

↑ Meetings with Skills & Strengths Facilitator, plus exposure activities

support

0-6 Months:
Readiness

ASSESSMENT

Strengths identification
Educational and vocational history
Housing needs
Eligibility for temporary benefits

Mental health and substance use disorders screening
Identification of natural supports

plan

COLLABORATIVE PLANNING

Create an Individualized Goal Plan framework for her 24-month journey
Attend appointments and fill out paperwork for benefits including SNAP, TANF, WIC, food stamps, and/or health insurance
Identify realistic housing and/or placement in emergency housing
Connect to mental health or substance use treatment as needed
Enroll in a GED, extended high school program, or other continuing education and/or obtain employment at least 20 hours a week
Attend workshops once a week or more

MENTORING

empower

6-18 Months:
Action

SUPPORTED TRANSITIONS

Update Individual Goal Plan to track progress
Devote 40 hours a week to a combination of employment and/or enrollment in an educational program
Establish a budget for saving money for independent housing
Apply to appropriate housing placements and develop resources for independent housing
Receive appropriate benefits to support this transition time
Increase healthy networks of support
Continue participation in skill development workshops

Coaching and workshops 1-2 times per week

affirm

18-24 Months:
Maintenance & Service

INDEPENDENCE & BEYOND

Update Individual Goal Plan to track progress
Maintain attendance in mental health and/or substance use treatment
Apply budgeting skills while tracking income and expenses
Attend continuing education or be employed 40 hours per week
Identify realistic housing opportunities and sign a lease
Engage in effective problem-solving by accessing natural supports and implementing life skills successfully
Engage in HER community activities
Affirm that she will always be part of the HER Community.
Transition into the role of mentor or advocate for future HER peers

succeed

WORKSHOPS may include:

- Trauma Recovery & Empowerment Model (TREM)
- Getting & Keeping a Job
- Relationship Boundary Setting & Sex

WORKSHOP OUTCOMES

- Increased skills for safety and risk-reduction in the community
- Increased self-esteem
- Increased life skills such as budgeting, meal planning, & maintaining hygiene