



WHO WE ARE

True Heart is a Children & Family Services organization established to provide services to individuals, families and communities. Established on principles of hope and encouragement, True Heart believes in the idea of transformation, healing and recovery and we're committed to serving in a capacity that supports healthy families and communities.

MISSION

To serve as a change agent with a network of partners to facilitate and promote positive and enduring changes for children and families in crisis!

WHAT WE DO

As a Children & Family services organization, True Heart works in partnership with community stakeholders to provide critical services that include:

- 1. Foster Care Support Services & Education**
 - a. Family Preservation
 - b. After Care Transition
 - c. Trainings
 - d. Foster Parent Recruitment
 - e. Retention Events
 - f. Marketing Support
- 2. Psychiatric Rehabilitation Program (Gift Finders)**
- 3. Outreach**
- 4. After-Care Transition**
- 5. Health & Wellness Promotion**

FAMILY PRESERVATION

TBD

GIFT FINDERS PROGRAM- PRP

Gift Finders is a Psychiatric Rehabilitation Program (PRP) that serves youth and adults fighting through mental health illnesses that include, but not limited to, major depressive disorder, bipolar disorder, PTSD, schizophrenia, borderline personality disorder, and more.

Clients participating in our Gift Finders PRP service receive support that enables them to identify and achieve their goals (social, employment, life-skills, etc.) as they recover from and work through their mental health challenges. The heart behind this program is truly the client by empowering and assisting

them in assessing their strengths and interests. Clients are supported by advocates that approach each client with a commitment on establishing and growing a relationship where the needs and goals of the client are paramount! Our Gift Finders PRP service is a 3-step process that includes:

Step 1 - Diagnosis Phase where we assess the clients readiness for rehabilitation along with current resources and supports in place. If the client is not ready for the rehabilitation process, we work to take necessary actions that will facilitate the client's readiness.

Step 2 - Planning Phase where we begin working with the client to determine his/her goals and the skills and resources that must be developed.

Step 3 - Intervention Phases which is the implementation aspect of the program that begins to teach the necessary skills, coordinating use of those skills and identifying resources (that include community based and family) needed to support the client's success.

TREATMENT FOSTER CARE

True Heart works with local Department of Social Service (DSS) agencies to provide safe and nurturing foster home environments for young people who have been identified as having emotional, behavioral and learning challenges. The goal of this program is to support reunification when possible by providing services to both the youth and their biological family members (*adoptive resources and life-skills preparation when reunification is not possible*). As members of our foster care program in the role of "advocates", our clinical team and foster parents work in seamless partnership to provide support that includes:

Youth Services (integrated into the Individual Service Plan)

1. Therapy
2. Life-Skills Support
3. Education Support
4. Job Readiness Training & Assistance
5. Conflict Resolution (1-on- 1 & groups)
6. Substance Abuse Recovery Support

Family Based Services

1. Therapy
2. Job Readiness Training & Assistance
3. Parental Development Education
4. Substance Abuse Recovery Support
5. Family Visits

As advocates on the True Heart team, there are great expectations placed on our clinical staff and foster parents that go beyond weekly visits and solely providing housing for youth referred to our program.

Our clinical staff and foster parents are members of the advocacy team engaged in encouraging and supporting youth. Requirements for the advocacy team include, but not limited to the following:

- A. Expose youth to a minimum of two events each quarter designed to promote community, family and culture. These events can include cultural activities, family gatherings, sporting activities, etc.
- B. Promote importance of educational success and introduce college and other post high school options.

AFTER-CARE TRANSITION PROGRAM

Track Masters is a transitional program that serves youth transitioning/aging out of foster care that still require resources and support to keep their lives on track! Young people participating in the Track Masters Program receive support that enables them to identify and achieve their goals (social, employment, life-skills, etc.) as they embark on a new level of independence and adulthood.

The heart behind this program is truly the client by empowering and assisting them in assessing their strengths and interests. Clients are supported by advocates that approach each client with a commitment on establishing and growing a relationship where the needs and goals of the client are paramount! Our Track Masters program is a 3-step process that includes:

Step 1 - Diagnosis Phase where we assess the clients readiness to successfully transition out of foster care and take inventory of current resources and supports in place. If the client is not ready to transition out of foster care, we work to take necessary actions that will facilitate the client's readiness.

Step 2 - Planning Phase where we begin working with the client to determine his/her goals and the skills and resources that must be developed.

Step 3 - Intervention Phases which is the implementation aspect of the program that begins to teach the necessary skills, coordinating use of those skills and identifying resources (that include community based and family) needed to support the client's success.

The Intervention Phase of the Track Masters program offers four main services to support young adults transitioning out of foster care:

1. Housing Support
2. Work Force Development
3. Educational Support
4. Spiritual Support

Housing

The first priority of the program is to make sure our clients have safe housing. This is critically important to avoid young people becoming homeless and possibly submitting to temptations from the “streets” such as gangs, drugs and prostitution. For young people who are not continuing to live with a foster family or reunifying with their biological family, the youth’s advocate will locate immediate short-term housing while seeking resources for long-term housing via local and/or government programs. Should a youth be reunified with their biological family, True Heart will seek to identify supports that members of the biological family may need in an effort to support family wellness.

Work-Force Development

Youth enrolled in the Track Masters Program will take part in a 4-week course designed to teach the skills necessary for them to prepare for success in the work force. The training will provide practical training of the hard skills combined with the attitude, commitment and interpersonal skills required for success in today’s job market. The 4 week work-force development program will consist of resume writing and job search assistance. Upon completion of the 4 week course, advocates will work with youth with interview preparedness training and job placement assistance. The course will cover 3 sessions each week for a total of 4 weeks and will go as follows:

Week #1

Session #1 – Introduction to Work Force Preparedness Training

Session #2 – Types of Resumes

Session #3 – Resume Writing: How to write a job description

Week #2

Session #4 – Resume Writing: Skills and qualifications

Session #5 – Resume Writing: Work experience and education

Session #6 – How to write a cover letter

Week #3

Session #7 – How to complete a job application

Session #8 – Methods for getting a job: Employment sources and job announcements

Session #9 – Methods for getting a job: Setting up an e-mail account & posting electronic resumes

Week #4

Session #10 – Methods for getting a job: Telephone screening & interview arrangement

Session #11 – Preparing for the work world

Session #12 – Resume readiness quiz and good interviewing techniques

Educational Support

Advocates working with youth will always maintain a focus on the importance of education in some capacity. True Heart youth advocates will support the current educational goals of youth including finishing high school or securing a G.E.D! We will also begin introducing the college

experience into the lives of the young people we are serving. Partnerships with local colleges will be established to discuss the collegiate life and the process to apply for college. The objective of our partnerships with colleges is to promote higher education and provide young people with awareness on what's needed for college entrance. For the youth who are not interested in pursuing a college degree, advocates will introduce additional sources of career training such as trade and cosmetology schools as examples.

Spiritual Support

True Heart advocates will offer opportunities for youth in our program to be exposed to faith-based resources (books, events, churches, etc.) that can provide solid spiritual principles for their continued development. The program will work to offer a variety of sources of spiritual development in addition to churches.

HEALTH & WELLNESS PROMOTION

True Heart's health and wellness promotion division was established with the belief that as a community we must work together for the well-being of individuals and families that are vulnerable and underserved. Whether it's producing events and special projects for our clinical and administrative team or implementing a community based awareness campaign, the vision for our genuine passion for wellness and community service is **TRANSFORMATION & GROWTH!**

With the utilization of traditional marketing strategies, our health and wellness promotion team works with internal and external partners to deliver health and wellness related education and communication strategies designed to positively impact individual, family and community wellness. To accomplish our mission of positively impacting individual, family and community wellness; our health and wellness team works to support True Heart programs and services along with developing strategies to bring awareness and education to health and social issues of concern to the community.

As a children and family services organization, the True Heart health and wellness promotion division will work with internal and external partners to provide communication strategies by offering the following services:

- Strategic Planning & Development
- Event Planning (workshops, conferences, etc.)
- Community Outreach
- Video Production (commercials, training videos, etc.)
- Graphic & Advertising Design
- Grassroots Marketing

