



Alexandria Recurring Income for Success and Equity (*ARISE*)

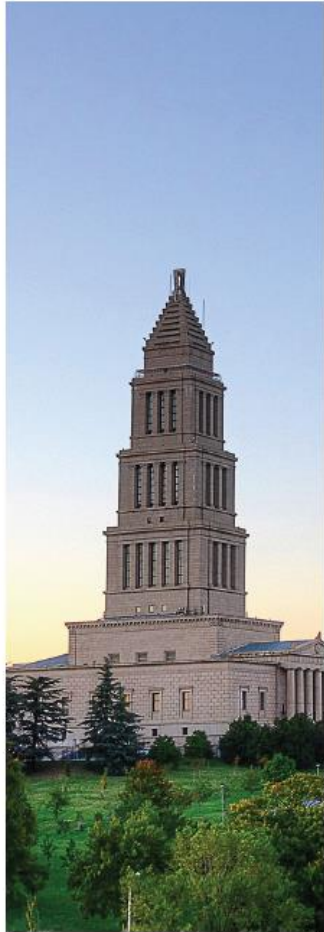
Guaranteed Income in Alexandria

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Introductions



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Presentation Overview

1. Methodology
2. Findings
3. Q&A





What were we trying to answer?

How does receiving GI impact:

- Labor market participation
- Housing and food security
- Transportation
- Mental and physical wellbeing
- Sense of hope and mattering
- Child wellbeing





ARISE Overview

- Eligibility Criteria:
 - At least 18 years old, living within Alexandria city limits, and having income at or below 50% of the City's Area Median Income (\$49,850 for one person)
- \$500/month, no strings attached
 - 24 months of payments funded by ARPA
 - 5 additional months of payments allocated from FY26 general funds
 - 29 months of payments, \$14,500 per participant
- Who participated?
 - 4,149 eligible applicants
 - 170 GI recipients (treatment)
 - 210 applicants that did not receive GI (control)





How was *ARISE* evaluated?





Ethnography





What data were collected?

Quantitative Data

- Personal characteristics
- Employment and income
- Financial wellbeing
- Psychological distress
- Physical functioning
- Housing and food security
- Wellbeing of children in the household
- Sense of self
- Access to transportation

Qualitative Data

- Career, family, neighborhood, and support networks
- Life before GI
- Impact of GI on their life
- Application process and selection
- Current financial situation
- End of pilot plans and feelings
- Suggestions for program improvement





Participant Characteristics



Average Age (Adult)

43 years old



Average Age (Child)

8 years old



Average Household Income

\$24,989 per year



Race and Ethnicity

- 31% Hispanic/Latino of any race
- 46% Black/African American, non-Hispanic
- 11% White, non-Hispanic
- 7% Asian or Pacific Islander
- 2% 2 or more races
- 3% Other



Languages

- 48% English
- 26% Spanish
- 11% Amharic
- 5% Dari
- 4% Arabic
- 5% Other



Food Insecurity

71% in month prior to enrollment



Paid and Unpaid Work

70% working



Average Household Size

3 household members



Public Benefits Use

61% use public benefits



Sex

68% female





Findings

29 months of *ARISE*



“

“As I was completing the application, the question just made me so emotional because a lot of them I could answer yes, and I need support... And you would think the yeses were good things, but it was like things like, well, do you skip meals? Well do you have emotional moments? Do you feel hopelessness?”

”

- Catherine



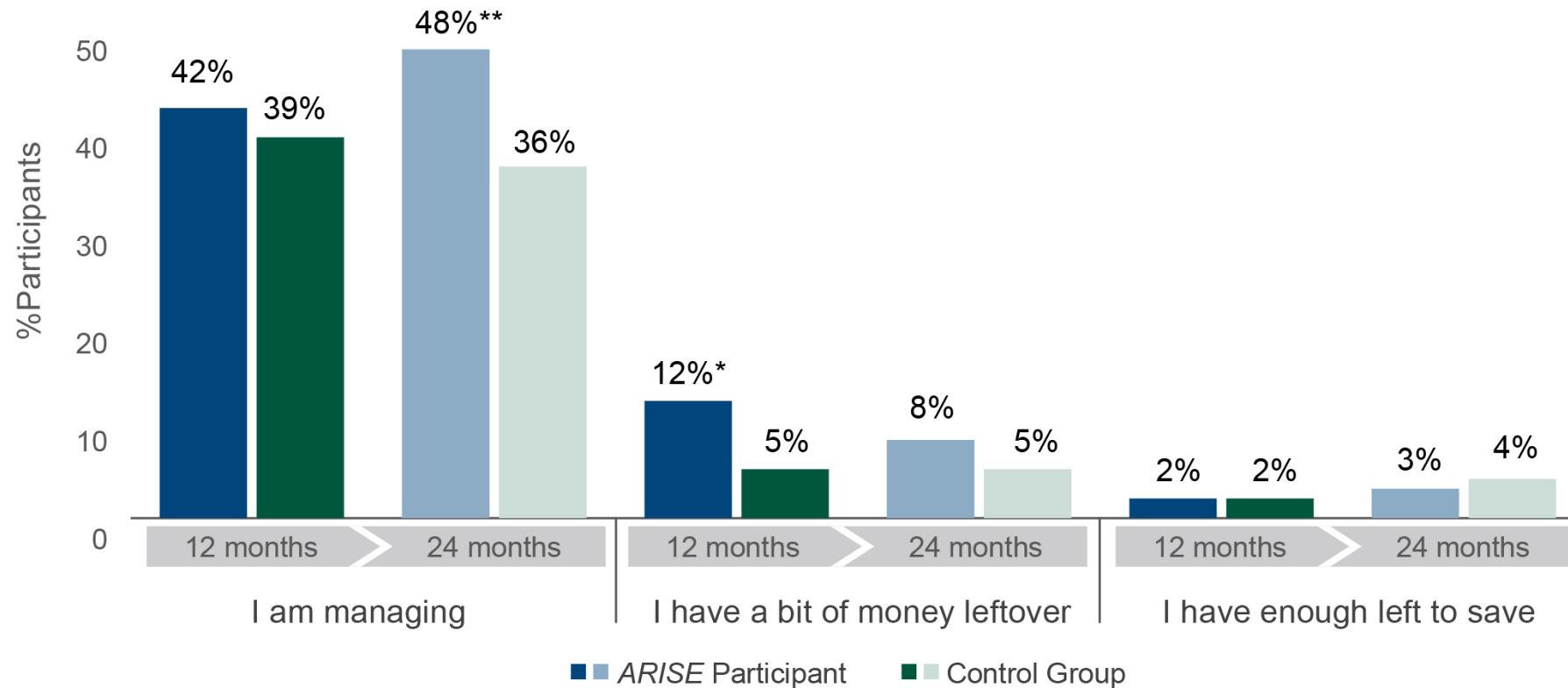
Participants experienced financial difficulties before *ARISE*

- Food insecurity
- Stress and emotional strain
- Poor housing quality



ARISE improved financial stability

The results of our surveys show GI had a positive, though limited, impact on *ARISE* participants' financial situations.



“

I feel different compared to when I wasn't receiving those \$500. I don't know. I felt frustrated, kind of like I had no motivation in life or something like that, that's how I felt. And now with the program, no, honestly, I feel good. I really do. I feel like a different person. I feel very, very happy, truly.... I just know it has helped us because it helped me control my life, my emotions, all of that. It's helped me. I have been able to smile.... To be happy because I was sadder before. Very sad. Very pensative. Not as much anymore. It has helped me to be happy.

”

Tiffany

ARISE improved participants' quality of life

- Reduced stress
- Improved food quality
- Moved out of homelessness
- Lowered household chaos
- Reduced or eliminated debt
- Supported medical costs and preventative self-care





ARISE increased flexibility in work and caregiving decisions

- Participants had more autonomy over how they spent their time:
 - Caregiving
 - Medical recovery
 - Pursuing passions
 - Investing in their career
- Many participants wanted to invest in their education or start a business, but payments were not enough to overcome barriers

“I didn't have to send my daughter to daycare for someone else to take care of her. Thanks to the program, I've been able to stay with [Daughter] all this time before she starts school.”

-Sylvia

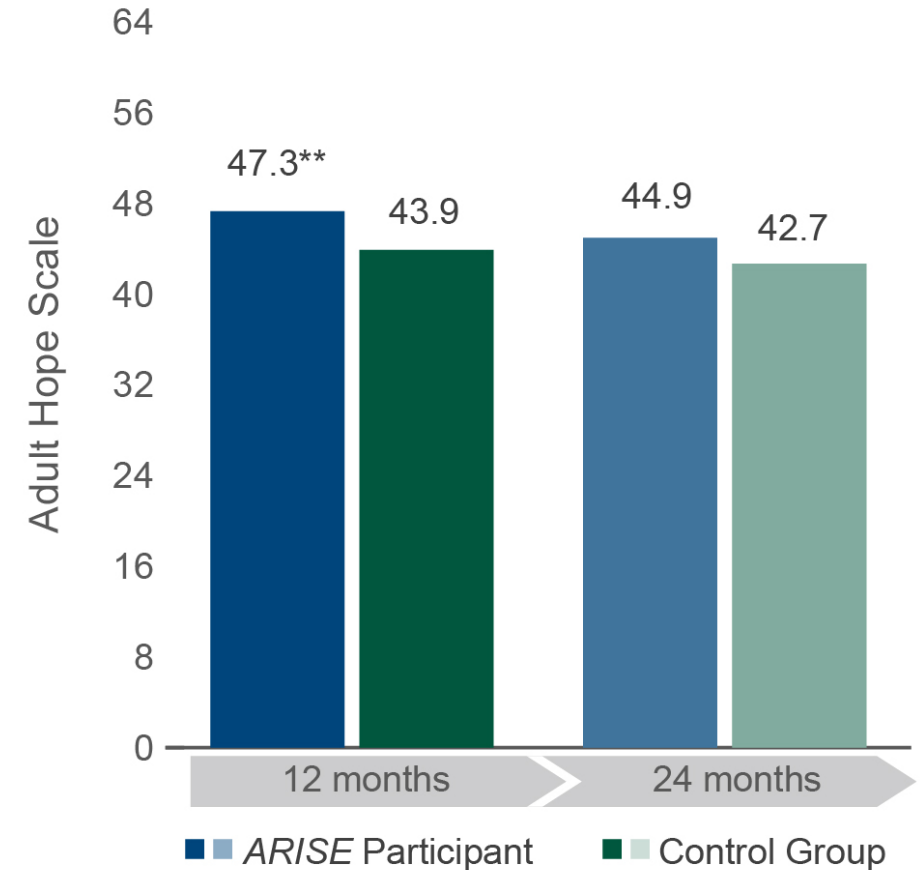




ARISE increased hope for the future

- Participants felt more able to plan for the future
- Stable income empowered participants to take productive risks
- *ARISE* allowed people to invest in and strengthen social networks

ARISE participants scored higher on the Adult Hope Scale than control group members





ARISE increased hope for the future

“[ARISE] has changed my life in the sense that I was able to plan ahead and say , ‘In August we’re going to do that.’ I made a plan because I know that money is going to be deposited, so it’s something steady... because even a small celebration costs a lot of money, so with the monthly payment, I was able to cover the extra expense. It gives you a kind of peace of mind, knowing there’s something you can count on.”

- Sylvia





Participants experienced more joyful parenting

- More present, more joyful parenting
- Able to support extracurricular activities and treats
- May have helped improve childcare situations

“My son, when I told him that time that I register you in the soccer classes, he was like, so excited, so happy. Yeah. He hugged me that time. He was crying. He told me, mommy, is it true? I told him yeah. Yeah. We go to soccer practice. And my daughter also. Yeah. She was so happy.”

- Paige





ARISE provided meaningful relief though many challenges resurfaced after the program ended

- High cost of living meant most participants tackled high-interest debts and were not able to save much
- Many increased work hours, sought additional jobs, and saved *ARISE* funds as future emergency savings

“So [ARISE] really helped, like I said, because... my expenses were less then. And now it’s like my expenses are almost just as much as I bring in, if that makes sense. So it’s like I’m back to square one again, but not back to I mean, not back to square one. But it’s like, well, I came up for a second. Now I’m back in the slumps.”

- Caitlyn





Reflecting on *ARISE*

Reflections and recommendations





Participants felt respected and supported

- Participants felt valued by their community
- Program staff treated participants with care and patience
- The application was straightforward
- Predictability of the payments helped plan
- Ability to receive funds even if participant left Alexandria was helpful

“All of you were so patient and kind and handled us with care. I mean, I didn’t feel any type of disrespect. I didn’t feel belittled. I didn’t feel like I was wasting your time.... It was just a one of a kind experience, especially if you’re coming from a public service sector, like, just phenomenal.”
- Catherine





ARISE staff were caring and empathetic

“A lot of people do judge you. Even people who are there to ‘help you’ look at you as, ‘Oh, you’re a statistic, you’re this, you’re that, let me help you.’ It [ARISE] is not sympathy, it’s empathy, and it’s beautiful.”

- Athena





Implementation lessons from *ARISE*

- Using multiple outreach strategies helped expand program awareness
- Providing payments via debit card reduced barriers to access and use
- Participants valued the flexibility of how funds could be used
- *ARISE* often complemented existing supports





Considerations from *ARISE* may inform future cash assistance program design

- Consider payment levels in relation to local cost of living
- Longer program duration may support more sustained stability and planning
- Flexible payment structures (e.g., periodic lump-sum options) may support larger financial goals
- Planning for program transitions and offboarding is important to minimize financial disruption

"I may not be financially secure, but this money has made a significant difference in my life. The cost of living keeps rising, and achieving financial security is no easy feat."
- Linda





Questions?

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