milestones, but the enduring stories of lives transformed, families empowered, and communities uplifted.

Together, let us continue to write the narrative of resilience, compassion, and equity for generations to come."

~Arletta Allen

THANK YOU WISCAP



SCAN ME



GET YOUR COPY
& DEFY THE ODDS TODAY

SCAN ME



BOOKING INFO VISIT: WWW.ARLETTAALLEN.COM
FOLLOW ME: @ARLETTAALLENINSPIRES

