

# Release Ministries Homes

## Program Summary

The Release Ministries Homes exist to positively affect the lives of at-risk youth through residential care. Our approach to helping youth is individualized, pro-active, family-centered, and holistic.

Program Specifics: Each home is located in a residential area, staffed by a married couple and one assistant staff. Both clients and staff live on-site, sharing living space, meals, and daily activities. Each client is given an individualized treatment plan designed by the teen's case team and based on the goals of the individual.

We offer the following services:

- Group Home / Independent living services
- Service Coordination while in residence
  - Case management
  - Vocational training
  - Educational training
  - Transitional living skills
  - Transportation
  - Transition planning and coordination
- Service Coordination upon transition to independent living
  - Continued vocational and educational assistance
  - Continued emotional support
  - Limited transportation

Background and Services: The Release Home has been servicing the teen population of Douglas and Sarpy counties for five years as a group home specializing in the needs of older teenage clients (ages 16-19). Our program addresses the critical areas of emotional stability, educational success, job preparation/work readiness, and necessary daily living skills that enable clients to transition to independent living. We currently have two locations: our Boys' Home and Girls' Home, can house six teenage youth. Release Ministries is open to the possibility of additional locations to service more teens.

# **Categorized Summary of Services**

## **Daily Living**

Cooking, shopping, hygiene, driving, self-advocacy, interpersonal communication skills, time management, basic home and automotive maintenance, parenting, banking, budgeting, financial management, computer and technical training. We utilize CASEY Life Skills Assessment as well as specialized volunteer trainers with personal experience.

## **Housing**

On-site housing, apartment or dormitory search when moving to independent living, assistance with apartment furnishing.

## **Physical Health**

YMCA membership, nutrition, outdoor activities, sports participation, basic first-aid training, assistance with navigating healthcare systems (including low cost alternatives) while living in the community.

## **Mental Health**

Assist mental health professionals with reports, medication monitoring, participating in family and/or group sessions when appropriate.

## **Employment**

Training, search assistance, networking with other employment assistance providers in the community to include but not limited to Workforce Development and Youth Partnership. (100% of the youth in our program have found employment.)

## **Education**

Assistance with education needs and desires: traditional high school, alternative high school, GED, college, vocational training, tutoring, literacy training. Educational advice and proofreading for youth that have transitioned, college search and visits, assistance with searching for financial aid.

## **Personal Empowerment and Engagement**

Self advocacy training, emotional development, assistance in finding hobbies, pursuing interest, specific skill training: time management, group and peer interaction, conflict resolution. Celebrate personal goal achievements.

## **Community Engagement**

Opportunities for community service and involvement, participate in community events, networking with other resources: Youth Partnership, Alcoholics Anonymous, High School group and clubs. Availability of church and other faith-based opportunities, strong ties with a youth mentoring program.

## **Permanence**

Intense independent living training, emphasis on building healthy family relationships, safe environment open to clients returning, annual alumni ski trip, house events, continued support after graduation.