

Program Overview + Schedule



Multimodal Intergenerational Social Contact Intervention (MISCI) Pilot for Creative Engagement

Atlantic Fellows

FOR EQUITY
IN BRAIN HEALTH

MISCI is a new, evidence-informed social intervention under development in San Francisco aimed building relationships across generations to promote brain health. The **MISCI Pilot for Creative Engagement (MISCI-PCE)** matches younger people with older people screened for loneliness to build a relationship through a creative project they complete together during regular meetings over three months.

Why are we doing this?

Everyone has a right to participate fully in our democracy, our economy, and our community life, but our society sometimes starts to exclude us as we age. People are living longer, but our systems and structures haven't been updated to match that reality. To build a more just society, we need to take steps to prevent social isolation of any group, including older people.

Young people and college students of all ages have tremendous strengths, talents, and capacity for empathy. Younger participants in a MISCI-PCE prototype reported reduced stress and a greater sense of connection to their community as well as deeper connections with their own peers. Above all, younger participants report having fun and a great sense of accomplishment.

Who is involved?

This project is taking place under the umbrella of the [Atlantic Fellowship for Equity in Brain Health](#) at the [Global Brain Health Institute](#) based at [UCSF](#) and [Trinity College, Dublin](#). [Little Brothers Friends of the Elderly \(LBFE\)](#) and [Openhouse](#) are community partners and students at [Minerva University](#), [San Francisco State University](#) and [University of San Francisco](#) are participating in our 2018-2019 study.

How does it work?

Each participating older person will be matched with two younger partners. Younger participants engage in pre-program and ongoing training with UCSF MDs and researchers and local organizations. The intergenerational partners produce a creative project in six meetings, two per month, over three months and gather at a showcase to share and celebrate their work at program's end. Younger participants who successfully complete the program will receive MISCI-CE Certification from the Global Brain Health Institute.

Spring Schedule

Date	Time	Location	Event	Required/Optional
Thursday, 1/24 or Friday, 1/25	1-5pm	UCSF Mission Bay	Pre-program training	Required
Saturday, 1/26**	2hrs, tbd	Older partner's home	Project Development Meeting 1	Required
Friday, 2/8	1hr tbd	Zoom: online video conference	Just-in-time training/coaching	Optional*
Saturday, 2/9	2hrs, tbd	Older partner's home	Project Development Meeting 2	Required
Friday, 2/22	1hr tbd	Zoom	Just-in-time training/coaching	Optional*
Saturday, 2/23	2hrs, tbd	Older partner's home	Project Development Meeting 3	Required
Friday, 3/8	2hrs, tbd	UCSF Mission Bay	Just-in-time training: Cultural Humility	Required
Saturday, 3/9	2hrs, tbd	Older partner's home	Project Development Meeting 4	Required
Friday, 3/22	1hr tbd	Zoom	Just-in-time training/coaching	Optional*
Saturday, 3/23	2hrs, tbd	Older partner's home	Project Development Meeting 5	Required
Friday, 4/5	1hr tbd	Zoom	Just-in-time training/coaching	Optional*
Saturday, 4/6	2hrs, tbd	Older partner's home	Project Development Meeting 6	Required
Monday 4/15 or Tuesday 4/16	5-7 pm	TBD	Showcase	Required

*All younger participants may attend. Three of four optional trainings must be completed for MISCI-CE Certification

**Partners may reschedule any for mutual convenience as long as students inform [program director](#).

MISCI-CE Certification

Student requirements for Certification from the Global Brain Health Institute include

- Consistent and timely communication with program staff
- Active participation at required in-person pre-program and mid-program training
- Full participation in all 6 partner project development meetings
- Completion of all 6 post-visit journals, surveys, and program evaluation
- Participation in assigned coaching sessions and 3 of 4 optional just-in-time trainings
- Active participation at MISCI Showcase