

## SERVICES

### OVERVIEW

The **Metropolitan Center for Applied Research and Extension** (Metro Center) connects decision makers with the expertise of Washington State University to produce practical solutions to local issues. Using a client-centered and project-based approach, we help Washington's metropolitan communities respond to emerging needs and build capacity to create vibrant economies, healthy neighborhoods, and sustainable environments for the future.

### CLIENT-CENTERED SOLUTIONS

In addition to our comprehensive project development, management, and implementation services, the Metro Center offers a suite of engaging, interactive workshops and trainings to support the goals of your organization for:

- evaluation,
- assessment,
- capacity building,
- policy development,
- professional development,
- program planning, and more.

Each of our workshops can be customized to meet the unique needs of your organization. Contact us to learn more.

Metro Center workshops are fee-based services.

## LEARN MORE

For more information about customized workshops and trainings contact:

Martha Aitken  
aitkenm@wsu.edu  
206-219-2429



915 N. Broadway  
Everett, WA 98201



[www.metrocenter.wsu.edu](http://www.metrocenter.wsu.edu)



WASHINGTON STATE UNIVERSITY

**Metropolitan Center for Applied Research and Extension**



**CUSTOMIZED  
WORKSHOPS &  
TRAININGS**

[www.metrocenter.wsu.edu](http://www.metrocenter.wsu.edu)

# TOOLS TO STRENGTHEN YOUR TEAM AND YOUR COMMUNITY

## POVERTY IMMERSION WORKSHOPS

The **POVERTY IMMERSION** is a large-scale interactive workshop that can help organizations better serve their clients living on a limited income. The workshop challenges stereotypes and dispels myths about poverty - paving a way toward professional growth and organizational transformation that can directly impact the lives of individuals, families and communities.

The activity is followed by a facilitated debrief customized for each organization.

**The Poverty Immersion has been used successfully by:**

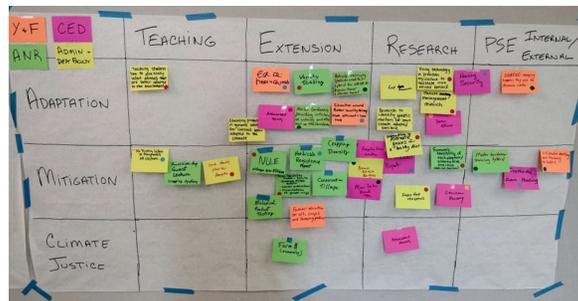
- Educators
- Social service providers
- Elected officials
- Utilities providers
- Healthcare professionals
- Non-profit organizations
- Judges and judicial employees
- Management staff
- College students
- Community organizations



## VISIONING FOR A GREENER FUTURE

**VISIONING FOR A GREENER FUTURE** explores the impacts of climate change on a healthy community and examines a group's current and future potential to support thriving, healthy communities, families and individuals. The workshop can help an organization assess and report on existing activities, recognize gaps, and discover new opportunities to bring climate-related efforts to the forefront.

The workshop can be used to help inform climate plans and comprehensive plans. It can also be customized for topics other than climate change.



**Use Visioning for a Greener Future to:**

- **Gain insight** into building strong, mutually beneficial community partnerships
- **Discover opportunities** for internal collaboration
- **Explore** how a multidisciplinary approach can address community needs

## RIPPLE EFFECTS MAPPING

Developed by WSU faculty, **RIPPLE EFFECTS MAPPING (REM)** is a versatile, participatory, evaluation tool designed to capture the impacts of complex, difficult to measure projects and programs and record them in a highly visual way. Data from the map can then be analyzed and coded to support an organization's needs for reporting, grant writing, and future planning.

REM gathers a program's benefits by harvesting rich, detailed stories of impacts that change culture, policy, and people's lives in unanticipated ways. It is designed to work effectively with program participants, community members, coalition partners and other groups.

**Ripple Effects Mapping can:**

- **Capture** chains of events from complex or evolving work
- **Identify** what has occurred in addition to what is not occurring
- **Measure** impacts that are difficult to measure with other methods

